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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 |