

1 WARM UP LET'S GET LOUD **WAVE 41** water@motion Platinum

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	

2 POSTURE FOX ON THE RUN **WAVE 41** water@motion 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	

3 BALANCE C'MON FEEL THE NOISE **WAVE 41** water@motion Platinum

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	

4 COMMUNITY LET THE MUSIC PLAY **WAVE 41** water@motion Platinum

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** water@motion Platinum

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** water@motion Platinum

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	

7 MOBILITY WAITING FOR TONIGHT **WAVE 41** water@motion Platinum

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	

8 ADL'S MESSAGE IN A BOTTLE **WAVE 41** water@motion Platinum

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	

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

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