

## 1 WARM UP

I'VE BEEN THINKING ABOUT YOU WAVE 42

*water@motion*  
**Platinum**

Intro	Run	32x
Verse	<b>JOG 8 / ROCK 4</b> Jog 8 / Rocking Horse 4 – Pull Knee Through On 4 (Arms: Lift front & open to side / Push & pull)	2x
Chorus	<b>ANGLED JACK 2 / JACK 2</b> Angled Jack 2 / Jack Center 2 (Arms: Fingers to temples / Point front)	8x
Bridge	<b>RUN 32 / TIRE RUN 32</b> 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	

## 2 POSTURE

OUT OF TOUCH WAVE 42

*water@motion*  
**Platinum**

Intro	Twists	8x
Verse	<b>JOG HEEL 2 / TWIST 2</b> Jog Heel 2 / Twist 2 – Stand Tall (Arms: Biceps & triceps / Sweep)	8x
Chorus	<b>JOG</b> Rebound Jog (Arms: Touch opposite shoulder, sweep open, Lower)	32x
Bridge	<b>LEAP 4 / KICK 8</b> 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	

## 3 BALANCE

DREAMS WAVE 42

*water@motion*  
**Platinum**

Intro	Run	16x
Verse	<b>TUCK JUMP / JACK / RUN 8</b> Tuck Jump – Travel Forward / Jack / Run 8 – Travel Backward (Arms: Paddle / Sweep side / Running)	4x
Bridge	<b>SINGLE HEEL HOLD 16</b> Grounded Stance – Heel Lift (Arms: Scoops)	2x
Chorus	<b>CROSS COUNTRY 3</b> 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	

## 4 COMMUNITY

CIRCLE IN THE SAND WAVE 42

*water@motion*  
**Platinum**

Intro	Get Into Small Circles of 4-6, Facing Center	
Verse	<b>FLICK KICK SSD 4 / FLICK KICK 16</b> Flick Kicks Single Single Double / Alternate Flick Kick 16 (Arms: Scoop)	1x
Chorus	<b>RUN 15</b> Run 15 – Turn To Right, Travel Forward / 180 Turn (Arms: Running)	2x
Bridge	<b>HEEL WALK 8 / TOE WALK 8</b> 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

*water@motion*  
**Platinum**

Intro	Easy Jump Rope – Prepare To Twist -Explain Drill	16x
Chorus	<b>MOGULS R/L/F/B</b> (Arms: Breaststroke / Side to side)	8x
Verse	<b>ROCKING HORSE 8</b> Rocking Horse 8 – Pull Knee Through On 8 (Arms: Bow & arrow)	2x
Bridge	<b>JACKS</b> 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, GEES – CHILD CHILDREN – ELF, ELVES – MOUSE, MICE)

## 6 SPEED (FAST TWITCH)

FREEWAY OF LOVE WAVE 42

*water@motion*  
**Platinum**

Intro	Pendulums	16x
Verse	<b>LEAP 4 / PENDULUM 8</b> Leap 4 – Travel Side / Pendulums 8 (Arms: Extend side / Sweep side to side)	2x
Bridge	<b>HEEL TOE 4</b> Grounded Stance – Flex & Point Ankle (Arms: Push palms front / Push down)	4x
Chorus	<b>SHUFFLE 7 HOLD</b> 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!!!

## 7 MOBILITY

STUPID CUPID WAVE 42

*water@motion*  
**Platinum**

Intro	Get Into Grounded Position – Review Posture	
Verse	<b>FIGURE 8</b> Grounded Stance – Figure 8 With Flexed Knee – Option To Lengthen Leg After 4 (Arms: Figure 8)	2x
Chorus	<b>JACK 4 / HEEL TOUCH 4</b> Rebound – Jack 4 / Heel Touch 4 – Inside, Outside (Arms: Sweep to side / Touch heel – inside, outside)	2x
Bridge	<b>KICK FRONT 4 / SKATEBOARD PUSH 4</b> 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	

## 8 ADL'S

BE MY BABY WAVE 42

*water@motion*  
**Platinum**

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

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

Intro	Bongos								
Verse	<b>LUNGE 4 / LUNGE HOLD 2</b> Lunge Side To Side 4 / Lunge Hold 2 (Arms: Overhead wave 4 / Twist 2)								2x
Chorus	<b>CROSS BACK / BOWLER'S LUNGE 2</b> Cross Leg Behind / Bend Knees 2 (Arms: Fingers to temple, then to heart / Alternate scoop 4)								2x
Bridge	<b>HAMSTRING / FIGURE 4</b> 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	