



WARM UP

EVERYBODY

WAVE 15



Intro	Jog								16x
Verse	<u>JOG 8 / FLICK KICK 8</u> Jog 8 / Flick Kick 8 (Arms: Fingertips to temples & extend / Scoop)								2x
Chorus	<u>ROCK SIDE 4</u> Rocking Horse Side 4 – Lift Knee To Change Legs (Arms: Extend to knee & scoop)								4x
Bridge	<u>MOGULS SSD</u> 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	<u>HEEL TOE 4 / DOUBLE INSTEP SWEEP 4</u> Alternate Rebound Heel Toe F/B 4 / Double Instep Sweep 4 (Arms: Hold dumbbell at chest / Push to lifted heel)								2x
Chorus	<u>JUMP ROPE 2 / JACK 1</u> Jump Rope 2 / Jack 1 (Arms: Circle front / Push down)								8x
Bridge	<u>CROSS COUNTRY 8</u> 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



UPPER BODY 1

LIKE A PRAYER

WAVE 15



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



CORE 1

NATURALLY

WAVE 15



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



ACTIVE RECOVERY 1

SHOUT

WAVE 15



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



LOWER BODY 2

LA COPA DE LA VIDA

WAVE 15



Intro	2 Dumbbells In Hands								
Verse	<u>DOUBLE V – KICK(POWER)</u> Neutral Power Double V – Kick (Arms: Hold at chest)								16x
Chorus	<u>RUN 8</u> Run 8 Travel Forward / Jump Travel Backward (Arms: Alternate punch front / Overhead)								4x
Bridge	<u>NEUTRAL SLIDE IN</u> 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	<u>RUNNING ARMS 32</u> Grounded Lunge Stance (Arms: Alternate running 32)							1x
Chorus	<u>SHOULDER ROTATION 8 / PULSE 4</u> Grounded Wide Stance (Arms: Internal/External Rotation 8 / Pulse 4 (4))							1x
Bridge	<u>BREASTSTROKE 8</u> 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	<u>PEDAL PUSH 8 / RUNNING MAN 8</u> In Flotation, Lean Back, Pedal Push 8 / Running Man 8 (Arms: Maintain control)							4x
Chorus	<u>DOUBLE TUCK / DOUBLE WIDE TUCK</u> In Flotation, Double Pulse Tuck / Double Pulse Wide Tuck (Arms: Maintain control)							8x
Bridge	<u>V – ADDUCTION</u> 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



ACTIVE RECOVERY 2

ONLY THE YOUNG

WAVE 15



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



FLEXIBILITY

TAKE YOUR TIME

WAVE 15



Intro	Gentle Shoulder Circles							4x
Verse	<u>TREE POSE / STAR POSE</u> (Arms: Bend elbows / Extend)							1x
Bridge	<u>QUAD STRETCH / OPEN HIP</u> Lift Heel Back / Lift Knee To Side & Step Behind (Arms: Reach for foot / Reach under leg)							1x
Chorus	<u>ROPE PULL 4(HAMSTRING) / CALF STRETCH</u> 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