

Track 1		WARM-UP Faith								
Intro		JOG								16x
Verse		RUN Run x8, Rhythm run 3x hold (Arms double push F open hands)								32x
Chorus		JOG HEEL Jog heel (Arms: ALT hand reaches wide open, close fist, cross on chest open side)								16x
Bridge		SIDE KICKS ALT side karate kicks R/L, DBL side karate kicks								16x
FINISH		Wide Stance								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 2		LINEAR I Second That Emotion								
Intro		RUN								16x
Verse		RUN & KICK Run x3 hold, karate kick F/B								32x
Chorus		ROCKING HORSES Rocking horse TVL F x3, rocking horse x1 kick through, ALT Kick F TVL B x8								16x
Bridge		KICK BACK DIAG Kick B DIAG, SS DBL (Arms: double push F)								16x
FINISH										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 3		BALANCE Staying Alive							
Intro		JOG HEEL						16x	
Verse		JOG HEEL DISCO SS DBL Jog heel (Arms: scoop & rolling)						32x	
Chorus		LEAP & MOGULS Leap x1, moguls x2 L/R, Leap x1, moguls x2 R/L						16x	
Bridge		PENDULUMS ALT pendulums R/L						16x	
FINISH		Step Wide and tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 4		GROUP YOUR SONG							
Intro		JOG TO FIND A PARTNER						16x	
Verse		LEAP & TUCK JUMP JJ, jump F/B						32x	
Chorus		JACK DIAMOND JUMPS Leap TRVL R x4, Power tuck jump x4						16x	
Bridge		RUN AROUND Run around & find a new partner						16x	
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5	ANCHORED Never Gonna Give You Up								
Intro	Neutral Position								16x
Verse	TAP SIDE CROSS Tap side, cross front, tap side, feet together R/L (Arms: move opposite)								32x
Chorus	ROCKETTE KICKS ALT High front kicks								16x
Bridge	POWER POSE JUMPING JACKS (* NEUROPLASTICITY DRILL*), Affirmations for Empowerment: I am Strong! – STRONG I AM! I am Love! – LOVE AM !!								16x
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 6	TONING I Knew I Loved You Before I Met You								
Intro	Stand tall, prepare to begin, barre inspired								
Verse	ARMS & LEGS WORK Knee flex R, flick kick F x8, Triceps press Knee flex R ham curl x8, biceps curls								16x
Chorus	SHOULDER CUFFS Neutral stance (Arms: ALT horizontal paddle R/L x3 hold x3, big sweep around R)								4x
Bridge	CHEST & BACK Chest fly, lunge R, Breaststroke, thumps up, lunge L								16x
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 7	CORE The Only Way Is Up								
Intro	GETTING INTO POSITION								16x
Verse	ZOMBIE WALK Walk F x2 R/L, walk B x2 L/R (Arms: paddle cross over F leg)								1x
Bridge	CROSS COUNTRY SKI CC Ski neutral CC Ski suspended								8x
Chorus	DIAMOND TUCK Diamond tuck x2, Alt In-step sweep R/L x2								4x
FINISH		Step wide							
V1	B1	C1	V2	B2	C2	V3	B3	C3	

Track 8	FLEXIBILITY With Or Without You								
Intro	SWAY SIDE TO SIDE								16x
Verse	STANDING BALANCE Leg ABD L, cross midline, open L x2 (Arms: paddle opposite to leg) Quad stretch to dancer (Arms: reach F)								32x
Chorus	HIP ROTATION Hip rotation knee in/out x2, (Arms: wave opposite to leg) Figure 4 hold R (Arms: open/close)								16x
Bridge	LUNGE WARRIOR CALF STRETCH Lunge W1 calf stretch L (Arms: overhead, lean R) Torso flex, knee tuck to chest, hamstring stretch, open torso chest stretches.								16x
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4