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| Track 1 | | WARM-UP Lady(You Bring Me Up) | | | | | | | | | |
| Intro | | Heel Dig | | | | | | | | 16x | |
| Verse | | **HEEL DIG 16 / HEEL DIG SSD 4**  Alternate Heel Dig 16 / Heel Dig Single Single Double 4  (Arms: Push front / Push down single single double) | | | | | | | | 1x | |
| Chorus | | **Skate 8 / WIDE FLICK KICK 8**  Skate 8 / Wide Flick Kick 8  (Arms: Sweep side / Starfish) | | | | | | | | 2x | |
| Bridge | | **SWING BACK / KNEE THROUGH**  Alternate Leg Swing Back / Pull Knee Through  (Arms: Chest press / Fists pull back) | | | | | | | | 16x | |
| FINISH | | Land Wide, Starfish Fingers | | | | | | | | | |
| **V1** | **C1** | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 2 | | POSTURE Desperado | | | | | | | | | |
| Intro | | Jack | | | | | | | | 8x | |
| Verse | | **JACK & POSTURE CHECK**  Jack  (Arms: Reach down / Row back with fists) | | | | | | | | 16x | |
| Chorus | | **LEAP 4 / TWIST 8**  Leap Right 4 Travel Forward / Twist 8 Travel Backward  (Arms: Breaststroke / Sweep side to side) | | | | | | | | 2x | |
| Bridge | | **TWISTED HEEL TOUCH 3 / DOUBLE JOG 1**  Lift Heel Back, Then Opposite Heel Front 3 / Double Jog 1  (Arms: Touch heel B/F / Push to side) | | | | | | | | 4x | |
| FINISH | | Land Wide, Push To Side | | | | | | | | | |
| **V1** | **C1** | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 3 | | BALANCE Hooked On a Feeling | | | | | | | | |
| Intro | | Jog Heel | | | | | | | | 16x |
| Verse | | **RUN HEEL 2 / POWER SKATER 3**  Run Heel 2 / Power Skater 3 – Rebound Vertically & To Side  (Arms: Running / Power sweep) | | | | | | | | 8x |
| Bridge | | **RUN 2 / POWER JOG 3**  Run 2 / Power Jog 3 – Rebound Vertically & To Side  (Arms: Running) | | | | | | | | 8x |
| Chorus | | **MOGUL CROSS F/B/R/L**  Mogul Front Back Right Left  (Arms: Clasp hands or grasp shoulders) | | | | | | | | 4x |
| FINISH | | Hold Last Mogul | | | | | | | | |
| V1 | B1 | | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |

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| Track 4 | | COMMUNITY Made For Now | | | | | | | | | |
| Intro | | Form Two Vertical Lines, Facing Front | | | | | | | |  | |
| Verse | | **TWIST 2 / TUCK 1**  Twist 2 / Tuck Jump – Facing Front  (Arms: Sweep to side / Push down) | | | | | | | | 8x | |
| Chorus | | **RUN 15 / HOLD**  Run 15 Travel Side & Switch Lines / Hold – Facing Front  (Arms: Strong running) | | | | | | | | 4x | |
| Bridge | | **STEP SIDE 4**  Grounded Step Side 4 Travel Right – Facing Opposite Line  (Arms: Reach & Sweep in opposition) | | | | | | | | 4x | |
| FINISH | | Step Side Once More, Splash Side | | | | | | | | | |
| **V1** | **C1** | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 5 | | MEMORY Big Girls | | | | | | | | | |
| Intro | | Get Into Grounded Position | | | | | | | |  | |
| Verse | | **KICKSTAND 4 / KNEE LIFT & CURL 4**  Grounded Kickstand 4 / Knee Lift & Curl Back 4  (Arms: Shame on you fingers / Biceps to open chest) | | | | | | | | 2x | |
| Chorus | | **WIDE JOG SSD**  Wide Rebound Jog Single Single Double – Explain Memory Work – What Memory Do You Have On This Date (1962 – Year I Was Born)  (Arms: Sweep across single single double) | | | | | | | | 8x | |
| Bridge | | **JOG HEEL**  Jog Heel  (Arms: Push side) | | | | | | | | 32x | |
| FINISH | |  | | | | | | | | | |
| **V1** | **C1** | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

Memory: Date & memory Ex. 1962? Year I was born

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| Track 6 | | SPEED Take Me Home Tonight | | | | | | | | |
| Intro | | Jog | | | | | | | | 16x |
| Verse | | **TUCK AROUND 4**  Tuck Jump 4, ¼ Turn Right  (Arms: Paddle) | | | | | | | | 1x |
| Bridge | | **SHUFFLE SSD 4 / CROSS COUNTRY 8**  Shuffle Single Single Double (4) / Neutral Cross Country 8  (Arms: Touch temples – open chest, then touch chest) | | | | | | | | 2x |
| Chorus | | **KARATE SIDE SSD 4 / KARATE BACK SSD 4**  Karate Kick Side Single Single Double 4 / Karate Kick Back Single Single Double 4  (Arms: Triceps press side / Triceps press back) | | | | | | | | 2x |
| FINISH | | Land Wide, Hands At Temples | | | | | | | | |
| V1 | B1 | | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |

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| Track 7 | | MOBILITY There Goes My Baby | | | | | | | | |
| Intro | | Get Into Neutral Position | | | | | | | | 8x | |
| Verse | | **FUNKY JACK / TWIST 4**  Funky Jack 8 – Out & In / Single Leg Twist 4 (4)  (Arms: Follow Knees / Relaxed Twist) | | | | | | | | 1x | |
| Chorus | | **KICK BACK 4 / ANGLE KICK BACK 4**  Alternate Rebound Kick Back 4 / Angle Kick Back 4  (Arms: Hand to forehead / Alternate diagonal push 4) | | | | | | | | 4x | |
| Bridge | | **FAST KICK FRONT 2 / FAST KICK SIDE 2 / JUMP R/L**  Fast Flick Front 2 / Fast Flick Side 2 / Jump Right/Left (2)  (Arms: Scoops / Overhead) | | | | | | | | 4x | |
| FINISH | | Land Wide, Wave Bye Bye | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | |

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| Track 8 | | ADLs Burnin’ For You | | | | | | | | |
| Intro | | Get Into Position, Explain First Block | | | | | | | |  |
| Verse | | **CATCH YOUR FALL**  Rocking Horse 4 – Rock With A Quick Heel Lift & Knee  (Arms: Extend front & quickly cross to chest) | | | | | | | | 4x |
| Bridge | | **SWEEP THE FLOOR**  Alternate Pendulum  (Arms: Simulate holding a broom – hands stacked) | | | | | | | | 32x |
| Chorus | | **CURB JUMP(THE BARREL) 4 / RUN 2**  Jump The Curb(Barrel) Right/Left 4 / Run 2  (Arms: Running) | | | | | | | | 4x |
| FINISH | | Stand Tall | | | | | | | | |
| V1 | B1 | | C1 | V2 | B2 | C2 | V3 | B3 | C3 | |

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| Track 9 | | CORE We’re An American Band | | | | | | | | |
| Intro | | Noodle In Hands | | | | | | | |  | |
| Verse | | **HEEL TOUCH**  Wide Grounded Stance – Alternate Lift Heel To Noodle  (Arms: Hands “resting” on noodle – no press down) | | | | | | | | 16x | |
| Chorus | | **KNEE CRUNCH 8**  Grounded Stance – Lift Right Knee 8  (Arms: Bend noodle in arch – Press ends toward ankle 8) | | | | | | | | 2x | |
| Bridge | | **STANDING BARREL ROLL 16 / REVERSE 16**  Wide Grounded Stance  (Arms: Alternate push end forward & across body) | | | | | | | | 1x | |
| FINISH | | Stand Tall, Push Noodle Front | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | |

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| Track 10 | | FLEXIBILITY Sunshine Reggae | | | | | | | | |
| Intro | | Lunge & Sway | | | | | | | |  | |
| Verse | | **HIP CIRCLE / CROSS BEHIND (2)**  External Rotation / Cross Leg Behind (2)  (Arms : External shoulder rotation / Reach up & down) | | | | | | | | 1x | |
| Chorus | | **CALF STRETCH / HAMSTRING STRETCH**  Lunge – Calf Stretch / Sweep Leg Through – Hamstring Stretch  (Arms: Circle overhead / Reach under leg) | | | | | | | | 1x | |
| Bridge | | **LUNGE & SWAY SSD**  Lunge & Sway Single Single Double  (Arms: Sweep right/left single single double) | | | | | | | | 4x | |
| FINISH | | Stand Tall, Lower Arms | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | |