



WARM UP

BREAK MY HEART

WAVE 17



Intro		Jog Heel								16x
Verse		<u>SKATER 8 / FLICK KICK 8</u> Skater 8 / Alternate Flick Kicks 8 (Arms: Sweep across / Scoop)								2x
Chorus		<u>RUN RUN HOLD / RUN 7 HOLD</u> Run Run Hold 4 / Run 7 Hold 2 (Arms: Running)								2x
Bridge		<u>TWIST 2 / JACK</u> Twist 2 / Jack (Arms: Sweep side)								8x
FINISH		Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



LOWER BODY 1

BLACK VELVET

WAVE 17



Intro	1 Dumbbell, In Hands									
Verse	<u>KICK 16 / KICK BACK 16</u> Kick Front 16 / Kick Back 16 (Arms: Hold dumbbell overhead / Hold at surface)									1x
Chorus	<u>ROCKETS 8 / LEG SWING 8</u> Rocket 8 / Leg Swing 8 (Arms: Push dumbbell under water / Hold at surface)									2x
Bridge	<u>ELVIS ROTATION 8</u> Grounded stance, Figure 8 Sweep Leg (8) (Arms: Hold dumbbell at surface)									2x
FINISH	Stand Tall									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



UPPER BODY 1

BAD MAMA JAMA

WAVE 17



Intro	1 Dumbbell, In Left Hand								
Verse	<u>BICEPS SCOOPS 16</u> Split Stance (Arms: Biceps scoop with free hand)								2x
Chorus	<u>ROW & ROTATE 8</u> Grounded Stance (Arms: Pull dumbbell to ribs / External rotation)								2x
Bridge	<u>LAT SWEEP DOWN</u> Grounded Stance, Extend Leg 8 (Arms: Pull dumbbell to side – change on 2)								16x
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	



UPPER BODY 2

LOVE CHANGES EVERYTHING

WAVE 17



Intro	1 Dumbbell In Hands								
Verse	<u>DIAMOND CRUNCH</u> In Neutral, Pull Heels Toward Torso & Push Down (Arms: Push dumbbell toward heels)								16x
Chorus	<u>DOUBLE SIDE BEND 2</u> Grounded Stance, Lateral pulse 2 – Slight Twist (Arms: Push dumbbell behind glute 2)								2x
Bridge	<u>HIP FLEX & EXTEND 4</u> Grounded Stance, Lift Knee & Extend Leg Back 4 (Arms: Dumbbell to knee & push front)								2x
FINISH	Push Dumbbell Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



ACTIVE RECOVERY 1

EVERY BREATH YOU TAKE

WAVE 17



Intro	Put Dumbbells Aside, Small Kick Back								8x
Verse	<u>KICK BACK 3 / POWER JUMP</u> Kick Back 3 / Power Jump (Arms: Single push front / Overhead)								2x
Chorus	<u>JACK TUCK / HOLD 3</u> Jack Tuck / Hold 3 (Arms: Sweep side / Maintain suspension)								8x
Bridge	<u>KICK 2 / INSTEP 2</u> Alternate Kick Front 2 / Instep Touch 2 (Arms: Scoop / Reach for heel 2)								8x
FINISH	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



LOWER BODY 2

CAN'T DANCE

WAVE 17



Intro	2 Dumbbells								
Verse	<u>KARATE BACK 4 / TUCK 2</u> Alternate Karate Kick Back 4 / Tuck 2 (Arms: Dumbbells at shoulders / Push down)								4x
Chorus	<u>JACK 2 / CROSS COUNTRY 4</u> Jack 2 / Cross Country 4 (Arms: Sweep underwater / Punch)								2x
Bridge	<u>PIVOT 8</u> Rebound, Pivot 4 & Turn, Pivot 4 & Reverse (Arms: Small push side)								2x
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



UPPER BODY 2

ONE THING RIGHT

WAVE 17



Intro	2 Dumbbell In Hands							
Verse	<u>CHEST PRESS COMBO</u> Grounded Stance (Arms: Single single double)							8x
Chorus	<u>TRICEPS & BICIPES SWEEP</u> Grounded Stance (Arms: At shoulders, straighten & bend elbows – alternate 16, then double 8)							1x
Bridge	<u>CIRCLES HI & LOW 4</u> Grounded Stance (Arms: Circle back 4 / Lower 4)							4x
FINISH	Push Dumbbell Front							
V1	C1	B1	V2	C2	B2	V3	C3	B3



CORE 2

PERMISSION TO DANCE

WAVE 17



Intro	2 Dumbbells, Crossed, In Right Hand							
Verse	<u>FALLING STAR</u> Grounded Stance Lean Right, Lift Left Leg – Slow (Arms: Push CROSSED Dumbbells down, then back to start)							2x
Bridge	<u>FIGURE 8</u> Grounded Stance, Lift Right Knee 4 (Arms: Sweep dumbbells over right knee)							x
Chorus	<u>MOUNTAIN CLIMB 3</u> Legs Angle Back Or Float, Triple Mountain Climb (Arms: Push dumbbells under shoulders)							16x
FINISH								
V1	B1	C1	V2	B2	C2	V3	B3	C3



ACTIVE RECOVERY 2

LOVE RUNS OUT

WAVE 17



Intro	Put Dumbbells Aside								
Verse	<u>LEAP 4 / KICK 8</u> Leap Right 4 TVL Forward / Alternate Kick Front 8 TVL Backward (Arms: Breaststroke / Scoop)								2x
Chorus	<u>RUN COUNT DOWN</u> Run 8 / Wide Run 8 / Run 4 / Wide Run 4 (2) / Run 2 / Wide Run 2 (8) (Arms: Running)								1x
Bridge	<u>ANGLE KICK BACK 4 / SHUFFLE 8</u> Angle Kick Back 4 / Shuffle 8 (Arms: Sweep in OPP / Running)								8x
FINISH	Hold Shuffle								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



FLEXIBILITY

BRAVE HONEST BEAUTIFUL

WAVE 17



Intro	Gentle Sweep Under Water								
Verse	<u>CALF & CIRCLE ARMS 2</u> Step Back – Calf Stretch (Arms: Circle overhead & reverse)								2x
Bridge	<u>ANGLE LEG 2 / HAMSTRING</u> Angle Leg – Sweep In & Out 3 / Hamstring Stretch (Arms: Scull / Reach under leg)								2x
Chorus	<u>MOUNTAIN POSE / QUAD STRETCH</u> Lift Heel To Glute (Arms: Prayer hands, reach overhead, reach for heel)								2x
FINISH	Muscle Arms								
V1	B1	C1	V2	B2	C2	V3	B3	C3	