



WARM UP

I'VE BEEN THINKING ABOUT YOU WAVE 42



Intro	Run									32x
Verse	JOG 8 / ROCK 4 Jog 8 / Rocking Horse 4 – Pull Knee Through On 4 (Arms: Lift front & open to side / Push & pull)									2x
Chorus	ANGLED JACK 2 / JACK 2 Angled Jack 2 / Jack Center 2 (Arms: Fingers to temples / Point front)									8x
Bridge	RUN 32 / TIRE RUN 32 Run 32 / Tire Run 32 – Out, Out, In, In (Arms: Running)									1x
FINISH	Land wide, Point Front									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



POSTURE

OUT OF TOUCH

WAVE 42



Intro	Twists									8x
Verse	JOG HEEL 2 / TWIST 2 Jog Heel 2 / Twist 2 – Stand Tall (Arms: Biceps & triceps / Sweep)									8x
Chorus	JOG Rebound Jog (Arms: Touch opposite shoulder, sweep open, Lower)									32x
Bridge	LEAP 4 / KICK 8 Leap 4 – Travel Forward / Kick Front 8 – Travel Backward (Arms: Breaststroke / Scoops)									4x
FINISH	Land wide, Cross Arms To Shoulders									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



BALANCE

DREAMS

WAVE 42



Intro	Run	16x							
Verse	TUCK JUMP / JACK / RUN 8 Tuck Jump – Travel Forward / Jack / Run 8 – Travel Backward (Arms: Paddle / Sweep side / Running)	4x							
Bridge	SINGLE HEEL HOLD 16 Grounded Stance – Heel Lift (Arms: Scoops)	2x							
Chorus	CROSS COUNTRY 3 Neutral Position – Cross Country 3 (2) / Neutral CC 8 (Arms: Clasp hands or cross over chest)	2x							
FINISH	Stand Tall								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



COMMUNITY

CIRCLE IN THE SAND

WAVE 42



Intro	Get Into Small Circles of 4-6, Facing Center								
Verse	FLICK KICK SSD 4 / FLICK KICK 16 Flick Kicks Single Single Double / Alternate Flick Kick 16 (Arms: Scoop)	1x							
Chorus	RUN 15 Run 15 – Turn To Right, Travel Forward / 180 Turn (Arms: Running)	2x							
Bridge	HEEL WALK 8 / TOE WALK 8 Heel Walk 8 – Flex & Travel Backward / Toe Walk 8 – Point & Travel Forward (Arms: Move to stabilize)	4x							
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



5 MEMORY

THAT'LL BE THE DAY

WAVE 42



Intro	Easy Jump Rope – Prepare To Twist -Explain Drill	16x							
Chorus	MOGULS R/L/F/B (Arms: Breaststroke / Side to side)	8x							
Verse	ROCKING HORSE 8 Rocking Horse 8 – Pull Knee Through On 8 (Arms: Bow & arrow)	2x							
Bridge	JACKS Jacks – Plurals Drill (Arms: Play guitar)	16x							
FINISH	Superstar!								
C	V	B	C	V	B	C	V	B	C

Plurals – Name the plural of the word given (PIG, PIGS – SHEEP, SHEEP – GOOSE, GEESE – CHILD CHILDREN – ELF, ELVES – MOUSE, MICE)



6 SPEED (FAST TWITCH)

FREEWAY OF LOVE

WAVE 42



Intro	Pendulums	16x							
Verse	LEAP 4 / PENDULUM 8 Leap 4 – Travel Side / Pendulums 8 (Arms: Extend side / Sweep side to side)	2x							
Bridge	HEEL TOE 4 Grounded Stance – Flex & Point Ankle (Arms: Push palms front / Push down)	4x							
Chorus	SHUFFLE 7 HOLD Neutral Shuffle 7 Hold – SLIDE!! (Arms: Running)	8x							
FINISH	Stand Tall								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

DOUBLE BLOCK ON ROUND 3 – BIG CARDIO!!!



MOBILITY
STUPID CUPID

WAVE 42



Intro	Get Into Grounded Position – Review Posture							
Verse	FIGURE 8 Grounded Stance – Figure 8 With Flexed Knee – Option To Lengthen Leg After 4 (Arms: Figure 8)							2x
Chorus	JACK 4 / HEEL TOUCH 4 Rebound – Jack 4 / Heel Touch 4 – Inside, Outside (Arms: Sweep to side / Touch heel – inside, outside)							2x
Bridge	KICK FRONT 4 / SKATEBOARD PUSH 4 Grounded Stance – Kick Front / Skateboard push (Arms: Move to maintain posture / Push front)							4x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



ADL'S
BE MY BABY

WAVE 42



Intro	Jog Heel							
Verse	JOG HEEL 7 Jog Heel 7, Double (Arms: Woodchop)							4x
Chorus	WIDE JOG Rebound Wide Jog (Arms: Gather up the trash/leaves 8, Alternate 8)							16x
Bridge	CLEAN UP 16 Grounded Wide Stance (Arms: Pull the garden hose 16 – overhead, then front)							32x
FINISH	Woodchop							
V1	C1	B1	V2	C2	B2	V3	C3	B3



CORE

THANK YOU FOR BEING A FRIEND **WAVE 42**



Intro	Get Into Grounded Position								
Verse	WOODCHOP 8 Grounded Stance – Knee Lift 8 (Arms: Strong sweep over knee)								2x
Chorus	SKYDIVER 3 Neutral Position With Toes Behind (Arms: Open chest, palms forward & pulse in – Triple)								2x
Bridge	TUCKS Neutral Tuck Jump – Knees To Chest (Arms: Swim 1 / Scoop 1)								4x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



FLEXIBILITY

OH CECILIA

WAVE 42



Intro	Bongos								
Verse	LUNGE 4 / LUNGE HOLD 2 Lunge Side To Side 4 / Lunge Hold 2 (Arms: Overhead wave 4 / Twist 2)								2x
Chorus	CROSS BACK / BOWLER'S LUNGE 2 Cross Leg Behind / Bend Knees 2 (Arms: Fingers to temple, then to heart / Alternate scoop 4)								2x
Bridge	HAMSTRING / FIGURE 4 Lift Leg – Flex Ankle / Figure 4 – Glute Stretch (Arms: Reach under leg / Scull)								2x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	