|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | |

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | |

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 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 | | |