



WARM UP

LET'S GET LOUD

WAVE 41



Intro	Jog								16x
Verse	FLICK KICK 16 / FLICK KICK SSD 4 Alternate Flick Kicks 16 / Flick Kick SSD (Arms: Scoop)								1x
Chorus	JUMP ROPE 2, JACK (Arms: Circle fists / Open, close)								8x
Bridge	JOG HEEL / JOG 2, JOG HEEL 2 Jog Heel 16 / Jog 2, Jog Heel 2 (Arms: Scoop / Open hand, Elbows back)								1x
FINISH	Land wide, Arms Overhead								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



POSTURE

FOX ON THE RUN

WAVE 41



Intro	Run								16x
Verse	JOG HEEL 16 / ANGLED KICK BACK 16 Jog Heel – Lengthen Hip Flexors / Angled Kicks Back (Arms: Push front with strong pull back / Angled reach)								1x
Chorus	RUN SQUARE 16 Run 16 Travel Forward – ¼ Turn (Arms: STRONG running posture)								4x
Bridge	KICKS WITH POSTURE Alternate Kick Front 8 / Alternate Angled Kick 8 (Arms: Extend down, palms forward / Angled to toes)								2x
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



BALANCE

C'MON FEEL THE NOISE

WAVE 41



Intro	Jog									16x
Verse	JOG 4 / JOG HEEL Jog 4 / Jog Heel 4 – Explain Rock Block (Arms: Scoop)									4x
Chorus	ROCK 2 / HIP CIRCLE Rocking Horse 2 / Hip Circle – Knee To Front (Arms: Figure 8 / Scull)									4x
Bridge	LEAP SIDE 2 / RUN 3 HOLD Leap Side 2 – Travel / Triple Run Hold 2 (Arms: Open side / Running)									4x
FINISH	Land wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



COMMUNITY

LET THE MUSIC PLAY

WAVE 41



Intro	Get Into Small Groups									
Verse	JACK & TWIST Jack & Twist R/L (Arms: Open to side / Sweep across body in opposition to legs)									8x
Bridge	DIAMOND JUMPS 16 Diamond Jump 8 – Travel (8-R, 8-L) (Arms: Push down to feet)									2x
Chorus	JOG 16 / RUN 32 Jog 16 Travel Away / Run 32 Come Back To Group (Arms: Paddle / Running)									1x
FINISH	Stand Tall - fist in the air									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	



5 MEMORY

MR. TAMBOURINE MAN

WAVE 41



Intro	Get Into Position									
Verse	LEG SWING 4 / LEG SWEEP SIDE 4 Grounded Stance, Swing Leg F/B 4 / Leg Sweep Side 4 (Arms: Swing F/B / Sweep, Cross)									2x
Chorus	INSTEP TOUCH 8 / HOPSCOTCH 8 Rebound Instep Touch Front 8 / Touch Heel Back 8 Explain Drill – Hear the Word & Spell The Word (Arms: Reach for opposite heel)									2x
Bridge	JACKS Jacks – Spell Words Spoken By Instructor – Round 3 – Spell Backwards (Arms: Push Front)									16x
FINISH	Land wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



6 SPEED (FAST TWITCH)

WATERLOO

WAVE 41



Intro	Run									32x
Verse	RUN 3 HOLD Run 3 Hold (Arms: Fingers at temples 4, Surrender 4)									8x
Chorus	JUMP ROPE 2 / HUG JUMP Jump Rope 2 / Hug Jump Side (Arms: Circle 2 / Cross at chest)									8x
Bridge	KICK BACK Alternate Kick Back (Arms: Push front / Single Arm)									16x
FINISH	Surrender									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



MOBILITY

WAITING FOR TONIGHT

WAVE 41



Intro	Noodle, In Hands								
Verse	KICKS BACK SSD Alternate Rebound Kicks Back Single Single Double (Arms: Push noodle front 2, push down 2)								8x
Chorus	STIR THE POT 7 Grounded Stance (Arms: Move end of noodle in a circle 7)								2x
Bridge	STRAIGHT LEG ROCKING HORSE SIDE 7 Rebound Straight Leg Rocking Horse Side 7, Knee Up (Arms: Push noodle down side 7)								2x
FINISH	Stand Tall, Push Noodle Down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



ADL'S

MESSAGE IN A BOTTLE

WAVE 41



Intro	Noodle In Hands								
Verse	FALLING STAR & CATCH 4 Grounded Stance, Lean & Extend Leg 4 – Reset (Arms: Extend noodle front)								2x
Chorus	AROUND THE WORLD 4 Grounded Stance, Tap Back/Side/Front/Knee 4 - Option To Drag Around (Arms: Extend noodle front)								2x
Bridge	CRUNCH SSD Knee, Knee, Tuck (Arms: Push to knees)								8x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



CORE
RUBY TUESDAY

WAVE 41

waterinmotion®
Platinum

Intro	Noodle, Place Behind Back, Under Arms							
Verse	<u>SINGLE LEG AIRPLANE 7</u> Grounded Stance, Extend Leg Back, Lean Forward (Arms: On noodle - squeeze)							2x
Chorus	<u>WINDMILLS</u> Grounded Stance, Twist R/L (Arms: Drag noodle side to side – rotation)							16x
Bridge	<u>SUNTAN SHOOT THROUGH</u> Tuck, Shoot Legs Front, Tuck, Stand Up (Arms: Maintain posture & control)							8x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



FLEXIBILITY
WHO'S CRYING NOW

WAVE 41

waterinmotion®
Platinum

Intro	Roll Shoulders							
Verse	<u>WARRIOR 1 / KNEE / HAMSTRING</u> Lunge Back / Lift Knee / Extend Leg Front (Arms: Reach overhead / Reach under leg)							2x
Chorus	<u>TREE POSE / LUNGE 3</u> Lift Knee – External Hip / Lunge Side (Arms: Open chest / Sweep side to wrap)							2x
Bridge	<u>HIP ROTATION / WARRIOR 3</u> Hip Rotation 2 / Warrior 3 (Arms: Sweep in opposition / Reach forward)							2x
FINISH	Land Wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3