

### 1 WARM UP MY LIFE WAVE 40 Platinum

Intro	Jog	16x
Verse	<b>DOUBLE JOG 8 / DOUBLE JOG HEEL 8</b> Double Jog 8 / Double Jog Heel 8 (Arms: Fists cross, chest press front / Fists cross / push side)	1x
Chorus	<b>TWIST 4 / JUMP ROPE 4</b> Twist 4 / Jump Rope 4 (Arms: Sweep side to side / Circle)	4x
Bridge	<b>ROCK 4 / SINGLE LEG JACK 4</b> Rocking Horse 4 R/L / Single Leg Jack 8 R/L (Arms: Figure 8 / Reach side & sweep in)	2x
FINISH	Land Wide & Hold	
V1	C1	B1
V2	C2	B2
V3	C3	B3
C4		

### 2 POSTURE STUMBLIN' IN WAVE 40 Platinum

Intro	Jog	16x
Chorus	<b>JOG 4 / RUN 7 &amp; HOLD</b> Jog 4 / Run 7 & Hold (Arms: Scoop / Running)	4x
Verse	<b>JACK 16</b> Jack 16 (Arms: Shoulder, shoulder, reach overhead, shoulder)	1x
Bridge	<b>FLICK KICK 2 / WIDE FLICK 2</b> Flick Kick 2 / Wide Flick 2 (Arms: Scoop / Hold wide)	8x
Finish	Land Wide	
C1	V1	B1
C2	V2	B2
C3	V3	B3
C4		

### 3 BALANCE RIGHT BACK TO WHERE WE STARTED FROM WAVE 40 Platinum

Intro	Jog Heel	16x
Verse	<b>SKATE 8 / SKATE 8 BALANCE</b> (Arms: Sweep to opposite knee / Cross chest)	2x
Chorus	<b>KICK FRONT 8 / MOGUL 8</b> Kick Front 8 TVL Forward / Mogul 8 TVL Backward (Arms: Swim / Scoop to front)	2x
Bridge	<b>LEAP SIDE / HOLD 3 / JUMP TOGETHER</b> (Arms: Open side / Scull)	4x
FINISH	Land Wide & Hold	
V1	C1	B1
V2	C2	B2
V3	C3	B3
C4		

### 4 COMMUNITY BREAKING UP IS HARD TO DO WAVE 40 Platinum

Intro	Find A Partner	
Verse	<b>ANGLED JUMP F/B</b> Angled Jump F/B With Partner (Arms: Sweep open & close)	8x
Bridge	<b>TUCK JUMP 4</b> Tuck Jump 4 TVL Backward / Tuck Jump 4 TVL Forward (Arms: Scoop)	2x
Chorus	<b>CROSS COUNTRY CIRCLE 8</b> Cross Country 8 In A Circle With Partner, Switch Directions (Arms: Cross country)	4x
FINISH	High Five Partner	
V1	B1	C1
V2	B2	C2
V3	B3	C3
B4		

### 5 MEMORY ROAM WAVE 40 Platinum

Intro	Get Into Grounded Position, Explain Challenge	
Verse	<b>HIP EXTENSION / CIRCLE AROUND (4)</b> Grounded Stance, Slide Leg Back & Forward / Circle Leg Back To Front (4) (Arms: Clasp)	2x
Chorus	<b>JUMP ROPE 2 / 1/2 CROSS COUNTRY</b> Jump Rope 2 / 1/2 Cross Country (Arms: Circle / Extend F/B)	2x
Bridge	<b>RUN</b> Run & Perform Memory Drill (Arms: Running)	32x
FINISH	Land Wide & Hold	
V1	C1	B1
V2	C2	B2
V3	C3	B3
C4		

### 6 SPEED (FAST TWITCH) COME AND GET YOUR LOVE WAVE 40 Platinum

Intro	Run	32x
Verse	<b>RUN 3 HOLD</b> Run 3 Hold (Arms: Shoulder cross & push)	16x
Chorus	<b>DBL INSTEP TOUCH 8 / DBL HEEL TOUCH 8</b> Double Instep Touch 8 / Double Heel Touch Back 8 (Arms: Reach for opposite foot)	1x
Bridge	<b>LEAP FORWARD 4 / RUN HEEL 16</b> Alternate Leap Forward 4 TVL Forward / Run Heel 16 TVL Backward (Arms: Breaststroke 4 / Running)	4x
FINISH	Land Wide & Hold	
V1	C1	B1
V2	C2	B2
V3	C3	B3
C4		

### 7 MOBILITY STEP BY STEP WAVE 40 Platinum

Intro	Hold Noodle In Hands	
Verse	<b>HIP OPENER COMBO</b> Grounded Position, Lift Knee, Open, Extend Foot To Noodle End 2, Close, Lower Knee (Arms: Hold noodle at surface)	4x
Chorus	<b>SINGLE CROSS COUNTRY 7</b> Single Leg Cross Country & Together (Arms: Single extension & pull back )	2x
Bridge	<b>NEUTRAL SYNCHOPATED JACK</b> Neutral Jack – Out, In, Out Then In, Out, In (Arms: Bent elbows – squeeze ends together )	8x
FINISH	Stand Tall	
V1	C1	B1
V2	C2	B2
V3	C3	B3

### 8 ADL'S LADY SOUL WAVE 40 Platinum

Intro	Noodle In Hands, About 1 Foot From Ends	
Verse	<b>SWING 8</b> Lunge Stance (Simulate pushing a swing) (Arms: Noodle in arch overhead – Plunge ends, push & pull back)	2x
Chorus	<b>STAINING/SANDING</b> Grounded Stance (Simulate sanding a table or bench) (Arms: Noodle at or slightly below surface of water – Alternate circles 16)	2x
Bridge	<b>RUN 16</b> Run 16 TVL Forward – 1/4 Turn (Arms: Plunge & push noodle – simulate pushing a cart)	4x
FINISH	Stand Tall	
V1	C1	B1
V2	C2	B2
V3	C3	B3

Intro	Noodle In Hands								
Verse	<b>HIP EXTEND 4</b> Grounded Stance – Extend Leg Back, Lower / Extend Leg To Angle, Lower 4 (Arms: Hold noodle in front)								2x
Chorus	<b>TUCK / STAND &amp; LUNGE 4</b> Tuck Jump / Stand & Lunge 4 (Arms: Push noodle under water / Sweep across)								2x
Bridge	<b>SHOOT THROUGH F/B</b> Suspended, Tuck / Shoot To Supine / Tuck / Shoot To Prone (Arms: In hands or under arms)								8x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Intro	Gently Circle Wrists								
Verse	<b>HAMSTRING STRETCH</b> Lift Leg & Lower – Flex Foot (Arms: Mountain pose to Goddess & lower)								2x
Bridge	<b>CURSTY LUNGE</b> Cross Leg Behind / Lift Knee Side & Lower (Arms: Sweep across / Reach under leg)								2x
Chorus	<b>LUNGE 4 / STAR POSE</b> Wide Stance, Lunge R/L 4 / Star Pose (Arms: Sweep side to side / Extend from shoulders)								2x
FINISH	Stand Tall								
V1	B1	C1	V2	B2	C2	V3	B3	C3	