

1 Warm-Up Get Up		Wave 30		water@motion Platinum					
Intro	Run					16x			
Verse	<b>RUN 7 / ROCKING HORSE 2</b> Run 7 / Rocking Horse 2 (Arms: Fist / Paddle palm sweep front & back)					4x			
Chorus	<b>JOG HEEL / HEEL SCOOP</b> Jog Heel 2 / Heel Scoop 2 (Arms: Double scoop front / sweep across)					8x			
Bridge	<b>KARATE SIDE, FRONT FLICK</b> 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		water@motion Platinum					
Intro	Cross Country Ski					16x			
Verse	<b>CROSS COUNTRY SKI</b> Cross Country Ski (Arms: Both paddle back & front)					32x			
Bridge	<b>JUMPING JACK / JACK TUCK JUMP</b> Jumping Jack 1 / Jack Tuck Jump 1 (Arms: Open & close)					8x			
Chorus	<b>JOG HEEL TRAVEL / FRONT KICK TRAVEL</b> 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

3 Balance Easy		Wave 30		water@motion Platinum					
Intro	Pendulums					16x			
Verse	<b>PENDULUMS</b> Pendulums Single Single Double (Arms: Push side to side)					8x			
Chorus	<b>JOG / ROCKING HORSE</b> Single Single Double / Rocking Horse 1, Rock Back 1 (Arms: Paddle / sweep front & back)					4x			
Bridge	<b>JOG HEEL COMBO</b> 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

4 Group Never Gonna Rain		Wave 30		water@motion Platinum					
Intro	Jog, Divide Into Group 1, Group 2					16x			
Verse	<b>RUN 2, HOLD</b> Run 2, Hold, Groups Face Each Other (4), Turn Back (4), Turn Opposite Sides (4), Turn Front (4) (Arms: Fist)					16x			
Chorus	<b>LEAP TRAVEL 1 / FAST JACK 2</b> 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	<b>CROSS COUNTRY SKI SHUFFLE</b> 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	<b>KICK FRONT / KICK SIDE, SWIVEL</b> Kick Front 1, Kick Side 1, Knee Swivel, Step Down (Arms: Hands hip's anchored)					4x			
Chorus	<b>DIAMOND TUCK KICK</b> Diamond Knee Tuck 1, Kick Out 1, Heels In 1, Step Down (Arms: Sculling hands)					4x			
Bridge	<b>JOG - NEUROPLASTICITY DRILL</b> 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		water@motion Platinum					
Intro	Get Into Neutral Position					16x			
Verse	<b>ONE LEG SWEEP</b> 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	<b>BICEPS / TRICEPS</b> Wide Stance (Arms: Alternate biceps curls 8, double time biceps curls 16 / Alternate triceps press 8, double time triceps press 16)					1x			
Bridge	<b>CHEST FLY / BREASTSTROKE</b> 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		water@motion Platinum					
Intro	Get Into Neutral Position					16x			
Verse	<b>IN-STEP SWEEP 1 / ROTATION 1</b> In-Step Sweep 1 / Step Wide (4) (Arms: Sweep heel reach, sweep across, torso rotate)					8x			
Chorus	<b>TUCK SHOOT</b> Tuck Jump, Alternate Shoot Through 8 (Arms: Press down, reach side)					8x			
Bridge	<b>TUCK EXTEND</b> Knee Up, Leg back, Knee up, Step down (Arms: Long arms paddle down, reach, paddle down)					8x			
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		water@motion Platinum				
Intro	Tap Step Front					16x		
Verse	<b>HAMSTRING STRETCH / FIGURE 4</b> Heel Dig Flex, Sit Low / Leg Cross Over to Figure 4 (Arms: Reach forward, sweep reach back / sway in & out across)					2x		
Chorus	<b>STAR POSE / ARABESQUE</b> Star Pose Leaning Side 1 / Arabesque - Warrior 3 (Arms: Reach overhead / Reach forward)					2x		
Bridge	<b>CALF STRETCH / KNEE LIFT</b> Step back Lunge / Back Knee Comes Up (Arms: Reach forward, overhead, lean side to side / torso rotation, grab knee)					2x		
Finish	Lunge Stance, One Arm Reach Up Overhead							
V1	C1	B1	V2	C2	B2			