

1 WARM UP TAKING CARE OF BUSINESS WAVE 38 water motion										
Intro	Jog									16x
Verse	ANGLED ROCKING HORSE 4 / JACK 4 Angled Rocking Horse 4 / Jack 4 (Arms: Push front, rotate fists back / Sweep side)									2x
Chorus	JUMP ROPE 6 / TWIST 2 Jump Rope 6 / Twist 2 (Arms: Open palm circles / Overhead)									4x
Bridge	JOG 8 / WIDE JOG 8 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	

2 POSTURE SISTER GOLDEN HAIR WAVE 38 water motion										
Intro	Jog									16x
Verse	JOG 8 / KICK 8 Jog 8 TVL Forward / Kick 8 TVL Backward (Arms: Fingers to temple, elbows wide / Extend side)									2x
Chorus	JACK KNEE 8 / JACK TUCK 8 Jack – Alternate Knee Lift 8 / Jack Tuck 8 (Arms: Clasp hands / Sweep side & push down)									1x
Bridge	CROSS COUNTRY / PENDULUM 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	

3 BALANCE RUN AROUND WAVE 38 water motion										
Intro	Run									32x
Verse	SKATER 2 / RUN HEEL 3 Skater 2 / Run Heel 3 (Arms: Sweep across / Running)									8x
Bridge	LEAP & PULL KNEE THROUGH Alternate Leap & Pull Knee Through (Arms: Push & Pull)									16x
Chorus	RUN AROUND 12 / RUN 3 Run In Circle 12 / Run 3 (Arms: Running)									4x
FINISH	Land Wide									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	

4 COMMUNITY A HORSE WITH NO NAME WAVE 38 water motion										
Intro	Jog									16x
Verse	JOG Jog – Move Into A Semi-circle (Arms: Single figure 8(2) / Figure 8)									32x
Chorus	ROCKING HORSE 4 / KICK 8 Rocking Horse 4 TVL Forward / Kick Front 8 TVL Backward (Arms: Push & pull / Scoop)									2x
Bridge	ANGLE BACK KICK SSD 8 / ANGLE BACK KICK 16 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	

5 MEMORY DON'T WORRY BABY WAVE 38 water motion										
Intro	Get Into Grounded Position									
Verse	BICYCLE 4 / SKATEBOARD 4 Grounded Stance, Bicycle 4 / Skateboard 4 (Arms: Sculling)									2x
Chorus	WIDE JOG Rebound Wide Jog – Explain Memory Activity (Arms: Sweep side to side)									32x
Bridge	MEMORY BLOCK: JACK OR CROSS COUNTRY 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	

6 SPEED BEAT IT WAVE 38 water motion										
Intro	Position Noodle In Straddle Position									
Verse	CYCLE COMBO 16 Bicycle 16 TVL Forward / Wide Bicycle 16 / Seated Kick 16 TVL Backward / Wide Bicycle 16 (Arms: Sculling)									1x
Chorus	PUNCH 16 / TRICEPS 16 Wide Tuck (Arms: Punch front 16 / Triceps press down 16)									4x
Bridge	CROSS COUNTRY 3 / HOLD In Flotation, Cross Country 3 / Hold (Arms: Paddle)									4x
FINISH	Stand Up									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

7 MOBILITY I WILL SURVIVE WAVE 38 water motion									
Intro	Noodle In Hands, Stand Tall								
Verse	H2O MACK RAISE 8 Grounded Stance (Arms: With hands at end of noodle, pull right down straight, left pull down with bent elbow)								2x
Chorus	KICK BACK 16 / KICKSTAND 8 Alternate Rebound Kick Back 16 / Kickstand 8 R/L (Arms: Push noodle forward & backward / Hold)								1x
Bridge	KNEE LIFT & CURTSY 7 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	

8 ADLs HEAVEN MUST HAVE SENT YOU WAVE 38 water motion									
Intro	Noodle In Hands								
Verse	GOLFER'S PUTT 4 Grounded Stance (Arms: Push noodle down, small swing right, center, stand)								2x
Chorus	KAYAK 16 Grounded Split Stance (Arms: Kayak)								2x
Bridge	SHUFFLEBOARD(BOWLER'S) LUNGE 8 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	

9 CORE SOS WAVE 38 water motion									
Intro	Straddle Noodle								
Verse	SIDE CRUNCH 8 In Seated Flotation (Arms: Reach toward ankles)								4x
Chorus	SEATED COBRA SQUEEZE Wide Seated Flotation (Arms: Extend arms to sides, squeeze forward)								x
Bridge	EXTEND & TUCK 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	

10 FLEXIBILITY SOMETHING ABOUT THE WAY WAVE 38 water motion									
Intro	Cross Arms In & Out								2x
Verse	FIGURE 4 / HAMSTRING STRETCH Figure 4 / Leg Lift Wide, Sweep Front To Hamstring (Arms: Sweep in & out 2 / Reach under leg)								2x
Bridge	STAR POSE / CALF STRETCH Star Pose / Angle Calf Stretch (Arms: Open / Press forward & sweep open)								2x
Chorus	QUAD STRETCH / WARRIOR 1 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	