



# WARM UP

EVERYBODY

WAVE 15



Intro	Jog									16x
Verse	<b>JOG 8 / FLICK KICK 8</b> Jog 8 / Flick Kick 8 (Arms: Fingertips to temples & extend / Scoop)									2x
Chorus	<b>ROCK SIDE 4</b> Rocking Horse Side 4 – Lift Knee To Change Legs (Arms: Extend to knee & scoop)									4x
Bridge	<b>MOGULS SSD</b> Moguls Single Single Double (Arms: Paddle single single double)									8x
FINISH	Land Wide, Hands Up									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



# LOWER BODY 1

THAT DON'T IMPRESS ME

WAVE 15



Intro	1 Dumbbell In Hands									
Verse	<b>HEEL TOE 4 / DOUBLE INSTEP SWEEP 4</b> Alternate Rebound Heel Toe F/B 4 / Double Instep Sweep 4 (Arms: Hold dumbbell at chest / Push to lifted heel)									2x
Chorus	<b>JUMP ROPE 2 / JACK 1</b> Jump Rope 2 / Jack 1 (Arms: Circle front / Push down)									8x
Bridge	<b>CROSS COUNTRY 8</b> In Neutral Position, Cross Country 8 / Rebound Cross Country 8 (Arms: Hold dumbbell at ends / Push front & back)									2x
FINISH	Land Wide, Push Dumbbell Front									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

# 3

## UPPER BODY 1

LIKE A PRAYER

WAVE 15



Intro	1 Dumbbell In Right Hand								
Verse	<b>SCOOP 8 / CHEST FLY 4</b> Grounded Lunge Stance (Arms: Scoop 8 right / Chest fly 4 – switch hands on 4)								2x
Chorus	<b>DIAMOND PRESS</b> Grounded Stance (Arms: Press dumbbell between hand down/up)								16x
Bridge	<b>PUNCH 16</b> Grounded Lunge Stance (Arms: Punch 16 right)								2x
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	

# 4

## CORE 1

NATURALLY

WAVE 15



Intro	1 Dumbbell Between Legs								
Verse	<b>TUCK &amp; CURL F/B</b> In Flotation, Tuck Knees To Chest, Then Curl Heels To Glutes (Arms: Scull)								8x
Chorus	<b>TUCK / TWIST 2 / TOUCH</b> Tuck / Twist Knees Right, Then Center / Touch Down (Arms: Scull)								8x
Bridge	<b>CHAIR SWING R/L</b> Lift Hip Right, Then Left (Arms: Scull)								8x
FINISH	Release dumbbell & Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

# 5

## ACTIVE RECOVERY 1

SHOUT WAVE 15



Intro	Put Dumbbells Aside									
Verse	<b><u>POWER JACK 2 / FAST JACK CROSS 4</u></b> Neutral Power Jack 2 / Fast Jack Cross 4 (Arms: Push side & cross center / Shoulder abduction)									4x
Chorus	<b><u>DOUBLE KARATE BACK 2 / KICK FRONT 4</u></b> Rebound Double Karate Back 2 / Kick Front 4 (Arms: Triceps press back / Punch to opposite foot)									4x
Bridge	<b><u>PENDULUM 6 / DOUBLE 1</u></b> Pendulum 6 / Double 1 (Arms : Sweep across)									4x
FINISH	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

# 6

## LOWER BODY 2

LA COPA DE LA VIDA WAVE 15



Intro	2 Dumbbells In Hands									
Verse	<b><u>DOUBLE V – KICK(POWER)</u></b> Neutral Power Double V – Kick (Arms: Hold at chest)									16x
Chorus	<b><u>RUN 8</u></b> Run 8 Travel Forward / Jump Travel Backward (Arms: Alternate punch front / Overhead)									4x
Bridge	<b><u>NEUTRAL SLIDE IN</u></b> Neutral Adduction Slide In (Arms: Hold dumbbells out from side)									32x
FINISH	Stand Tall, Relax Fingers									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



# UPPER BODY 2

WAIT

WAVE 15



Intro	2 Dumbbells								
Verse	<b><u>RUNNING ARMS 32</u></b> Grounded Lunge Stance (Arms: Alternate running 32)								1x
Chorus	<b><u>SHOULDER ROTATION 8 / PULSE 4</u></b> Grounded Wide Stance (Arms: Internal/External Rotation 8 / Pulse 4 (4))								1x
Bridge	<b><u>BREASTSTROKE 8</u></b> Grounded Lunge Stance – Change Legs After 8 (Arms: Breaststroke)								2x
FINISH	Stand Tall, Push Dumbbells Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



# CORE 2

SLOW DOWN

WAVE 15



Intro	2 Dumbbells Held At Chest								
Verse	<b><u>PEDAL PUSH 8 / RUNNING MAN 8</u></b> In Flotation, Lean Back, Pedal Push 8 / Running Man 8 (Arms: Maintain control)								4x
Chorus	<b><u>DOUBLE TUCK / DOUBLE WIDE TUCK</u></b> In Flotation, Double Pulse Tuck / Double Pulse Wide Tuck (Arms: Maintain control)								8x
Bridge	<b><u>V – ADDUCTION</u></b> Neutral Stance, Legs Angle Back, Slow V – Adduction (Arms: Push dumbbells underwater)								16x
FINISH	Stand Tall, Relax Hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

# 9

## ACTIVE RECOVERY 2

ONLY THE YOUNG

WAVE 15



Intro	Put Dumbbells Aside									
Verse	<b>SINGLE LEG SHOOT THROUGH 4</b> In Suspension, Tuck 1 leg & Single Leg Shoot Through (Arms: Move to maintain flotation)									2x
Chorus	<b>LEG SWING 4</b> Rebound Single Leg Swing 4 (Arms: Sweep F/B with leg swing)									4x
Bridge	<b>WIDE JOG 8 / RUN 16</b> Wide Jog 8 / Run 16 (Arms: Alternate shoulder rotation / Breaststroke)									2x
FINISH	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

# 10

## FLEXIBILITY

TAKE YOUR TIME

WAVE 15



Intro	Gentle Shoulder Circles									4x
Verse	<b>TREE POSE / STAR POSE</b> (Arms: Bend elbows / Extend)									1x
Bridge	<b>QUAD STRETCH / OPEN HIP</b> Lift Heel Back / Lift Knee To Side & Step Behind (Arms: Reach for foot / Reach under leg)									1x
Chorus	<b>ROPE PULL 4(HAMSTRING) / CALF STRETCH</b> Hamstring Stretch / Calf Stretch (Arms: Rope pull 4 / Roll forward – look at watch)									1x
FINISH	Stand Tall, Lower Arms									
V1	B1	C1	V2	B2	C2	V3	B3	C3		