

**1 WARM UP**  
YOUNG HEARTS RUN FREE WAVE 33

water@motion  
**Platinum**

Intro	Run	16x
Verse	<b>RUN</b> Run 7- Hold / Run 2 - Hold (Arms: Running fist)	2x
Bridge	<b>JOG HEEL</b> Jog Heel 3 / Run 2 (Arms: Paddle hands sweep, Fist on run)	8x
Chorus	<b>JUMPING JACKS</b> Jacks (Arms: Heart & finger stretch 4 / Open & close 4)	16x
FINISH	Land Wide – Heart Hands	
V1	B1	C1
V2	B2	C2
V3	B3	C3
C4		

**2 POSTURE**  
SHERRY WAVE 33

water@motion  
**Platinum**

Intro	Jog Heel	16x
Verse	<b>JOG HEEL</b> Jog Heel (Arms: Cross to backhand paddle pulse back 3)	8x
Chorus	<b>MOGULS</b> Moguls Side, Side, Front, Back (Arms: Paddle reach opposite side, side, back, front)	4x
Bridge	<b>HOPSCOTCH BACK</b> Alternating Hopscotch (Arms: Alternating back heel touch)	32x
FINISH	Land Wide	
V1	C1	B1
V2	C2	B2
V3	C3	B3
C4		

**3 BALANCE**  
BE NEAR ME WAVE 33

water@motion  
**Platinum**

Intro	Jog	16x
Verse	<b>LEAP / KNEE / KICK</b> Side Leap / Knee Tuck / Karate Front 4 Side Leap / Knee Tuck / Karate Back 4 (Arms: Reach, chamber, fist)	1x
Chorus	<b>JACK KNEE TUCK</b> Jack, Jack Single Knee Tuck (Arms: Open, close, open, reach under knee)	8x
Bridge	<b>JOG / DRAG</b> Jog 5, Hold Knee Up (Arms: Scoop 4, One arm reach and drag/splash)	4x
FINISH	Land Wide	
V1	C1	B1
V2	C2	B2
V3	C3	B3
C4		

**4 COMMUNITY**  
THE TIDE IS HIGH WAVE 33

water@motion  
**Platinum**

Intro	Group formation: jog into two groups facing each other	
Verse	<b>JOG HEEL TRAVEL</b> Jog Heel Travel Forward 8 / Travel Back 8 (Arms: Alternating paddle hands)	2x
Chorus	<b>POWER JOG / JOG HOP</b> Power Jog 4 Travel / Twist #1 (Arms: Push and splash / Index finger overhead)	2x
Bridge	<b>RUN</b> Run Forward 16 Switch Places (Arms: Alternating push forward and power splash)	32x
FINISH	Land Wide – Arms up, index fingers #1	
V1	C1	B1
V2	C2	B2
V3	C3	B3
C4		

**5 MEMORY (ANCHORED)**  
HE'S THE GREATEST DANCER WAVE 33

water@motion  
**Platinum**

Intro	Get Into Neutral Position	
Verse	<b>LEG LIFT &amp; HIP ROTATION</b> Leg Abduct 2 / Hip Rotation Internal/External (Arms: Clasp hands for torso stability)	4x
Chorus	<b>KARATE KICKS BACK</b> Alternating Karate Kicks Back 2, Side 2 (Arms: Rolling punches / Triceps punch back)	8x
Bridge	<b>RUN</b> Run (*Neuroplasticity– Fine Motor Skills: Hand/Face ) (Arms: Point: front, side & chin side / Point: front, chin-ear / Point: front, chin-ear crossing hands)	64x
FINISH	Land Wide – Arms rolling fists	
V1	C1	B1
V2	C2	B2
V3	C3	B3
C4		

**6 FAST TWITCH MUSCLES**  
PLEASE MR. POSTMAN WAVE 33

water@motion  
**Platinum**

Intro	Cross Country Ski	16x
Verse	<b>CROSS COUNTRY SKI</b> Cross Country Ski 2 / Cross Country Ski Shuffle 3 (Arms: Alternating paddle, Fist)	8x
Chorus	<b>RUN TRAVEL &amp; KICK</b> Run Travel 4 / Flick Kick Front 2 (Arms: Running fist / Chamber close fist)	8x
Bridge	<b>NEUTRAL JUMPING JACKS</b> Neutral Jack 2 / Fast Jack 4 (Arms: Paddle out & in / Elbow out & in)	4x
FINISH	Land Wide	
V1	C1	B1
V2	C2	B2
V3	C3	B3
C4		

7 MOBILITY		HOW WILL I KNOW		WAVE 33		water@motion Platinum		
Intro	Jog, Tall Torso - Focus: Shoulders & Hip Mobility							16x
Verse	<b>ROCKING HORSE BOW &amp; ARROW</b> Rocking Horse 4 (Arms: Bow & arrow for scapular retraction)							4x
Chorus	<b>INSTEP HEEL TOUCH &amp; KICK</b> Alternating Instep Sweep 3 / Back Kick 1 (Arms: Alternating heel touch / Punch)							8x
Bridge	<b>KICK AROUND</b> Alternating Kick Front 2, Pendulum 2, Back Kick 2, Pendulum 2 (Arms: Alternating paddle front, side, back, side)							4x
FINISH	Bow & arrow pose							
V1	C1	B1	V2	C2	B2	V3	C3	B3

9 CORE		WILD WORLD		WAVE 33		water@motion Platinum		
Intro	Grounded Split Stance							
Verse	<b>SPLIT STAND FIGURE 8</b> Split Stance / Knee Up 2 - 2 / Change Side (Arms: Figure 8 SSD / Paddle chop across 2)							4x
Chorus	<b>JACK &amp; SKATEBOARD</b> Jack / Skateboard Feet Side Pull Up (Arms: Open, close, reach to heels)							8x
Bridge	<b>TUCK SHOOT</b> Tuck Shoot Back 4 / Tuck Shoot Front 4 (Arms: Superman, push front / Sun Tan Push down, push back)							1x
FINISH	Stand up tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

8 ADL'S (TONING)		SIMPLY IRRESISTIBLE		WAVE 33		water@motion Platinum		
Intro	Jog / ADL Skill: Transferring = being able to move weight from one body position to another with proper control and balance							8x
Verse	<b>SIDE LEAP 2 / DEEP DRAG</b> Side Leap 2 / Wide Grounded Stance (Arms: Reach over 2 / Deep drag 2 – Move box)							4x
Chorus	<b>½ PENDULUMS</b> Alternating ½ Pendulum (Arms: Scoop & pull into body – Lift the box)							16x
Bridge	<b>ANGLE SOCCER KICK / JOG HEEL 2</b> Angle Soccer Kick 1 / Jog Heel Dragging Feet 2 (Arms: Reach in opposition- Under the rug)							8x
FINISH	Land Wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3

10 FLEXIBILITY		THE AIR THAT I BREATHE		WAVE 33		water@motion Platinum			
Intro	Arms sway in & out							8x	
Verse	<b>BACK &amp; HAMSTRING</b> Knee Lift, Extension Front / Circle Ankle 3 (Arms: Hold under knee)							2x	
Chorus	<b>LUNGE CALF STRETCH</b> Lunge to Calf Stretch / Rotation / Opposite Side Bend (Arms: Front, Circle side, Reach up & over to cross)							2x	
Bridge	<b>KNEE-HIP ROTATION</b> Step Side, Knee cross in-out 2 / Knee Circle Out, Step Cross Back, Hip Hinge (Arms: Internal-external rotation 2 / Big circle out)							2x	
FINISH	Land Wide, Lift Arms Up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4