



WARM UP

TAKING CARE OF BUSINESS

WAVE 38



Intro	Jog								16x
Verse	<u>ANGLED ROCKING HORSE 4 / JACK 4</u> Angled Rocking Horse 4 / Jack 4 (Arms: Push front, rotate fists back / Sweep side)								2x
Chorus	<u>JUMP ROPE 6 / TWIST 2</u> Jump Rope 6 / Twist 2 (Arms: Open palm circles / Overhead)								4x
Bridge	<u>JOG 8 / WIDE JOG 8</u> Jog 8 / Wide Jog 8 (Arms: Scoop / Sweep side to side)								2x
FINISH		Land Wide, Arms Overhead							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



POSTURE

SISTER GOLDEN HAIR

WAVE 38



Intro	Jog								16x
Verse	<u>JOG 8 / KICK 8</u> Jog 8 TVL Forward / Kick 8 TVL Backward (Arms: Fingers to temple, elbows wide / Extend side)								2x
Chorus	<u>JACK KNEE 8 / JACK TUCK 8</u> Jack – Alternate Knee Lift 8 / Jack Tuck 8 (Arms: Clasp hands / Sweep side & push down)								1x
Bridge	<u>CROSS COUNTRY / PENDULUM</u> ½ Cross Country / ½ Pendulum (Arms: Paddle / Sweep to OPP side)								1x
FINISH		Land Wide, Fingers To Temples							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



BALANCE

RUN AROUND

WAVE 38



Intro	Run								32x
Verse	<u>SKATER 2 / RUN HEEL 3</u> Skater 2 / Run Heel 3 (Arms: Sweep across / Running)								8x
Bridge	<u>LEAP & PULL KNEE THROUGH</u> Alternate Leap & Pull Knee Through (Arms: Push & Pull)								16x
Chorus	<u>RUN AROUND 12 / RUN 3</u> Run In Circle 12 / Run 3 (Arms: Running)								4x
FINISH	Land Wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



COMMUNITY

A HORSE WITH NO NAME

WAVE 38



Intro	Jog								16x
Verse	<u>JOG</u> Jog – Move Into A Semi-circle (Arms: Single figure 8(2) / Figure 8)								32x
Chorus	<u>ROCKING HORSE 4 / KICK 8</u> Rocking Horse 4 TVL Forward / Kick Front 8 TVL Backward (Arms: Push & pull / Scoop)								2x
Bridge	<u>ANGLE BACK KICK SSD 8 / ANGLE BACK KICK 16</u> Angle Back Kick SSD 8 / Alternate Angle Back Kick 16 (Arms: Push to angle SSD / Push across – splash)								1x
FINISH	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



MEMORY

DON'T WORRY BABY

WAVE 38



Intro	Get Into Grounded Position								
Verse	<u>BICYCLE 4 / SKATEBOARD 4</u> Grounded Stance, Bicycle 4 / Skateboard 4 (Arms: Sculling)								2x
Chorus	<u>WIDE JOG</u> Rebound Wide Jog – Explain Memory Activity (Arms: Sweep side to side)								32x
Bridge	<u>MEMORY BLOCK: JACK OR CROSS COUNTRY</u> Jack – Odd / Cross Country – Even (Arms: Jack or cross country)								1x
FINISH	Land Wide, Sweep Across								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



SPEED
BEAT IT

WAVE 38



Intro	Position Noodle In Straddle Position								
Verse	<u>CYCLE COMBO 16</u> Bicycle 16 TVL Forward / Wide Bicycle 16 / Seated Kick 16 TVL Backward / Wide Bicycle 16 (Arms: Sculling)								1x
Chorus	<u>PUNCH 16 / TRICEPS 16</u> Wide Tuck (Arms: Punch front 16 / Triceps press down 16)								4x
Bridge	<u>CROSS COUNTRY 3 / HOLD</u> In Flotation, Cross Country 3 / Hold (Arms: Paddle)								4x
FINISH	Stand Up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



MOBILITY

I WILL SURVIVE

WAVE 38



Intro	Noodle In Hands, Stand Tall							
Verse	<u>H2O MACK RAISE 8</u> Grounded Stance (Arms: With hands at end of noodle, pull right down straight, left pull down with bent elbow)							2x
Chorus	<u>KICK BACK 16 / KICKSTAND 8</u> Alternate Rebound Kick Back 16 / Kickstand 8 R/L (Arms: Push noodle forward & backward / Hold)							1x
Bridge	<u>KNEE LIFT & CURTSY 7</u> Grounded Stance, Knee Lift & Curtsy 7 (Arms: Squeeze noodle ends together on curtsy)							2x
FINISH	Stand Tall, Push Noodle Front							
V1	C1	B1	V2	C2	B2	V3	C3	B3



ADLs

HEAVEN MUST HAVE SENT YOU

WAVE 38



Intro	Noodle In Hands							
Verse	<u>GOLFER'S PUTT 4</u> Grounded Stance (Arms: Push noodle down, small swing right, center, stand)							2x
Chorus	<u>KAYAK 16</u> Grounded Split Stance (Arms: Kayak)							2x
Bridge	<u>SHUFFLEBOARD(BOWLER'S) LUNGE 8</u> Grounded Stance, Lunge Step Forward & Back To Set (Arms: Under, over – push under hand forward)							2x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



CORE
SOS

WAVE 38

water
in
motion

Intro	Straddle Noodle							
Verse	<u>SIDE CRUNCH 8</u> In Seated Flotation (Arms: Reach toward ankles)							4x
Chorus	<u>SEATED COBRA SQUEEZE</u> Wide Seated Flotation (Arms: Extend arms to sides, squeeze forward)							x
Bridge	<u>EXTEND & TUCK</u> In Seated Flotation, Bring Heels To Glutes, Then Back To Tuck Position (Arms: Sculling)							4x
FINISH	Tuck & Hold							
V1	C1	B1	V2	C2	B2	V3	C3	B3



FLEXIBILITY

SOMETHING ABOUT THE WAY

WAVE 38



Intro	Cross Arms In & Out							2x
Verse	<u>FIGURE 4 / HAMSTRING STRETCH</u> Figure 4 / Leg Lift Wide, Sweep Front To Hamstring (Arms: Sweep in & out 2 / Reach under leg)							2x
Bridge	<u>STAR POSE / CALF STRETCH</u> Star Pose / Angle Calf Stretch (Arms: Open / Press forward & sweep open)							2x
Chorus	<u>QUAD STRETCH / WARRIOR 1</u> Lift Heel Back / Lunge To Warrior 1 (Arms: Open side / Reach overhead, then to temples)							2x
FINISH	Lower Arms							
V1	B1	C1	V2	B2	C2	V3	B3	C3