

1 WARM UP IT'S A MIRACLE WAVE 35											
water@motion Platinum											
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		

2 POSTURE SOOLAIMON WAVE 35											
water@motion Platinum											
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		

3 BALANCE HANG ON SLOOPY WAVE 35											
water@motion Platinum											
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		

4 COMMUNITY SPINNING WHEEL WAVE 35											
water@motion Platinum											
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											
water@motion Platinum											
Intro	Get Into Grounded Position										
Verse	CIRCLE OUT / CIRCLE AROUND Grounded Stance Hip External/Internal Sweep / Hip Abduction/Adduction (4) (Arms: Hands clasp)										1x
Chorus	HEEL TOUCH BACK Rebound Alternate Heel Touch Back – Explain Memory Block – Grocery Shopping By Section & Color)										16x
Bridge	JACK 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											
water@motion Platinum											
Intro	Run										32x
Verse	POINT FLEX 4 / KICKSTAND Grounded Leg Lift – Point, Flex, Point, Flex / Kickstand 4 (2) (Arms: Scull)										
Chorus	CROSS COUNTRY 6 / TUCK & TURN 180 Facing Side Wall, Cross Country 6 / Tuck & Turn 180 (Arms: Paddle / Push down)										4x
Bridge	TIRE RUN 4 (SPEED CHALLENGE) 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			

7 MOBILITY		SAN FRANCISCO		WAVE 35		water@motion Platinum		
Intro	Small Kick Back							16x
Verse	KICK BACK 3 / FAST JACK 1 Kick Back 3 – Same Leg / Fast Jack 1 (Arms: Push front / Sweep side)							8x
Chorus	SHOULDER SEQUENCE Grounded Stance (Arms: Sweep out, rotate (2) Sweep in, rotate (2))							4x
Bridge	PARTY JUMP 2 / TUCK 1 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

9 CORE		WHERE DID OUR LOVE GO?		WAVE 35		water@motion Platinum		
Intro	Noodle In Hands							
Verse	LATERAL DIP & HEEL LIFT 8 Side Bend Right With Left Heel Lift 8 (Arms: Bend noodle in arch & push end to hip)							2x
Chorus	LUNGE & PLUNGE Wide Grounded Stance, Alternate Side Lunge (Arms: Drag noodle across surface & push underwater)							16x
Bridge	PRESS & PULL / LIFT & RESET 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

8 ADL'S (TONING)		RASPUTIN		WAVE 35		water@motion Platinum		
Intro	Get Into Grounded Stance							
Verse	LUNGE & SCOOP 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	JACK 2 / HEEL TOUCH 4 Jack 2 / Alternate Heel Touch Front 4 (Arms: Alternate Breaststroke – open shower curtain / Reach for opposite heel – take off your slippers)							4x
Bridge	JOG HEEL 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

10 FLEXIBILITY		I'D REALLY LOVE TO SEE YOU TONIGHT		WAVE 35		water@motion Platinum		
Intro	Sway & Shoulder Rolls							
Verse	KNEE LIFT / HAMSTRING STRETCH Knee Lift – Rotate ankle / Hamstring Stretch – Heel Down (2) (Arms: Reach under knee / Extend leg & lower to bottom)							1x
Chorus	UPPER BODY / QUAD STRETCH Stand Tall / Lift heel To Glute (Arms: Open & close R/L, open, sweep down & up / Reach to heel)							1x
Bridge	MAMBO 2 / FIGURE 8 (3) 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