

1 Warm-Up

Get Up

Wave 30

water@motion
Platinum

Intro	Run	16x
Verse	<u>RUN 7 / ROCKING HORSE 2</u> Run 7 / Rocking Horse 2 (Arms: Fist / Paddle palm sweep front & back)	4x
Chorus	<u>JOG HEEL / HEEL SCOOP</u> Jog Heel 2 / Heel Scoop 2 (Arms: Double scoop front / sweep across)	8x
Bridge	<u>KARATE SIDE, FRONT FLICK</u> Alternate Double Karate Kick Side / Low Kick Front 4 (Arms: Triceps press / paddle front)	4x
Finish	Land Wide / Arms Sweep Across	
V1	C1	B1
V2	C2	B2
V3	C3	B3
	C4	

2 Linear

Ain't No Stopping Us Now

Wave 30

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Intro	Cross Country Ski	16x
Verse	<u>CROSS COUNTRY SKI</u> Cross Country Ski (Arms: Both paddle back & front)	32x
Bridge	<u>JUMPING JACK / JACK TUCK JUMP</u> Jumping Jack 1 / Jack Tuck Jump 1 (Arms: Open & close)	8x
Chorus	<u>JOG HEEL TRAVEL / FRONT KICK TRAVEL</u> Jog Heel 3, Fast Heel 2, Travel Forward (4) / Kick Front 3, Run 2, Travel Back (4) (Arms: Breaststroke / paddle)	1x
Finish	Wide Stance, One Arm Push Front	
V1	B1	C1
V2	B2	C2
V3	B3	C3
	C4	

Intro	Pendulums									16x
Verse	<u>PENDULUMS</u> Pendulums Single Single Double (Arms: Push side to side)									8x
Chorus	<u>JOG / ROCKING HORSE</u> Single Single Double / Rocking Horse 1, Rock Back 1 (Arms: Paddle / sweep front & back)									4x
Bridge	<u>JOG HEEL COMBO</u> Double Jog Heel 3, Alternate Single Jog Heel 2 (Arms: Back breaststroke / alternate sweep front)									4x
Finish	Land Wide, Arms Open Press Side									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Intro	Jog. Divide Into Group 1, Group 2									16x
Verse	<u>RUN 2, HOLD</u> Run 2, Hold, Groups Face Each Other (4), Turn Back (4), Turn Opposite Sides (4), Turn Front (4) (Arms: Fist)									16x
Chorus	<u>LEAP TRAVEL 1 / FAST JACK 2</u> Leap travel 1 / Fast Jack 2 - Group 1 Travel Toward Group 2 (4) - Repeat Switching Sides One More Time (Arms: Reach over, scoop under / open & close)									2x
Bridge	<u>CROSS COUNTRY SKI SHUFFLE</u> Cross Country Ski Shuffle 3, Hold (Arms: Fist 3, push-splash white water 4)									8x
Finish	Wide Stance, Sweep Across									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

5 Anchored / Neuroplasticity

You Can Call Me Al Wave 30

water@motion
Platinum

Intro	Anchored Down Neutral Position Power Pose	16x							
Verse	<u>KICK FRONT / KICK SIDE, SWIVEL</u> Kick Front 1, Kick Side 1, Knee Swivel, Step Down (Arms: Hands hip's anchored)	4x							
Chorus	<u>DIAMOND TUCK KICK</u> Diamond Knee Tuck 1, Kick Out 1, Heels In 1, Step Down (Arms: Sculling hands)	4x							
Bridge	<u>JOG - NEUROPLASTICITY DRILL</u> Say The Word I Spell, Spell The word I say (Round 1: b-l-u-e = blue; j-a-c-k = jack; j-o-g = jog Round 2: sun = s-u-n; wave = w-a-v-e; leap = l-e-a-p Round 3 Mixed: leap = l-e-a-p; run = r-u-n) (Arms: Paddle)	32x							
Finish	Land Wide, Open Arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6 Toning

Love Shack

Wave 30

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Platinum

Intro	Get Into Neutral Position	16x						
Verse	<u>ONE LEG SWEEP</u> Single Leg Sweep 2 / Flick Kick 4 (2) Single Leg Sweep 2 / Heel Curl 4 (2) (Arms: Rotator cuffs sweep across / fists on hips)	4x						
Chorus	<u>BICEPS / TRICEPS</u> Wide Stance (Arms: Alternate biceps curls 8, double time biceps curls 16 / Alternate triceps press 8, double time triceps press 16)	1x						
Bridge	<u>CHEST FLY / BREASTSTROKE</u> Wide Stance (Arms: Sweep front chest fly 8 / back hand breaststroke 8)	1x						
Finish	Wide Stance, Open Arms							
V1	C1	B1	V2	C2	B2	V3	C3	B3

7 Core

Just Can't Get Enough

Wave 30

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Intro	Get Into Neutral Position									16x
Verse	<u>IN-STEP SWEEP 1 / ROTATION 1</u>									8x
	In-Step Sweep 1 / Step Wide (4) (Arms: Sweep heel reach, sweep across, torso rotate)									
Chorus	<u>TUCK SHOOT</u>									8x
	Tuck Jump, Alternate Shoot Through 8 (Arms: Press down, reach side)									
Bridge	<u>TUCK EXTEND</u>									8x
	Knee Up, Leg back, Knee up, Step down (Arms: Long arms paddle down, reach, paddle down)									
Finish	Wide Stance, Hands on Hips									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

8 Flexibility

Everything I Do I Do It For

Wave 30

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Platinum

Intro	Tap Step Front									16x
Verse	<u>HAMSTRING STRETCH / FIGURE 4</u>									2x
	Heel Dig Flex, Sit Low / Leg Cross Over to Figure 4 (Arms: Reach forward, sweep reach back / sway in & out across)									
Chorus	<u>STAR POSE / ARABESQUE</u>									2x
	Star Pose Leaning Side 1 / Arabesque - Warrior 3 (Arms: Reach overhead / Reach forward)									
Bridge	<u>CALF STRETCH / KNEE LIFT</u>									2x
	Step back Lunge / Back Knee Comes Up (Arms: Reach forward, overhead, lean side to side / torso rotation, grab knee)									
Finish	Lunge Stance, One Arm Reach Up Overhead									
V1	C1	B1	V2	C2	B2					