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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 |