



# WARM UP

THEN CAME YOU

WAVE 34



Intro	Run	16
Verse	<b>RUN 3 / ROCKING HORSE 1</b> Run 3 (3) / Rocking Horse 1 (Arms: Fist 4 / Paddle hand sweep front & back)	4
Chorus	<b>PENDULUM 4 / KARATE KICK 4</b> Alternate Pendulums 4 / Karate Kick Left 4 (Arms: Sway side to side, hands close & open fingers)	4
Bridge	<b>JOG HEEL / WIDE JOG</b> Alternate Jog heels 4 / Wide Jog 4 (Arms: Alternate paddle / Sweep across)	4
Finish	Land Wide	
V1	C1	B1
V2	C2	B2
V3	C3	B3
	C4	



# POSTURE

ALONE

WAVE 34



Intro	Cross Country Ski	16
Verse	<b>CROSS COUNTRY SKI 3</b> Cross Country Ski 3 / Hold (Arms: Paddle in opposition / one arm breaststroke)	8
Chorus	<b>ANGLE LEAP RIGHT 3 / KNEE TUCK / KICK BACK</b> Angle Leap Right 3 / Knee Tuck / Kick Back / Kick Front Travel Back 8 (Arms: Scoop over 3 / Chamber / Reach / Pull / Paddle)	2
Bridge	<b>JUMPING JACKS</b> Jumping Jacks 16 (Arms: Breaststroke)	16
Finish	Land Wide	
V1	C1	B1
V2	C2	B2
V3	C3	B3
	C4	



# BALANCE

TRUSTFALL

WAVE 34



Intro	Pendulums									16
Verse	<b>PENDULUMS 3 / KICK AROUND</b> Pendulums 3, Tuck Knee Left / Kick (Clock) Around 12-3-6-3 Pendulums 3, Tuck Knee Right / Kick (Clock) Around 12-9-6-9 (Arms: Sweep in opposition / Chamber on the kicks)									4
Bridge	<b>DOUBLE JOG HEEL / DOUBLE JOG</b> Double Jog Heel 8 / Double Jog 8 (Arms: Scoop under / Sweep across)									2
Chorus	<b>ROCKING HORSE 4 / LEAP &amp; KICK 2 (2)</b> Rocking Horse 4 Turn / Leap 1, Kick Back 2, Turn (Arms: Sweep front, backstroke / Airplane push side)									2
FINISH	Wide stance,									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	



# COMMUNITY

THE PROMISE

WAVE 34



Intro	Jog to a circular formation									16
Verse	<b>JUMPING JACKS TRAVEL</b> Jumping Jacks Travel Right 8 Jumping Jacks Travel Left 8 (Arms: Open & close)									16
Chorus	<b>CROSS COUNTRY SKI</b> Cross Country Ski, (Arms: Breaststroke thumps up / Scoop & splash)									32
Bridge	<b>KICK FRONT / KICK BACK</b> Kick Front 16 / Kick Back 16 (Arms: Paddle in opposition / Push Forward)									32
Finish	Land wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



# 5 MEMORY (ANCHORED)

CANDLE IN THE WIND

WAVE 34



Intro	Cross Country Ski – Neutral position									16
Verse	<b>CROSS COUNTRY SKI 3 / LEG CIRCLE</b> Cross Country Ski 3, Hold / Back Leg Circle Front & Back (Arms: Clasp together move across)									1
Chorus	<b>JOG 4 / JUMP ROPE 2</b> Jog 4 / Jump Rope 2 (Arms: Paddle / Rope hands)									4
Bridge	<b>RUN</b> (*NEUROPLASTICITY DRILL – Fine & Gross Motor Skill Muscles for Coordination) Run (Arms: Point front, touch shoulder left, other shoulder right, point overhead)									32
Finish	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



# 6 FAST TWITCH MUSCLES

HEROES

WAVE 34



Intro	Run									32
Verse	<b>JOG 4 / TIRES RUN 4</b> Jog 4 / Tires Run 4 (Arms: Paddle / Run fist)									16
Chorus	<b>RHYTHM RUN</b> Run 3 / Flick Kick 2 (Arms: Fist run / Open push)									8
Bridge	<b>JOG HEELS</b> Rebound Jog heels 8 Jog Heels Fast 16 (Arms: Scoop / Skate / Speedbag / Snap)									2
Finish	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3		



**MOBILITY**  
SHINING STAR

WAVE 34



Intro	Jog heels								16
Verse	<b>JOG HEELS / KICK ROTATION</b> Jog Heels Travel Front 16 Kick Rotation Front Travel Back 16 (Arms: Reach front & back)								1
Chorus	<b>STAR LEAP</b> Star Leap Right / Heel Touch Front, Touch Back 2 (Arms: Open arms & fingers / heel touch)								4
Bridge	<b>CROSS COUNTRY</b> Cross Country Ski (Arms: Figure 8 for 16, side to side for 16)								32
Finish	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



**ADL'S (TONING)**  
HUMAN

WAVE 34



Intro	Jog / ADL Skill: <b>Transferring</b> = being able to move weight from one body position to another with proper control and balance								
Verse	<b>ROCKING HORSE 2 / SSDBL JOG</b> Rocking Horse 2 / SSDBL Jog (Arms: Reach Forward / Row back)								4
Chorus	<b>JACK TRAVEL / SINGLE LEG HOP 4</b> Jack Travel Right 1 / Single Jog, Hop 4 (Arms: Open & close / reach down touch foot)								4
Bridge	<b>JOG HEELS</b> Jog Heels (Arms: Left push, right push, interlace fingers, stretch)								32
Finish	Stand up tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



# CORE

ONE WAY TICKET TO THE BLUES

WAVE 34



Intro	Leaning back - Noodle behind back									
Verse	<b><u>V-STEP OPEN-CLOSE / HEEL TO TOE CURL</u></b> V-Step Open & Close / Heel to Toe, Torse Curl (Arms: Hold the noodle)									8
Chorus	<b><u>TUCK &amp; SHOOT THROUGH</u></b> Tuck & Shoot Through, Tap the Floor Right (Arms: Hold the noodle)									8
Bridge	<b><u>HEEL TOUCHES</u></b> Torso Rotation Criss Cross (Arms: Alternate heel touch)									16
Finish	Lean back and hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



# FLEXIBILITY

HIGHER LOVE

WAVE 34



Intro	Sway & tap									8
Verse	<b><u>MAMBO STEP / LUNGE BACK</u></b> Step Front & Back 2 Right / Sept Front, Lunge Back (Arms: Paddle open cuffs / paddle down back)									2
Chorus	<b><u>ONE LEG HIP FLEX &amp; EXT / HAMSTRING</u></b> One Leg Hip Flex & Extend 2 / Hip Flex, Knee Ext to Hamstring Stretch Right (Arms: Touch the leg and open apart / Hold leg)									2
Bridge	<b><u>LANDED STAR / CURTSY LUNGE / CROSS TAP</u></b> Landed Star Pose / Curtsy Lunge Rotation / Landed Star Pose / Cross in Front to Tap Front Rotation (Arms: Reach side, reach up, reach side, reach up)									2
Finish	Land wide, One arm sweep front									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	