

1 WARM UP		CHINA GROVE		PLATINUM 37		water motion	
Intro	Jog					16x	
Verse	<b>KNEE &amp; KICK 2 / FLICK KICK 4</b> Knee & Kick (CanCan) 2 / Flick Kick 4 (Arms: Scoop)					4x	
Chorus	<b>JACK 2 / INSTEP 4 / JACK 2 / HEEL TOUCH BACK</b> Jack 2 / Instep Touch 4 / Jack 2 / Heel Touch Back 4 (Arms: Sweep side / Reach to Heels)					2x	
Bridge	<b>JOG HEEL 16 / ANGLE JOG HEEL 16</b> 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

2 POSTURE		BAD LEROY BROWN		PLATINUM 37		water motion	
Intro	Jack					8x	
Verse	<b>JACK WITH POSTURE CHECK</b> Rebound Jack (Arms: Lift elbows, open, close, lower)					16x	
Chorus	<b>TUCK 2 / JUMP ROPE 4</b> Tuck 2 TVL Forward / Jump Rope 4 TVL Backward (Arms: Paddle / Backward circles)					4x	
Bridge	<b>CROSS COUNTRY 3 / KNEE LIFT</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		water motion	
Intro	Run					16x	
Verse	<b>MOGUL F/B/R/L</b> Mogul Front/Back/Right/Left – Option to move faster (Arms: Sweep open, close, left, right)					8x	
Chorus	<b>RUN RUN HOLD 2 / JOG 4</b> Run Run Hold 2 / Jog 4 (Arms: Overhead / Scoop)					4x	
Bridge	<b>KNEE REPEAT 4</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		water motion	
Intro	Get Into Groups of 4-5						
Verse	<b>CIRCLE JOG 16</b> Facing Left, Jog 16 TVL Forward, Turn 180 (Arms: Extend right to center)					2x	
Chorus	<b>TWISTS</b> Twist 4 (Arms: Reach overhead 4 / Sweep underwater 4)					4x	
Bridge	<b>RUN 16 / FLICK KICK 8</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		water motion	
Intro	Set Up Grounded Position						
Verse	<b>LEG SWING 4 / TAP AROUND 2</b> Grounded Leg Swing F/B 4 / Tap F/S/B/Together 2 (Arms: Clasp hands)					2x	
Chorus	<b>HEEL TOUCH / JACK</b> Heel Touch / Jack (Arms: Touch OPP heel / Sweep out)					16x	
Bridge	<b>KARATE BACK – MEMORY CHALLENGE</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		water motion	
Intro	Jog Heel					16x	
Verse	<b>SKATER 8</b> Skater 8, ¼ Turn Right (4) (Arms: Sweep in OPP)					1x	
Chorus	<b>CROSS COUNTRY 8 / RUN 14</b> Cross Country 8 / Run 7 TVL Right / Hold (Arms: Paddle / Running)					2x	
Bridge	<b>HEEL DIG 4 / WIDE HEEL DIG 4</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		water motion	
Intro	Get Into Grounded						
Verse	<b>FIGURE 8 (4)</b> Grounded, Figure 8 (2) / Leg Side – Touch Down (Arms: Hug)					4x	
Chorus	<b>EASY JUMP ROPE 4 / JOG HEEL 4</b> Jump Rope – Slight Lift Off Bottom (Arms: Shoulder cross 2 / Money)					4x	
Bridge	<b>DIAGONAL EXTENSION 4</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		water motion	
Intro	Pendulum					16x	
Verse	<b>SHOVEL 4 / SWEEP 16</b> Pendulum 4 – TVL Side / Pendulum 16 (Arms: Double underwater scoop / Hold a Broom)					1x	
Chorus	<b>JACK</b> (Arms: Backstroke 16 / Breaststroke 16 - palms down)					32x	
Bridge	<b>POWER WALKING (CC)</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		water motion	
Intro	Noodle In Hands						
Verse	<b>KICK OUT / CURL 4</b> Grounded, Kick Front / Lift Knee & Curl Forward (Arms: Hold at knee / Push down in front of knee)					2x	
Chorus	<b>NIGHT FEVER INSTEP 4</b> Wide Grounded Stance, Instep 4 (Arms: Push noodle end to heel & Disco)					4x	
Bridge	<b>FIGURE 8s</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		water motion	
Intro	Roll Shoulders						
Verse	<b>LUNGE &amp; SWAY / HAMSTRING</b> Lunge Stance, Lift & Lower Back Heel – Calf / Sweep Leg Through to Hamstring Stretch (Arms: Reach overhead & sway / Reach under leg)					4x	
Chorus	<b>FIGURE 4 / HORSE</b> Cross Foot Over Knee / Step Wide – Horse Stance (Arms: Open to side / Bend elbows)					4x	
Bridge	<b>IT BAND / QUAD STRETCH</b> Step Behind – Torso / Quad Stretch (Arms: Reach to head / Reach for heel)					4x	
FINISH							
V1	C1	B1	V2	C2	B2		