

1 WARM UP THEN CAME YOU		WAVE 34	water@motion <i>Platinum</i>						
Intro	Run				16				
Verse	RUN 3 / ROCKING HORSE 1 Run 3 (3) / Rocking Horse 1 (Arms: Fist 4 / Paddle hand sweep front & back)				4				
Chorus	PENDULUM 4 / KARATE KICK 4 Alternate Pendulums 4 / Karate Kick Left 4 (Arms: Sway side to side, hands close & open fingers)				4				
Bridge	JOG HEEL / WIDE JOG 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

2 POSTURE ALONE		WAVE 34	water@motion <i>Platinum</i>						
Intro	Cross Country Ski				16				
Verse	CROSS COUNTRY SKI 3 Cross Country Ski 3 / Hold (Arms: Paddle in opposition / one arm breaststroke)				8				
Chorus	ANGLE LEAP RIGHT 3 / KNEE TUCK / KICK BACK Angle Leap Right 3 / Knee Tuck / Kick Back / Kick Front Travel Back 8 (Arms: Scoop over 3 / Chamber / Reach / Pull / Paddle)				2				
Bridge	JUMPING JACKS Jumping Jacks 16 (Arms: Breaststroke)				16				
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

3 BALANCE TRUSTFALL		WAVE 34	water@motion <i>Platinum</i>						
Intro	Pendulums				16				
Verse	PENDULUMS 3 / KICK AROUND 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	DOUBLE JOG HEEL / DOUBLE JOG Double Jog Heel 8 / Double Jog 8 (Arms: Scoop under / Sweep across)				2				
Chorus	ROCKING HORSE 4 / LEAP & KICK 2 (2) 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

4 COMMUNITY THE PROMISE		WAVE 34	water@motion <i>Platinum</i>						
Intro	Jog to a circular formation				16				
Verse	JUMPING JACKS TRAVEL Jumping Jacks Travel Right 8 Jumping Jacks Travel Left 8 (Arms: Open & close)				16				
Chorus	CROSS COUNTRY SKI Cross Country Ski, (Arms: Breaststroke thumps up / Scoop & splash)				32				
Bridge	KICK FRONT / KICK BACK 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	water@motion <i>Platinum</i>						
Intro	Cross Country Ski – Neutral position				16				
Verse	CROSS COUNTRY SKI 3 / LEG CIRCLE Cross Country Ski 3, Hold / Back Leg Circle Front & Back (Arms: Clasp together move across)				1				
Chorus	JOG 4 / JUMP ROPE 2 Jog 4 / Jump Rope 2 (Arms: Paddle / Rope hands)				4				
Bridge	RUN (*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	water@motion <i>Platinum</i>						
Intro	Run				32				
Verse	JOG 4 / TIRES RUN 4 Jog 4 / Tires Run 4 (Arms: Paddle / Run fist)				16				
Chorus	RHYTHM RUN Run 3 / Flick Kick 2 (Arms: Fist run / Open push)				8				
Bridge	JOG HEELS 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	

8 ADL'S (TONING) HUMAN		WAVE 34	waterinmotion Platinum					
Intro	Jog / ADL Skill: Transferring = being able to move weight from one body position to another with proper control and balance							
Verse	ROCKING HORSE 2 / SSDBL JOG Rocking Horse 2 / SSDBL Jog (Arms: Reach Forward / Row back)		4					
Chorus	JACK TRAVEL / SINGLE LEG HOP 4 Jack Travel Right 1 / Single Jog, Hop 4 (Arms: Open & close / reach down touch foot)		4					
Bridge	JOG HEELS Jog Heels (Arms: Left push, right push, interlace fingers, stretch)		32					
Finish	Stand up tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

7 MOBILITY SHINING STAR		WAVE 34	waterinmotion Platinum					
Intro	Jog heels		16					
Verse	JOG HEELS / KICK ROTATION Jog Heels Travel Front 16 Kick Rotation Front Travel Back 16 (Arms: Reach front & back)		1					
Chorus	STAR LEAP Star Leap Right / Heel Touch Front, Touch Back 2 (Arms: Open arms & fingers / heel touch)		4					
Bridge	CROSS COUNTRY 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

9 CORE ONE WAY TICKET TO THE BLUES		WAVE 34	waterinmotion Platinum						
Intro	Leaning back - Noodle behind back								
Verse	V-STEP OPEN-CLOSE / HEEL TO TOE CURL V-Step Open & Close / Heel to Toe, Torse Curl (Arms: Hold the noodle)		8						
Chorus	TUCK & SHOOT THROUGH Tuck & Shoot Through, Tap the Floor Right (Arms: Hold the noodle)		8						
Bridge	HEEL TOUCHES Torso Rotation Criss Cross (Arms: Alternate heel touch)		16						
Finish	Lean back and hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

10 FLEXIBILITY HIGHER LOVE		WAVE 34	waterinmotion Platinum						
Intro	Sway & tap		8						
Verse	MAMBO STEP / LUNGE BACK Step Front & Back 2 Right / Sept Front, Lunge Back (Arms: Paddle open cuffs / paddle down back)		2						
Chorus	ONE LEG HIP FLEX & EXT / HAMSTRING 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	LANDED STAR / CURTSY LUNGE / CROSS TAP 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