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| Track 1 | WARM-UP Then Came You |
| Intro | Run | 16x |
| Verse | **RUN 3 / ROCKING HORSE 1**Run 3 (3) / Rocking Horse 1 (Arms: Running arms / Paddle hand sweep front & back) | 4x |
| Chorus | **PENDULUM 4 / KARATE KICK 4**Pendulum 4 / Karate Kick Side 4(Arms: Sway side to side, hands close & open fingers) | 4x |
| Bridge | **JOG HEEL / WIDE JOG**Jog Heel 4 / Wide Jog 4(Arms: Paddle / Sweep across) | 4x |
| FINISH | Land Wide |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 2 | POSTURE Alone |
| Intro | Cross Country Ski | 16x |
| Verse | **CROSS COUNTRY 3** Cross Country 3 / Hold(Arms: Paddle in opposition / One arm breaststroke) | 8x |
| Chorus | **ANGLE LEAP 3 / KNEE TUCK / KICK BACK** Angle Leap 3, Knee Tuck, Kick Back, Knee Front / Travel Back 8(Arms: Scoop over 3 / Chamber / Reach / Pull / Paddle)  | 2x |
| Bridge | **JUMPING JACKS**Jumping Jacks (Arms: Breaststroke descending 3, push front) | 16x |
| FINISH | Land Wide |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 3 | BALANCE Trustfall |
| Intro | Pendulum | 16x |
| Verse | **PENDULUM 3 / KICK AROUND**Pendulum 3, Tuck Knee / Karate Front, Side, Back, Side(Arms: Sweep in opposition / Chamber on the kicks | 4x |
| Bridge | **DOUBLE JOG HEEL / DOUBLE JOG** Double Jog Heel 8 / Double Jog 8(Arms: Scoop under / Sweep across) | 1x |
| Chorus | **ROCKING HORSE 4 / LEAP & KICK 2**Rocking Horse 4 Turn / Leap 1, Kick Back 2, Turn(Arms: Sweep front, backstroke / Airplane push side) | 2x |
| FINISH | Land Wide |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |

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| Track 4 |  COMMUNITY The Promise |
| Intro | Jog to a Circle | 16x |
| Verse | **JUMPING JACKS TRAVEL**Jumping Jacks Travel Around Circle 8(Arms: Open & close) | 2x |
| Chorus | **CROSS COUNTRY SKI** Cross Country Ski(Arms: Reach) | 32x |
| Bridge | **KICK FRONT / KICK BACK**Kick Front 16 / Kick Back 16(Arms: Paddle in opposition / Push Forward) | 1x |
| FINISH | Land Wide |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 5 | MEMORY Candle In The Wind |
| Intro | Neutral Cross Country Ski  | 16x |
| Verse | **CROSS COUNTRY SKI 3 / LEG CIRCLE**Cross Country Ski 3, Hold / Back Leg Circle Front & Back(Arms: Clasp together move across) | 4x |
| Chorus | **JOG 4 / JUMP ROPE 2** Jog 4 / Jump Rope 2(Arms: Paddle / Jump rope) | 4x |
| Bridge | **RUN**(\***NEUROPLASTICITY DRILL – Fine & Gross Motor Skill Muscles for Coordination)** Run (Arms: Point front, touch shoulder left, other shoulder right, point overhead) | 32x |
| FINISH | Land Wide |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 6 | FAST TWITCH MUSCLE Heroes |
| Intro | Jog | 16x |
| Verse | **JOG 4 / TIRE RUN 4**Jog 4 / Tire Run Out, Out, In, In 2 (Arms: Paddle / Run fist) | 4x |
| Chorus | **RHYTHM RUN**Run 3 / Flick Kick 2 (Arms: Fist run / Open push) | 8x |
| Bridge | **JOG HEEL**Rebound Jog Heel 8 / Run Heel 16(Arms: Scoop / Running arms) | 2x |
| FINISH | Land Wide |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 7 | MOBILITY Shining Star |
| Intro | Jog Heel | 16x |
| Verse | **JOG HEEL / KICK ROTATION**Jog Heel Travel Front 16 / Kick Rotation Front Travel Back 16(Arms: Reach front & back) | 1x |
| Chorus | **STAR LEAP** Star Leap / Heel Touch Front, Back 2(Arms: Open arms & fingers / Heel touch) | 4x |
| Bridge | **CROSS COUNTRY** Cross Country Ski (Arms: Figure 8 (16), side to side 16) | 32x |
| FINISH | Land wide |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 8 | ADL’S Human  |
| Intro | Jog / ADL Skill: **Transferring =** being able to move weight from one body position to another with proper control and balance | 16x |
| Verse | **ROCKING HORSE 2 / SSD JOG**Rocking Horse 2 / SSD Jog(Arms: Reach Forward / Row back) | 4x |
| Chorus | **JACK TRAVEL / SINGLE LEG HOP 4**Jack Travel 1 / Single Jog, Hop 4(Arms: Open & close / Reach down touch foot) | 4x |
| Bridge | **JOG HEEL**Jog Heel(Arms: Left push, right push, interlace fingers, stretch) | 32x |
| FINISH | Stand Tall |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 9 | CORE One Way Ticket To The Blues |
| Intro | Leaning back - Noodle behind back  |  |
| Verse | **V-SIT OPEN-CLOSE / HEEL TO TOE CURL**V-Sit Open & Close / Heel to Toe, Torse Curl(Arms: Hold the noodle) | 8x |
| Chorus | **TUCK & SHOOT THROUGH** Tuck & Shoot Side, Tap the Floor (Arms: Hold the noodle) | 8x |
| Bridge | **HEEL TOUCHES**Torso Rotation Criss Cross(Arms: Alternate instep touch) | 16x |
| FINISH | Lean Back and Hold |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 10 | FLEXIBILITY Higher Love |
| Intro | Sway & tap  | 8x |
| Verse | **MAMBO STEP / LUNGE BACK**Step Front & Back 2 / Step Front, Lunge Back(Arms: Paddle open cuffs, paddle down back / Press front) | 2x |
| Chorus | **ONE LEG HIP FLEX & EXT / HAMSTRING** One Leg Hip Flex & Extend 2 / Hip Flex, Extend to Hamstring Stretch(Arms: Touch the leg and open apart / Hold leg) | 2x |
| Bridge | **LANDED STAR / CURTSY LUNGE / CROSS TAP**Landed Star Pose / Curtsy Lunge Rotation / Landed Star Pose / Tap Front Rotation (2)(Arms: Reach side, reach up, reach side, reach across)  | 2x |
| FINISH | Land wide, One arm sweep front |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |