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| Track 1 |  WARM-UP I Don’t Feel Like Dancing |
| Intro | Jog | 16x |
| Verse | **JOG 4 / JOG HEEL 4** Jog 4 / Instep 4 / Jog Heel 4 / Heel Touch Back 4(Arms: Push side / Slice down) | 2x |
| Chorus | **ANGLED ROCKING HORSE / JACK FRONT**Angled Rocking Horse / Jack Front(Arms: Disco roll / disco point) | 8x |
| Bridge | **HEEL PUSH FRONT SSD**Alternate Heel Push Front – Single Single Double(Arms: Push forward) |  8x |
| Finish | Land Wide, Disco Point |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 2 | LINEAR Listen To Your Heart |
| Intro | Kick Front | 16x |
| Verse | **KICK FRONT 8 / KICK BACK 8**Kick Front 8 / Kick Back 8(Arms: Punch Front / Hook 8) | 2x |
| Chorus | **CROSS COUNTRY 4 / KARATE KICK BACK 4 / 1/4 TURN**Cross Country 4 TVL Forward / Karate Kick Back 4, 1/4 Turn Right (4)(Arms: Double ski / Push front) | 4x |
| Bridge | **JOG 8 / RUN 16**Jog 8 / Run Heel 16(Arms: Breaststroke / Running) |  2x |
| Finish | Punch Front |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 3 |  LATERAL The Boys Are Back In Town |
| Intro | Flick Kicks | 16x |
| Verse | **WIDE FLICK KICK 4 / POWER SKATER 4**Wide Flick Kick 4 / Power Skater 4(Arms: Scoops / Double side sweep) | 4x |
| Chorus | **JACKS / JACK 180 TURN 2** Jack 2, Jack 180 Turn 2 (Arms: Push side) | 4x |
| Bridge | **STEP SLIDE 3 / KARATE SIDE 2**Neutral Step Slide 3 TVL Right / Karate Kick Side 2(Arms: Reach & sweep across body / Fists) |  4x |
| Finish | Land Wide, Push Side |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 4 |  SPEED I Can’t Drive 55 |
| Intro | Jog Heel | 16x |
| Verse | **HEEL PUSH 4 / ROCKING HORSE 2**Heel Push Front 4 / Rocking Horse 2(Arms: Push front / Cross front) | 4x |
| Chorus | **FAST TUCK 2 / JUMP ROPE 2** Fast Tuck 2 / Jump Rope 2(Arms: Triceps press / Jump rope) | 8x |
| Bridge | **JOG HEEL SSD**Jog Heel Single Single Double(Breaststroke / Scoop 2 on double) |  8x |
| Finish | Land Wide, Handcuffs |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 5 |  GROUP Dancing In The Dark |
| Intro | Jog And Find a Partner | 16x |
| Verse | **JACK 4 RIGHT / JACK 4 LEFT** Jack – Slight TVL Right/Left(Arms: Sides & cross front) | 2x |
| Chorus | **PARTNER JOG 8 / PARTNER RUN 16** Jog Around Partner 8 (2) / Run Around Partner 16 (2)(Arms: Swim / Running) | 1x |
| Bridge | **CROSS COUNTRY 8 / BATTLE ROPES 8**Rebound Cross Country 8 / Grounded Cross Country 8)(Arms: Power push / Simulate battle ropes) |  2x |
| Finish | High Five Your Partner |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 6 | SUSPENSION Don’t You Worry |
| Intro | Get Into Neutral Position |  |
| Chorus | **SUSPENDED CROSS COUNTRY 6 / NEUTRAL 2**Suspended CC 6 / Neutral CC 2(Arms: Flotation support) | 4x |
| Verse | **TUCK SHOOT RIGHT/LEFT**Tuck Shoot R/L (Option: Tuck Mogul)(Arms: Sweep to OPP side) | 16x |
| Bridge | **TUCK JACK TOUCH**Tuck Jack Touch Bottom(Arms: Support) | 16x |
| Finish | Stand Tall |
| C1 | V1 | B1 | C2 | V2 | B2 | C3 | V3 | B3 | C4 |

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| Track 7 | UPPER BODY Heartbreak Anthem |
| Intro |  Noodle Plank Position, Toes on Bottom |  |
| Verse | **PLANK PUSHUP SSD 4 / PUSHUP 8**Floating or Grounded Plank(Arms: Noodle under shoulders - Pushup single single double) | 16x |
| Chorus | **TRICEPS PRESS** Grounded Stance(Arms: Press noodle down sides, elbows close to body) | 32x |
| Bridge | **KAYAK PADDLE** Grounded Split Stance – Change lead after 16x(Arms: Kayak paddle, noodle ends in water) |  32x |
| Finish | Stand Tall, Push Noodle Forward |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 8 | LOWER BODY Broken Glass |
| Intro | Noodle Around Back, Under Arms |  |
| Verse | **KICK FRONT 2 / KICK WIDE 2**Rebound Kick Front 2 / Kick Wide 2(Arms: Squeeze noodle to maintain posture) | 8x |
| Chorus | **RUNNING MAN 16 / SIDE SCISSORS 7**Floating Running Man 16 / Side Scissors 7, Tuck To Change(Arms: Squeeze noodle to maintain posture) |  2x |
| Bridge | **SKATEBOARD PUSH**Grounded Alternate Skateboard Push (Arms: Squeeze noodle to maintain posture) |  16x |
| Finish | Stand Tall |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 9 | CORE Wrecking Ball |
| Intro | Noodle Around Back, Under Arms |  |
| Verse | **SKATEBOARD JUMPS 8**Skateboard Jump, Knees & Heels Lift Side(Arms: Slight noodle press down) | 2x |
| Chorus | **DIAMOND SWING / EXTEND LEGS / DIAMOND CRUNCH**Diamond Swing / Extend Legs / Diamond Crunch(Arms: Squeeze noodle to maintain posture) | 8x |
| Bridge | **TRIPLE SUPINE NOODLE CRUNCH / EXTEND LEGS**Triple Crunch / Extend Legs to Supine Position(Arms: Small squeeze under hamstrings) |  8x |
| Finish | Stand Tall |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 10 | FLEXIBILITY You’re The Inspiration  |
| Intro | Gather & Sink Chi  | 2x |
| Verse | **SIDE LUNGE 3 / QUAD STRETCH**Wide Stance, Lunge 3 RLR, Step Together / Quad Stretch(Arms: Sweep RLR / Reach for heel) | 2x |
| Bridge | **GATHER & SINK CHI / HAMSTRING STRETCH**Lift Leg – Hamstring Stretch, Point, Flex, Point(Arms: Lift arms & push down / Reach under leg) |  2x |
| Chorus | **TREE POSE / FIGURE 4**Tree Pose / Figure 4(Arms: Lift arms Overhead / Bend elbows, open chest) | 2x |
| FINISH | Stand Tall, Lift Arms Overhead |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 |

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| Track 11 | BONUS(Flotation) Runaway Train  |
| Intro | Noodle Around Back, Under Arms |  |
| Verse | **SEATED KARATE KICKS 8 / DOUBLE KICKS 8**In Flotation - Alternate Seated Karate Kicks 8 / Seated Double Karate Kicks 8(Arms: Squeeze noodle to maintain posture) | 2x |
| Bridge | **DOLPHIN KICKS 4 / V-SIT CROSS 8**In Flotation - Dolphin Kicks 4 / V-sit Cross 8, Point Toes(Arms: Squeeze noodle to maintain posture) | 2x |
| Chorus | **BICYCLE CIRCLE 8 / BICYCLE 4**In Flotation - Bicycle Circle 8 – Slight Lean / Bicycle 4(Arms: Squeeze noodle to maintain posture) | 4x |
| FINISH | Hold Tuck |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 |