

# 1

## WARM UP CHINA GROVE

PLATINUM 37



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

# 2

## POSTURE

BAD LEROY BROWN

PLATINUM 37



Intro	Jack								8x
Verse	<b><u>JACK WITH POSTURE CHECK</u></b> Rebound Jack (Arms: Lift elbows, open, close, lower)								16x
Chorus	<b><u>TUCK 2 / JUMP ROPE 4</u></b> Tuck 2 TVL Forward / Jump Rope 4 TVL Backward (Arms: Paddle / Backward circles)								4x
Bridge	<b><u>CROSS COUNTRY 3 / KNEE LIFT</u></b> 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

# 3

## BALANCE

LA COPA DE VIDA

PLATINUM 37



Intro	Run									16x
Verse	<b><u>MOGUL F/B/R/L</u></b> Mogul Front/Back/Right/Left – Option to move faster (Arms: Sweep open, close, left, right)									8x
Chorus	<b><u>RUN RUN HOLD 2 / JOG 4</u></b> Run Run Hold 2 / Jog 4 (Arms: Overhead / Scoop)									4x
Bridge	<b><u>KNEE REPEAT 4</u></b> 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	

# 4

## COMMUNITY

BRIDGE OVER TROUBLED WATER

PLATINUM 37



Intro	Get Into Groups of 4-5								
Verse	<b><u>CIRCLE JOG 16</u></b> Facing Left, Jog 16 TVL Forward, Turn 180 (Arms: Extend right to center)								2x
Chorus	<b><u>TWISTS</u></b> Twist 4 (Arms: Reach overhead 4 / Sweep underwater 4)								4x
Bridge	<b><u>RUN 16 / FLICK KICK 8</u></b> 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

# 5

# MEMORY

STRANGER IN PARADISE

PLATINUM 37



Intro	Set Up Grounded Position								
Verse	<b><u>LEG SWING 4 / TAP AROUND 2</u></b> Grounded Leg Swing F/B 4 / Tap F/S/B/Together 2 (Arms: Clasp hands)								2x
Chorus	<b><u>HEEL TOUCH / JACK</u></b> Heel Touch / Jack (Arms: Touch OPP heel / Sweep out)								16x
Bridge	<b><u>KARATE BACK – MEMORY CHALLENGE</u></b> Alternate Rebound Karate Kick Back (Arms: Triceps press back)								32x
FINISH	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Alphabet – Name letter BEFORE (Round 1), letter AFTER (Round 2), BEFORE & AFTER (Round 3)

# 6

## SPEED

TWENTY-FIVE MILES

PLATINUM 37



Intro	Jog Heel									16x
Verse	<b><u>SKATER 8</u></b> Skater 8, ¼ Turn Right (4) (Arms: Sweep in OPP)									1x
Chorus	<b><u>CROSS COUNTRY 8 / RUN 14</u></b> Cross Country 8 / Run 7 TVL Right / Hold (Arms: Paddle / Running)									2x
Bridge	<b><u>HEEL DIG 4 / WIDE HEEL DIG 4</u></b> 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	

# 7

## MOBILITY

MATERIAL GIRL

PLATINUM 37



Intro	Get Into Grounded							
Verse	<b><u>FIGURE 8 (4)</u></b> Grounded, Figure 8 (2) / Leg Side – Touch Down (Arms: Hug)							4x
Chorus	<b><u>EASY JUMP ROPE 4 / JOG HEEL 4</u></b> Jump Rope – Slight Lift Off Bottom (Arms: Shoulder cross 2 / Money)							4x
Bridge	<b><u>DIAGONAL EXTENSION 4</u></b> 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

# 8

## ADLs PENDULUM

PLATINUM 37



Intro	Pendulum							16x
Verse	<b><u>SHOVEL 4 / SWEEP 16</u></b> Pendulum 4 – TVL Side / Pendulum 16 (Arms: Double underwater scoop / Hold a Broom)							1x
Chorus	<b><u>JACK</u></b> (Arms: Backstroke 16 / Breaststroke 16 - palms down)							32x
Bridge	<b><u>POWER WALKING (CC)</u></b> 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**



# 9

## CORE NIGHT FEVER

PLATINUM 37



Intro	Noodle In Hands							
Verse	<b><u>KICK OUT / CURL 4</u></b> Grounded, Kick Front / Lift Knee & Curl Forward (Arms: Hold at knee / Push down in front of knee)							2x
Chorus	<b><u>NIGHT FEVER INSTEP 4</u></b> Wide Grounded Stance, Instep 4 (Arms: Push noodle end to heel & Disco)							4x
Bridge	<b><u>FIGURE 8s</u></b> 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

# 10

# FLEXIBILITY

CALIFORNIA DREAMIN'

PLATINUM 37



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

# 11

## BONUS: CARDIO

TAKE ON ME

ORIGINAL 58



Intro	Pendulum								16x
Verse	<b><u>DOUBLE MOGUL 8 / MOGUL 16</u></b> Double Mogul 8 / Mogul 16 (Arms : Paddle 2 / Ski)								1x
Chorus	<b><u>ROCKET JACK 4 / CROSS COUNTRY 4</u></b> Rocket Jack 4 / Cross Country 4 (Arms: Lateral adduction / Paddle)								4x
Bridge	<b><u>PENDULUM 6 DOUBLE</u></b> Pendulum 6 Double (Arms: Sweep side to side / Punch 2)								4x
FINISH	Land Wide, Punch Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4