



WARM UP

LADY (YOU BRING ME UP)

WAVE 36



Intro	Jog								16x
Verse	<u>HEEL DIG 16 / HEEL DIG SSD 4</u> Alternate Heel Dig 16 / Heel Dig Single Single Double 4 (Arms: Push front, open fingers / Triceps press at shoulder)								1x
Chorus	<u>SKATE 8 / WIDE FLICK KICK 8</u> Skate 8 / Wide Flick Kick 8 (Arms: Sweep side / Triceps press at shoulder)								2x
Bridge	<u>SWING BACK / KNEE THROUGH</u> Alternate Leg Swing Back / Pull Knee Through (Arms: Chest press / Fists pull back)								16x
FINISH	Land Wide, Open Palms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



POSTURE

DESPERADO

WAVE 36



Intro	Jack								8x
Verse	<u>JACK & POSTURE CHECK</u> Jack (Arms: Reach down / Row back with fists)								16x
Chorus	<u>LEAP 4 / TWIST 8</u> Leap Right 4 Travel Forward / Twist 8 Travel Backward (Arms: Breaststroke / Sweep side to side)								2x
Bridge	<u>TWISTED HEEL TOUCH 3 / DOUBLE JOG 1</u> Lift Heel Back, Then Opposite Heel Front 3 / Double Jog 1 (Arms: Touch heel B/F / Push to side)								4x
FINISH	Land Wide, Push To Side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



BALANCE
HOOKED ON A FEELING

WAVE 36



Intro	Jog Heel								16x
Verse	<u>RUN HEEL 2 / POWER SKATER 3</u> Run Heel 2 / Power Skater 3 – Rebound Vertically & To Side (Arms: Running / Power sweep)								8x
Bridge	<u>RUN 2 / POWER JOG 3</u> Run 2 / Power Jog 3 – Rebound Vertically & To Side (Arms: Running)								8x
Chorus	<u>MOGUL CROSS F/B/R/L</u> Mogul Front Back Right Left (Arms: Clasp hands or grasp shoulders)								4x
FINISH	Hold Last Mogul								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



COMMUNITY

MADE FOR NOW

WAVE 36



Intro	Form Two Vertical Lines, Facing Front								
Verse	<u>TWIST 2 / TUCK 1</u> Twist 2 / Tuck Jump – Facing Front (Arms: Sweep to side / Push down)								8x
Chorus	<u>RUN 15 / HOLD</u> Run 15 Travel Side & Switch Lines / Hold – Facing Front (Arms: Strong running)								4x
Bridge	<u>STEP SIDE 4</u> Grounded Step Side 4 Travel Right – Facing Opposite Line (Arms: Reach & Sweep in opposition)								4x
FINISH	Step Side Once More, Splash Side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



MEMORY (ANCHORED)
BIG GIRLS

WAVE 36



Intro	Get Into Grounded Position								
Verse	<u>KICKSTAND 4 / KNEE LIFT & CURL 4</u> Grounded Kickstand 4 / Knee Lift & Curl Back 4 (Arms: Shame on you fingers / Biceps to open chest)								2x
Chorus	<u>WIDE JOG SSD</u> Wide Rebound Jog Single Single Double – Explain Memory Work – What Memory Do You Have On This Date (1962 – Year I Was Born) (Arms: Sweep across single single double)								8x
Bridge	<u>JOG HEEL</u> Jog Heel (Arms: Push side)								32x
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



SPEED

TAKE ME HOME TONIGHT

WAVE 36



Intro	Jog								16x
Verse	<u>TUCK AROUND 4</u> Tuck Jump 4, ¼ Turn Right (Arms: Paddle)								1x
Bridge	<u>SHUFFLE SSD 4 / CROSS COUNTRY 8</u> Shuffle Single Single Double (4) / Neutral Cross Country 8 (Arms: Touch temples – open chest, then touch chest)								2x
Chorus	<u>KARATE SIDE SSD 4 / KARATE BACK SSD 4</u> Karate Kick Side Single Single Double 4 / Karate Kick Back Single Single Double 4 (Arms: Triceps press side / Triceps press back)								2x
FINISH	Land Wide, Hands At Temples								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



MOBILITY

THERE GOES MY BABY

WAVE 36



Intro	Get Into Neutral Position								8x
Verse	<u>FUNKY JACK / TWIST 4</u> Funky Jack 8 – Out & In / Single Leg Twist 4 (4) (Arms: Follow Knees / Relaxed Twist)								1x
Chorus	<u>KICK BACK 4 / ANGLE KICK BACK 4</u> Alternate Rebound Kick Back 4 / Angle Kick Back 4 (Arms: Hand to forehead / Alternate diagonal push 4)								4x
Bridge	<u>FAST KICK FRONT 2 / FAST KICK SIDE 2 / JUMP R/L</u> Fast Flick Front 2 / Fast Flick Side 2 / Jump Right/Left (2) (Arms: Scoops / Overhead)								4x
FINISH	Land Wide, Wave Bye Bye								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



ADL'S (TONING)
BURNIN' FOR YOU

WAVE 36



Intro	Get Into Position, Explain First Block							
Verse	<u>CATCH YOUR FALL</u> Rocking Horse 4 – Rock With A Quick Heel Lift & Knee (Arms: Extend front & quickly cross to chest)							4x
Bridge	<u>SWEEP THE FLOOR</u> Alternate Pendulum (Arms: Simulate holding a broom – hands stacked)							32x
Chorus	<u>CURB JUMP(THE BARREL) 4 / JUMP ROPE</u> Jump The Curb(Barrel) Right/Left 4 / Jump Rope (Arms: Running)							4x
FINISH	Stand Tall							
V1	B1	C1	V2	B2	C2	V3	B3	C3



CORE

WE'RE AN AMERICAN BAND

WAVE 36

waterinmotion®
Platinum

Intro	Noodle In Hands							
Verse	<u>HEEL TOUCH</u> Wide Grounded Stance – Alternate Lift Heel To Noodle (Arms: Hands “resting” on noodle – no press down)							16x
Chorus	<u>KNEE CRUNCH 8</u> Grounded Stance – Lift Right Knee 8 (Arms: Bend noodle in arch – Press ends toward ankle 8)							2x
Bridge	<u>STANDING BARREL ROLL 16 / REVERSE 16</u> Wide Grounded Stance (Arms: Alternate push end forward & across body)							1x
FINISH	Stand Tall, Push Noodle Front							
V1	C1	B1	V2	C2	B2	V3	C3	B3



FLEXIBILITY

SUNSHINE REGGAE

WAVE 36



Intro	Lunge & Sway							
Verse	<u>BOWLER LUNGE (2)</u> External Rotation / Cross Leg Behind (2) (Arms : External shoulder rotation / Reach up & down)							1x
Chorus	<u>CALF STRETCH / HAMSTRING STRETCH</u> Lunge – Calf Stretch / Sweep Leg Through – Hamstring Stretch, Point, Flex & Lower Heel (Arms: Circle overhead / Reach under leg)							1x
Bridge	<u>LUNGE & SWAY SSD</u> Lunge & Sway Single Single Double (Arms: Sweep right/left single single double)							4x
FINISH	Stand Tall, Lower Arms							
V1	C1	B1	V2	C2	B2	V3	C3	B3