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WARM UP

CHINA GROVE

PLATINUM 37



Intro	Jog								16x
Verse	<u>KNEE & KICK 2 / FLICK KICK 4</u> Knee & Kick (CanCan) 2 / Flick Kick 4 (Arms: Scoop)								4x
Chorus	<u>JACK 2 / INSTEP 4 / JACK 2 / HEEL TOUCH BACK</u> Jack 2 / Instep Touch 4 / Jack 2 / Heel Touch Back 4 (Arms: Sweep side / Reach to Heels)								2x
Bridge	<u>JOG HEEL 16 / ANGLE JOG HEEL 16</u> Jog Heel 16 / Jog Heel 16 – Slight Angle & Wider (Arms: Ski pole)								4x
FINISH	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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POSTURE

BAD LEROY BROWN

PLATINUM 37



Intro	Jack								8x
Verse	<u>JACK WITH POSTURE CHECK</u> Rebound Jack (Arms: Lift elbows, open, close, lower)								16x
Chorus	<u>TUCK 2 / JUMP ROPE 4</u> Tuck 2 TVL Forward / Jump Rope 4 TVL Backward (Arms: Paddle / Backward circles)								4x
Bridge	<u>CROSS COUNTRY 3 / KNEE LIFT</u> Cross Country 3 / Lift Knee (Arms: Paddle 3 / Fists)								8x
FINISH	Land Wide, Punch Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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BALANCE

LA COPA DE VIDA

PLATINUM 37 

Intro	Run									16x
Verse	MOGUL F/B/R/L Mogul Front/Back/Right/Left – Option to move faster (Arms: Sweep open, close, left, right)									8x
Chorus	RUN RUN HOLD 2 / JOG 4 Run Run Hold 2 / Jog 4 (Arms: Overhead / Scoop)									4x
Bridge	KNEE REPEAT 4 Grounded Stance, Touch Back, Pull Knee Through 4 (Arms: Push front palms, pull back with fists)									4x
FINISH	Stand Tall, Arms Overhead									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

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COMMUNITY

BRIDGE OVER TROUBLED WATER

PLATINUM 37 

Intro	Get Into Groups of 4-5									
Verse	CIRCLE JOG 16 Facing Left, Jog 16 TVL Forward, Turn 180 (Arms: Extend right to center)									2x
Chorus	TWISTS Twist 4 (Arms: Reach overhead 4 / Sweep underwater 4)									4x
Bridge	RUN 16 / FLICK KICK 8 Facing Center, Run 16 TVL Backward / Flick Kick 8 Run 16 TVL Forward / Flick Kick 8									4x
FINISH	Face Center, Arms Overhead									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

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MEMORY

STRANGER IN PARADISE

PLATINUM 37



Intro	Set Up Grounded Position									
Verse	LEG SWING 4 / TAP AROUND 2 Grounded Leg Swing F/B 4 / Tap F/S/B/Together 2 (Arms: Clasp hands)									2x
Chorus	HEEL TOUCH / JACK Heel Touch / Jack (Arms: Touch OPP heel / Sweep out)									16x
Bridge	KARATE BACK – MEMORY CHALLENGE Alternate Rebound Karate Kick Back (Arms: Triceps press back)									32x

FINISH

Land Wide

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4
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Alphabet – Name letter BEFORE (Round 1), letter AFTER (Round 2), BEFORE & AFTER (Round 3)

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SPEED

TWENTY-FIVE MILES

PLATINUM 37



Intro	Jog Heel									16x
Verse	SKATER 8 Skater 8, ¼ Turn Right (4) (Arms: Sweep in OPP)									1x
Chorus	CROSS COUNTRY 8 / RUN 14 Cross Country 8 / Run 7 TVL Right / Hold (Arms: Paddle / Running)									2x
Bridge	HEEL DIG 4 / WIDE HEEL DIG 4 Heel Dig 4 (2) / Alternate Wide Flick Kick 4 (2) (Arms: Roll / Push side – open & close fingers)									2x

FINISH

Land Wide, Push Arms Side

V1	C1	B1	V2	C2	B2	V3	C3	B3	B4
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MOBILITY

MATERIAL GIRL

PLATINUM 37



Intro	Get Into Grounded							
Verse	FIGURE 8 (4) Grounded, Figure 8 (2) / Leg Side – Touch Down (Arms: Hug)							4x
Chorus	EASY JUMP ROPE 4 / JOG HEEL 4 Jump Rope – Slight Lift Off Bottom (Arms: Shoulder cross 2 / Money)							4x
Bridge	DIAGONAL EXTENSION 4 Grounded, Diagonal Leg Extension, Knee Lift 4 (Arms: Diagonal reach, then into knee)							4x
FINISH	Stand Tall, Money							
V1	C1	B1	V2	C2	B2	V3	C3	B3

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ADLs

PENDULUM

PLATINUM 37



Intro	Pendulum								16x
Verse	SHOVEL 4 / SWEEP 16 Pendulum 4 – TVL Side / Pendulum 16 (Arms: Double underwater scoop / Hold a Broom)							1x	
Chorus	JACK (Arms: Backstroke 16 / Breaststroke 16 - palms down)							32x	
Bridge	POWER WALKING (CC) Power Cross Country – Focus on Power (Arms: Strong running motion)							4x	
FINISH	Land Wide, Shake Hands Out								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

ADLs – BLOCK 1: Shoveling snow / Sweeping the walkway BLOCK 2: Putting sheet on a bed / smoothing out wrinkles BLOCK 3: Power walking

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CORE NIGHT FEVER

PLATINUM 37



Intro	Noodle In Hands							
Verse	<u>KICK OUT / CURL 4</u> Grounded, Kick Front / Lift Knee & Curl Forward (Arms: Hold at knee / Push down in front of knee)							2x
Chorus	<u>NIGHT FEVER INSTEP 4</u> Wide Grounded Stance, Instep 4 (Arms: Push noodle end to heel & Disco)							4x
Bridge	<u>FIGURE 8s</u> Grounded Stance (Arms: ½ figure 8(4) right, then left / Alternate figure 16)							1x
FINISH	Push Noodle Forward							
V1	C1	B1	V2	C2	B2	V3	C3	B3

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FLEXIBILITY CALIFORNIA DREAMIN'

PLATINUM 37



Intro	Roll Shoulders							
Verse	<u>LUNGE & SWAY / HAMSTRING</u> Lunge Stance, Lift & Lower Back Heel – Calf / Sweep Leg Through to Hamstring Stretch (Arms: Reach overhead & sway / Reach under leg)							4x
Chorus	<u>FIGURE 4 / HORSE</u> Cross Foot Over Knee / Step Wide – Horse Stance (Arms: Open to side / Bend elbows)							4x
Bridge	<u>IT BAND / QUAD STRETCH</u> Step Behind – Torso / Quad Stretch (Arms: Reach to head / Reach for heel)							4x
FINISH								
V1	C1	B1	V2	C2	B2			