

1 WARM UP LADY (YOU BRING ME UP) WAVE 36										
Intro	Jog									16x
Verse	<b>HEEL DIG 16 / HEEL DIG SSD 4</b> Alternate Heel Dig 16 / Heel Dig Single Single Double 4 (Arms: Push front, open fingers / Triceps press at shoulder)									1x
Chorus	<b>SKATE 8 / WIDE FLICK KICK 8</b> Skate 8 / Wide Flick Kick 8 (Arms: Sweep side / Triceps press at shoulder)									2x
Bridge	<b>SWING BACK / KNEE THROUGH</b> 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	

2 POSTURE DESPERADO WAVE 36										
Intro	Jack									8x
Verse	<b>JACK &amp; POSTURE CHECK</b> Jack (Arms: Reach down / Row back with fists)									16x
Chorus	<b>LEAP 4 / TWIST 8</b> Leap Right 4 Travel Forward / Twist 8 Travel Backward (Arms: Breaststroke / Sweep side to side)									2x
Bridge	<b>TWISTED HEEL TOUCH 3 / DOUBLE JOG 1</b> 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	

3 BALANCE HOOKED ON A FEELING WAVE 36										
Intro	Jog Heel									16x
Verse	<b>RUN HEEL 2 / POWER SKATER 3</b> Run Heel 2 / Power Skater 3 – Rebound Vertically & To Side (Arms: Running / Power sweep)									8x
Bridge	<b>RUN 2 / POWER JOG 3</b> Run 2 / Power Jog 3 – Rebound Vertically & To Side (Arms: Running)									8x
Chorus	<b>MOGUL CROSS F/B/R/L</b> 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	

4 COMMUNITY MADE FOR NOW WAVE 36										
Intro	Form Two Vertical Lines, Facing Front									
Verse	<b>TWIST 2 / TUCK 1</b> Twist 2 / Tuck Jump – Facing Front (Arms: Sweep to side / Push down)									8x
Chorus	<b>RUN 15 / HOLD</b> Run 15 Travel Side & Switch Lines / Hold – Facing Front (Arms: Strong running)									4x
Bridge	<b>STEP SIDE 4</b> 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	

5 MEMORY (ANCHORED) BIG GIRLS WAVE 36										
Intro	Get Into Grounded Position									
Verse	<b>KICKSTAND 4 / KNEE LIFT &amp; CURL 4</b> Grounded Kickstand 4 / Knee Lift & Curl Back 4 (Arms: Shame on you fingers / Biceps to open chest)									2x
Chorus	<b>WIDE JOG SSD</b> 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	<b>JOG HEEL</b> Jog Heel (Arms: Push side)									32x
FINISH										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

6 SPEED TAKE ME HOME TONIGHT WAVE 36										
Intro	Jog									16x
Verse	<b>TUCK AROUND 4</b> Tuck Jump 4, ¼ Turn Right (Arms: Paddle)									1x
Bridge	<b>SHUFFLE SSD 4 / CROSS COUNTRY 8</b> Shuffle Single Single Double (4) / Neutral Cross Country 8 (Arms: Touch temples – open chest, then touch chest)									2x
Chorus	<b>KARATE SIDE SSD 4 / KARATE BACK SSD 4</b> 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	

7 MOBILITY		THERE GOES MY BABY		WAVE 36		waterinmotion Platinum	
Intro	Get Into Neutral Position						8x
Verse	<b>FUNKY JACK / TWIST 4</b> Funky Jack 8 – Out & In / Single Leg Twist 4 (4) (Arms: Follow Knees / Relaxed Twist)						1x
Chorus	<b>KICK BACK 4 / ANGLE KICK BACK 4</b> Alternate Rebound Kick Back 4 / Angle Kick Back 4 (Arms: Hand to forehead / Alternate diagonal push 4)						4x
Bridge	<b>FAST KICK FRONT 2 / FAST KICK SIDE 2 / JUMP R/L</b> 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

9 CORE		WE'RE AN AMERICAN BAND		WAVE 36		waterinmotion Platinum	
Intro	Noodle In Hands						
Verse	<b>HEEL TOUCH</b> Wide Grounded Stance – Alternate Lift Heel To Noodle (Arms: Hands "resting" on noodle – no press down)						16x
Chorus	<b>KNEE CRUNCH 8</b> Grounded Stance – Lift Right Knee 8 (Arms: Bend noodle in arch – Press ends toward ankle 8)						2x
Bridge	<b>STANDING BARREL ROLL 16 / REVERSE 16</b> 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

8 ADL'S (TONING)		BURNIN' FOR YOU		WAVE 36		waterinmotion Platinum	
Intro	Get Into Position, Explain First Block						
Verse	<b>CATCH YOUR FALL</b> Rocking Horse 4 – Rock With A Quick Heel Lift & Knee (Arms: Extend front & quickly cross to chest)						4x
Bridge	<b>SWEEP THE FLOOR</b> Alternate Pendulum (Arms: Simulate holding a broom – hands stacked)						32x
Chorus	<b>CURB JUMP(THE BARREL) 4 / JUMP ROPE</b> Jump The Curb(Barrel) Right/Left 4 / Jump Rope (Arms: Running)						4x
FINISH	Stand Tall						
V1	B1	C1	V2	B2	C2	V3	B3 C3

10 FLEXIBILITY		SUNSHINE REGGAE		WAVE 36		waterinmotion Platinum	
Intro	Lunge & Sway						
Verse	<b>BOWLER LUNGE (2)</b> External Rotation / Cross Leg Behind (2) (Arms : External shoulder rotation / Reach up & down)						1x
Chorus	<b>CALF STRETCH / HAMSTRING STRETCH</b> Lunge – Calf Stretch / Sweep Leg Through – Hamstring Stretch, Point, Flex & Lower Heel (Arms: Circle overhead / Reach under leg)						1x
Bridge	<b>LUNGE &amp; SWAY SSD</b> 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