



WARM UP

IT'S A MIRACLE

WAVE 35



Intro	Jog									16x
Verse	JOG 16 / JOG HEEL 16 Jog 16 / Jog Heel 16 (Arms: Breaststroke / Shoulder rolls)									1x
Chorus	ANGLE RUN 8 / RUN 3 HOLD Run 8 – Travel On Angle Forward, Backward (Arms: Running - open to side, extend fingers)									1x
Bridge	ANGLE ROCKING HORSE 7/ KNEE LIFT Angled Rocking Horse 7 / Knee Lift To Change Lead (Arms: Figure 8 – external / internal shoulder rotation)									1x
FINISH	Land Wide, Extend Fingers									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



POSTURE

SOOLAIMON

WAVE 35



Intro	Small Kick Back									16x
Verse	JOG HEEL 8 / KICK BACK 8 Jog Heel 8 / Kick Back 8 (Arms: Small push Front / Extend side – open & close hand)									2x
Chorus	JACK COMBO – SINGLE LEG 2 / JACK 1 Jack – Single Leg 2 / Jack 1 (Arms: Reach right / Reach left / Reach up, reach down)									4x
Bridge	ALTERNATE LEAP 4 / KICK 8 Alternate Leap 4, Travel Forward / Kick 8, Travel Backward (Breaststroke / Scoops)									2x
FINISH	Jack Out, Extend Overhead									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



BALANCE

HANG ON SLOOPY

WAVE 35



Intro	Pendulum									16x
Verse	PENDULUM 3 / KNEE ADDUCTION Pendulum 3 / Knee Adduction – Strong Pull In (Arms: Sweep in opposition / Fists to center)									8x
Chorus	SIDE LEAP 4 / ROCKING HORSE 4 Side Leap 4 Travel Right / Rocking Horse 4 – Knee lift (Arms: Slice side / Push front)									1x
Bridge	JUMP ROPE 4 / FLICK KICK 4 Jump Rope 4 / Flick Kick 4 (Arms: Circle / Scoop)									4x
FINISH	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



COMMUNITY

SPINNING WHEEL

WAVE 35



Intro	Get together in small circles									
Verse	JACK 4 / CROSS COUNTRY 8 Jack 4 Travel Right / Cross Country 8 (Arms: Sweep side / Paddle)									2x
Chorus	KICK 8 / TUCK 4 Kick 8 Travel Backward / Tuck 4 Travel Forward (Arms: Scoop / Paddle)									2x
Bridge	RUN 32 Run 32 - Find A New Circle (Arms: Running)									1x
FINISH	Stand Tall, High Five To Center									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



5 MEMORY (ANCHORED)

LET YOUR LOVE FLOW

WAVE 35



Intro	Get Into Grounded Position									
Verse	<u>CIRCLE OUT / CIRCLE AROUND</u> Grounded Stance Hip External/Internal Sweep / Hip Abduction/Adduction (4) (Arms: Hands clasp)									1x
Chorus	<u>HEEL TOUCH BACK</u> Rebound Alternate Heel Touch Back – Explain Memory Block – Grocery Shopping By Section & Color)									16x
Bridge	<u>JACK</u> Jack – (Produce Section, Green) (Frozen Section, Red) (Arms: Biceps scoop)									16x
FINISH	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



6 SPEED

I WAS MADE (FOR LOVING YOU) WAVE 35



Intro	Run									32x
Verse	<u>POINT FLEX 4 / KICKSTAND</u> Grounded Leg Lift – Point, Flex, Point, Flex / Kickstand 4 (2) (Arms: Scull)									
Chorus	<u>CROSS COUNTRY 6 / TUCK & TURN 180</u> Facing Side Wall, Cross Country 6 / Tuck & Turn 180 (Arms: Paddle / Push down)									4x
Bridge	<u>TIRE RUN 4 (SPEED CHALLENGE)</u> Tire Run – Out Out In In 4 Or Race The Beat (Arms: Running)									4x
FINISH	Land Wide & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3		



MOBILITY

SAN FRANCISCO

WAVE 35



Intro	Small Kick Back								16x
Verse	<u>KICK BACK 3 / FAST JACK 1</u> Kick Back 3 – Same Leg / Fast Jack 1 (Arms: Push front / Sweep side)								8x
Chorus	<u>SHOULDER SEQUENCE</u> Grounded Stance (Arms: Sweep out, rotate (2) Sweep in, rotate (2))								4x
Bridge	<u>PARTY JUMP 2 / TUCK 1</u> Party Jump 2 / Neutral Tuck Jump 1 (Arms: Push up 2 / Disco rolls)								8x
FINISH	Jump, Push Up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



ADL'S (TONING)

RASPUTIN

WAVE 35



Intro	Get Into Grounded Stance								
Verse	<u>LUNGE & SCOOP</u> Grounded Stance, Alternate Long Tap Back Or Extend Leg (Arms: Reach underwater on lunge, then big scoop as you return to set – this should simulate picking up laundry, trash)								16x
Chorus	<u>JACK 2 / HEEL TOUCH 4</u> Jack 2 / Alternate Heel Touch Front 4 (Arms: Alternate Breaststroke – open shower curtain / Reach for opposite heel – take off your slippers)								4x
Bridge	<u>JOG HEEL</u> Alternate Jog Heel (Arms: Alternate circles out – wax on, wax off – cleaning)								16x
FINISH	Stand Tall, Wax on, Wax Off								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



CORE

WHERE DID OUR LOVE GO?

WAVE 35



Intro	Noodle In Hands								
Verse	<u>LATERAL DIP & HEEL LIFT 8</u> Side Bend Right With Left Heel Lift 8 (Arms: Bend noodle in arch & push end to hip)							2x	
Chorus	<u>LUNGE & PLUNGE</u> Wide Grounded Stance, Alternate Side Lunge (Arms: Drag noodle across surface & push underwater)							16x	
Bridge	<u>PRESS & PULL / LIFT & RESET</u> Wide Grounded Stance (Arms: Press noodle front & push down to quads / Lift to surface & back to chest)							8x	
FINISH	Push Noodle Forward								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



FLEXIBILITY

I'D REALLY LOVE TO SEE YOU TONIGHT

WAVE 35



Intro	Sway & Shoulder Rolls								
Verse	<u>KNEE LIFT / HAMSTRING STRETCH</u> Knee Lift – Rotate ankle / Hamstring Stretch – Heel Down (2) (Arms: Reach under knee / Extend leg & lower to bottom)							1x	
Chorus	<u>UPPER BODY / QUAD STRETCH</u> Stand Tall / Lift heel To Glute (Arms: Open & close R/L, open, sweep down & up / Reach to heel)							1x	
Bridge	<u>MAMBO 2 / FIGURE 8 (3)</u> Mambo 4 / Figure 8 (Arms: Gentle sweep back & front / Figure 8 (2) – Hold open)							1x	
FINISH	Stand Tall, Extend Arms Side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	