



WARM UP

IT'S A MIRACLE

WAVE 35



Intro	Jog								16x
Verse	<u>JOG 16 / JOG HEEL 16</u> Jog 16 / Jog Heel 16 (Arms: Breaststroke / Shoulder rolls)								1x
Chorus	<u>ANGLE RUN 8 / RUN 3 HOLD</u> Run 8 – Travel On Angle Forward, Backward (Arms: Running - open to side, extend fingers)								1x
Bridge	<u>ANGLE ROCKING HORSE 7 / KNEE LIFT</u> 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	<u>JOG HEEL 8 / KICK BACK 8</u> Jog Heel 8 / Kick Back 8 (Arms: Small push Front / Extend side – open & close hand)								2x
Chorus	<u>JACK COMBO – SINGLE LEG 2 / JACK 1</u> Jack – Single Leg 2 / Jack 1 (Arms: Reach right / Reach left / Reach up, reach down)								4x
Bridge	<u>ALTERNATE LEAP 4 / KICK 8</u> 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	<u>PENDULUM 3 / KNEE ADDUCTION</u> Pendulum 3 / Knee Adduction – Strong Pull In (Arms: Sweep in opposition / Fists to center)								8x
Chorus	<u>SIDE LEAP 4 / ROCKING HORSE 4</u> Side Leap 4 Travel Right / Rocking Horse 4 – Knee lift (Arms: Slice side / Push front)								1x
Bridge	<u>JUMP ROPE 4 / FLICK KICK 4</u> 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	<u>JACK 4 / CROSS COUNTRY 8</u> Jack 4 Travel Right / Cross Country 8 (Arms: Sweep side / Paddle)								2x
Chorus	<u>KICK 8 / TUCK 4</u> Kick 8 Travel Backward / Tuck 4 Travel Forward (Arms: Scoop / Paddle)								2x
Bridge	<u>RUN 32</u> 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



MEMORY (ANCHORED)

LET YOUR LOVE FLOW

WAVE 35

waterinmotion®
Platinum

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



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

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Platinum

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

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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