



WARM UP

LET'S GET LOUD

WAVE 41



Intro	Jog								16x
Verse	<u>FLICK KICK 16 / FLICK KICK SSD 4</u> Alternate Flick Kicks 16 / Flick Kick SSD (Arms: Scoop)								1x
Chorus	<u>JUMP ROPE 2, JACK</u> (Arms: Circle fists / Open, close)								8x
Bridge	<u>JOG HEEL / JOG 2, JOG HEEL 2</u> 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

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Platinum

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	<u>JACK & TWIST</u> Jack & Twist R/L (Arms: Open to side / Sweep across body in opposition to legs)									8x
Bridge	<u>DIAMOND JUMPS 16</u> Diamond Jump 8 – Travel (8-R, 8-L) (Arms: Push down to feet)									2x
Chorus	<u>JOG 16 / RUN 32</u> 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	



MEMORY

MR. TAMBOURINE MAN

WAVE 41

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Intro	Get Into Position								
Verse	<u>LEG SWING 4 / LEG SWEEP SIDE 4</u> Grounded Stance, Swing Leg F/B 4 / Leg Sweep Side 4 (Arms: Swing F/B / Sweep, Cross)								2x
Chorus	<u>INSTEP TOUCH 8 / HOPSCOTCH 8</u> Rebound Instep Touch Front 8 / Touch Heel Back 8 Explain Drill – Hear the Word & Spell The Word (Arms: Reach for opposite heel)								2x
Bridge	<u>JACKS</u> 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



SPEED (FAST TWITCH)
WATERLOO **WAVE 41**



Intro	Run								32x
Verse	<u>RUN 3 HOLD</u> Run 3 Hold (Arms: Fingers at temples 4, Surrender 4)								8x
Chorus	<u>JUMP ROPE 2 / HUG JUMP</u> Jump Rope 2 / Hug Jump Side (Arms: Circle 2 / Cross at chest)								8x
Bridge	<u>KICK BACK</u> 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

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Intro	Noodle, In Hands							
Verse	<u>KICKS BACK SSD</u> Alternate Rebound Kicks Back Single Single Double (Arms: Push noodle front 2, push down 2)							8x
Chorus	<u>STIR THE POT 7</u> Grounded Stance (Arms: Move end of noodle in a circle 7)							2x
Bridge	<u>STRAIGHT LEG ROCKING HORSE SIDE 7</u> 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	<u>FALLING STAR & CATCH 4</u> Grounded Stance, Lean & Extend Leg 4 – Reset (Arms: Extend noodle front)							2x
Chorus	<u>AROUND THE WORLD 4</u> Grounded Stance, Tap Back/Side/Front/Knee 4 - Option To Drag Around (Arms: Extend noodle front)							2x
Bridge	<u>CRUNCH SSD</u> 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

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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

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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