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| Track 1 | | WARM-UP Believe | | | | | | | | | |
| Intro | | Flick Kick | | | | | | | | 16x | |
| Verse | | **FLICK KICK 4 / JOG HEEL 4**  Flick Kick 4 / Jog Heel 4  (Arms: Scoop / Breaststroke) | | | | | | | | 4x | |
| Chorus | | **SIDE LEAP 4 / RUN 2**  Side Leap 4 / Run 2  (Arms: External Rotation, cross to heart / Running) | | | | | | | | 4x | |
| Bridge | | **SWING BACK / KNEE THROUGH**  Swing Leg Back / Pull knee through  (Arms: Chest press / Fists back) | | | | | | | | 16x | |
| Finish | | Land Wide | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 2 | | LINEAR Fire With Fire | | | | | | | | | |
| Intro | | Run | | | | | | | | 32x | |
| Verse | | **MOGULS 4 / JACK TUCK 2**  Moguls 4 TVL Forward / Jack Tuck 2 TVL Backward  (Arms: Paddle / Open & sweep forward) | | | | | | | | 4x | |
| Chorus | | **BOW & ARROW JACKS 4**  Bow & Arrow Jacks 4  (Arms: Bow & arrow ) | | | | | | | | 4x | |
| Bridge | | **KARATE KICK BACK 3 / RUN 2**  Karate Kick Back 3 / Run 2  (Arms: Fists / Running) | | | | | | | | 8x | |
| Finish | | Bow & Arrow Jack | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 3 | | LATERAL Don’t Dream, It’s Over | | | | | | | | | |
| Intro | | Skater | | | | | | | | 16x | |
| Verse | | **JUMP ROPE 2 / ROCKET JACK**  Jump Rope 2 – Take Feet Wider / Rocket Jack  (Arms: Jump rope / Hold at side) | | | | | | | | 4x | |
| Chorus | | **SIDE LEAP 4 / RUN 2**  Side Leap 4 Travel Right / Run 2  (Arms: Push side to fists) | | | | | | | | 2x | |
| Bridge | | **SKATER 4 / RUN HEEL 7**  Skater 4 / Run Heel 7  (Arms: Sweep in OPP direction / Running) | | | | | | | | 2x | |
| Finish | | Land Wide | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 4 | | SPEED We Don’t Run | | | | | | | | | |
| Intro | | Jog Heel | | | | | | | | 16x | |
| Verse | | **JOG HEEL 4 CIRCLE / RUN HEEL 8**  Jog Heel 4 Travel In Circle / Run Heel 8  (Arms: Breaststroke / Alternate reverse breaststroke) | | | | | | | | 2x | |
| Chorus | | **RUN 3 / FAST JACK 8**  Run 3 Travel Right, Then Left (4) / Fast Jack 8  (Arms: Running / Strong push front) | | | | | | | | 4x | |
| Bridge | | **KARATE KICK SIDE PYRAMID**  Karate Kick Side Pyramid (4, 2, 1)  (Arms: Triceps push) | | | | | | | | 1x | |
| Finish | | Land Wide, Push Front | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 5 | | GROUP Cruel Summer | | | | | | | | | |
| Intro | | Form Circles of 4-5 People, Starting Apart | | | | | | | |  | |
| Verse | | **ROCKING HORSE 4 / TURN & RUN 16**  Rocking Horse 4 Right Travel To Center / Turn & Run 16  (Arms: Cross & pull back / Running) | | | | | | | | 2x | |
| Chorus | | **FLICK KICK 8 / PUNCH 8**  Flick Kick 8 / Grounded Stance  (Arms: Scoop / Punch 8) | | | | | | | | 2x | |
| Bridge | | **WIDE KNEE JOG SSD**  Wide Knee Jog Single Single Double  (Arms: Sweep across to OPP knee) | | | | | | | | 4x | |
| Finish | | Punch To Center | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 6 | | SUSPENSION West Coast | | | | | | | | | |
| Intro | | Get Into Neutral Position | | | | | | | |  | |
| Verse | | **JACK TUCK / SEATED KICK 2**  Neutral Jack Tuck / Suspended Seated Kick 2  (Arms: Side sweep / Scull) | | | | | | | | 8x | |
| Chorus | | **TUCK / MOGUL 4 CIRCLE / MOGUL 4 FRONT TO BACK**  Tuck / Mogul 4 Circle /Mogul 4 Front To Back  (Arms: Support) | | | | | | | | 2x | |
| Bridge | | **CROSS COUNTRY 3 / TOUCH DOWN**  Suspended Cross Country 3 / Touch Down  (Arms: Clasp in front) | | | | | | | | 8x | |
| Finish | | Stand Tall | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 7 | | UPPER BODY All I Know So Far | | | | | | | | |
| Intro | | No Noodle, Get Into Grounded Position | | | | | | | |  |
| Verse | | **BICEPS SCOOPS 16**  Grounded lunge Stance  (Arms: Biceps scoops) | | | | | | | | 2x |
| Chorus | | **BOW & ARROWS 4 / TRICEPS 8**  Grounded Wide Stance – Slight Angle  (Arms: Bow & arrow / Triceps press out 8) | | | | | | | | 2x |
| Bridge | | **CHEST FLY**  Grounded Lunge Stance, Slight Lean Forward  (Arms: Double chest fly / Strong chest open) | | | | | | | | 8x |
| Finish | | Stand Tall, Double Biceps Scoops | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | |

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| Track 8 | | LOWER BODY I Need a Dancefloor | | | | | | | | |
| Intro | | No Noodle, Get Into Grounded Position | | | | | | | |  |
| Verse | | **FAST FLICKS 8 / KICKSTANDS 8**  Grounded Fast Flick Kicks 8 / Kickstands 8  (Arms: Fast scoops) | | | | | | | | 2x |
| Chorus | | **ANGLED FAST JACK 2 / NEUTRAL POWER JACK**  Angled Fast Jack 2 / Neutral Power Jack  (Arms: Elbows bent / Push side & back in) | | | | | | | | 4x |
| Bridge | | **CIRCLE BACK TO FRONT / FRONT TO BACK (4)**  Grounded Stance Circle Leg Back To Front / Back To Front (4)  (Arms: Clasp in front) | | | | | | | | 8x |
| Finish | | Stand Tall | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | |

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| Track 9 | | CORE Walk On Water | | | | | | | | |
| Intro | | No Noodle, Get Into Lunge Stance | | | | | | | |  |
| Verse | | **PARALLEL WOODCHOP 3**  Grounded Lunge Stance  (Arms: Long paddles, hands clasps – Sweep L, R, L, Knee)) | | | | | | | | 8x |
| Chorus | | **REPEATER KNEE SHOOT THROUGH 7**  Grounded Knee Shoot Through 7 – Extend Leg  (Arms: Front extension – Strong push to back) | | | | | | | | 2x |
| Bridge | | **STAR CRUNCH 7**  Star Crunch 7 Right – Top Knee Bends In & Extends Out  (Arms: From star pose, sweep to chest & back to star) | | | | | | | | 2x |
| Finish | | Stand Tall | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | |

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| Track 10 | | FLEXIBILITY Brother | | | | | | | | |
| Intro | | Lift Arms Overhead To Prayer Hands | | | | | | | | 2x |
| Verse | | **TRIANGLE POSE / STAR POSE**  Triangle Pose / Star Pose – Option to Keep Foot Down)  (Arms: “L-shape” / Extend a bit more) | | | | | | | | 1x |
| Chorus | | **TAI CHI LUNGE 3 / QUAD STRETCH / KNEE LIFT**  Facing Right – Lunge / Lift Back Heel / Knee Lift & Open)  (Arms: Push forward & pull back / Reach for foot) | | | | | | | | 1x |
| Bridge | | **HIP FLEXION / HAMSTRING STRETCH / CIRCLE 2)**  Extend Heel, Point & Flex 2 / Lift Leg, Circle Ankle 2)  (Arms: Scull / Reach under leg) | | | | | | | | 1x |
| Finish | | Step Wide, Lower Arms | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | |

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| Track 11 | | BONUS(Cardio) Flowers | | | | | | | | | |
| Intro | | Cross Country | | | | | | | | 16x | |
| Verse | | **CROSS COUNTRY TO JACK COMBO**  Alternate Rebound Cross Country to Jack  (Arms: Cross country paddle / Sweep out to side) | | | | | | | | 8x | |
| Chorus | | **JACK / LEG SWEEP 3**  Jack / Leg Sweep 3  (Arms: Sweep to side / Reach for OPP foot) | | | | | | | | 8x | |
| Bridge | | **KICK BACK 4 / KICK FRONT 4**  Alternate Kick Back 4, ¼ Turn Right (4), Alternate Kick Front 4, ¼ Turn Right (2)  (Arms: Double push front / Scoop) | | | | | | | | 2x | |
| Finish | | Land Wide | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |