

1 WARM UP RUN TO YOU **WAVE 3**

Intro	Run	32x
Verse	DOUBLE HEEL 4 / WIDE JOG 8 DBL Heel 4 / Wide Jog 8 (Arms: Cross to heart & extend down / Reverse)	2x
Chorus	RUN 16 / MOGUL 8 Run 16 / Mogul 8 (Arms: Running / Ski poles)	2x
Bridge	TWIST 8 / TUCK & EXTEND 4 Twist 8 / Tuck & Extend Legs 4 (Arms: ALT biceps & triceps / Push down)	2x
FINISH	Run	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

2 CARDIO (SHORT LEVERS) BROKEN ARROWS **WAVE 3**

Intro	Run	16x
Verse	DIAMOND TUCK / DIAMOND KICK Diamond Tuck / Diamond Kick – Both Legs (Arms: Reach toward heels)	8x
Chorus	SEATED BOW & ARROW Seated Flotation – Open & Close Knees (Arms: ALT bow & arrow R,L)	16x
Bridge	HOPSCOTCH HEELS Vertical Extension, Heels Cross Back (Arms: Reach for OPP heel)	32x
FINISH	Hold Bow & Arrow	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

3 CARDIO (LONG LEVERS) HEAT OF THE MOMENT **WAVE 3**

Intro	Cross Country	16x
Verse	JACK / STRAIGHT FIGURE 8 Jack 4 / Single Leg Figure 8 (4) – Out, In (Arms: Sweep side / "T")	2x
Chorus	JACKIE CHAN 4 / CROSS COUNTRY 8 ALT Jackie Chan 4 / Cross Country 8 (Arms: Sweep side / Paddles)	2x
Bridge	VERTICAL FLUTTERS Vertical Extension, Slow Flutters 16 / Fast Flutters 32 (Arms: "T" / Goal posts)	1x
FINISH		
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

4 TRAVEL CAN'T HELP ME NOW **WAVE 3**

Intro	Get Into Seated Position	
Verse	BREASTSTROKE 2 & 360 TURN Seated Tuck – 360 Turn After 2 (Arms: Breaststroke 2 – TVL forward / Single reverse)	4x
Chorus	SEATED BICYCLE 16 / SEATED FLUTTERS 16 Bicycle 16 TVL Forward, ¼ Turn / Seated Flutters 16 TVL Backward (Arms: Maintain control – Option – Goal post)	4x
Bridge	PADDLES / BICEPS Long Leg Extension Front (Arms: ALT paddles – TVL forward / ALT Biceps scoops – TVL backward)	2x
FINISH	Extend Legs	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

5 SPEED DON'T GO YET **WAVE 3**

Intro	Run	32x
Verse	AROUND THE WORLD 4 / LATERAL SHOOT 8 Tuck Shoot F/R/B/L 2 / ALT Lateral Shoot Through 8 (Arms: Sweep in OPP to legs)	1x
Chorus	ROCKET PULSE 6 Rocket Jack Pulse 6 & Release - Adductors (Arms: "T")	8x
Bridge	WIDE RUN 3 HOLD Wide Run 3 Hold – Strong Ankle Flex (Arms: Running)	16x
FINISH		
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

6 UPPER BODY HALLUCINATE **WAVE 3**

Intro	Get Into Position	
Verse	CHEST & BREASTSTROKE 8 / CHEST FLY & TRICEPS 8 Seated Position (Arms: Push front, then breaststroke / Sweep front, then triceps push back)	1x
Chorus	PUNCH FRONT 16 / CROSS PUNCH 16 Wide Vertical Position – Flex Feet (Arms: Open palm punch / Open palm cross punch)	2x
Bridge	CIRCLES BACK 16 / CIRCLES FORWARD 16 Vertical Position (Arms: ALT shoulder circles)	1x
FINISH	Single Arm Push Front	
V1	C1 B1 V2 C2 B2 V3 C3 B3	

7 LOWER BODY SO AM I **WAVE 3**

Intro	Noodle, Hold In Hands	16x
Verse	V-SIT 8 / V-SIT EXTEND 4 ALT V-Sit 8 / V-Sit Open, Then Push Heels Down To Bottom (Arms: Hold noodle in front / Push down)	2x
Chorus	TWISTED CROSS COUNTRY SSD Cross Country SSD (Arms: Twist noodle over front leg SSD)	2x
Bridge	SEATED KICKS Seated Position, ALT Kick 8, Then ALT Fast Kick 16 (Arms: Extend noodle front)	2x
FINISH	Push Noodle Front	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

8 STABILITY/BALANCE WHAT A MAN GOTTA DO **WAVE 3**

Intro	Place Noodle Under 1 The Arch Of The Foot	
Verse	FIGURE 8 Noodle Under 1 Foot(Arch), Figure 8 – Out, In 7 / Switch (Arms: Maintain control)	4x
Chorus	ANGLE PULSE 14 Noodle Under 1 Foot, Angle Hip Extension Back 14 / Switch (Arms: Maintain control)	2x
Bridge	FAST TREAD SSD Noodle Under BOTH Feet, ALT Push Down SSD (Arms: Maintain control)	16x
FINISH	Stay On Noodle	
V1	C1 B1 V2 C2 B2 V3 C3 B3	

Intro	Noodle, Place Behind Back, Under Arms							
Verse	DIAMOND CRUNCH / SEATED EXTENSION Diamond Crunch Front / Seated Extension (Arms: Squeeze noodle over legs / Under legs)							8x
Chorus	HEEL CRUNCH 7 Side Position -Bring Heels & Noodle Together (Arms: Push noodle toward heels 14 / Switch)							2x
Bridge	SWIVEL HEELS Bring Heels Behind, ALT Twist (Arms: Maintain control)							16x
FINISH	Lower Legs Down To Vertical							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Intro	Noodle, Hold In Hands							
Verse	EASY CROSS COUNTRY SWING / HAMSTRING ALT Cross Country 4 / Extend Leg Front (Arms: Hold noodle in front)							2x
Chorus	QUAD / HIP OPENER & FIG 4 Lift Heel To Glutes / Lift Knee Front, Open & Close, Fig 4 (Arms: Hold noodle in 1 hand at side, reach for heel)							2x
Bridge	SHOULDER & CHEST OPENER / BACK STRETCH Vertical Position (Arms: Hold noodle in 1 hand at side, gently push down 4, then push noodle back, chest stretch)							2x
FINISH	Extend Legs, Push Noodle Front							
V1	C1	B1	V2	C2	B2	V3	C3	B3