



WARM UP

BREAK MY HEART

WAVE 17



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



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LOWER BODY 1

BLACK VELVET

WAVE 17

water motion

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	



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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	



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ACTIVE RECOVERY 1

EVERY BREATH YOU TAKE

WAVE 17

water motion

Intro	Put Dumbbells Aside, Small Kick Back	8x
Verse	KICK BACK 3 / POWER JUMP Kick Back 3 / Power Jump (Arms: Single push front / Overhead)	2x
Chorus	JACK TUCK / HOLD 3 Jack Tuck / Hold 3 (Arms: Sweep side / Maintain suspension)	8x
Bridge	KICK 2 / INSTEP 2 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	KARATE BACK 4 / TUCK 2 Alternate Karate Kick Back 4 / Tuck 2 (Arms: Dumbbells at shoulders / Push down)		4x						
Chorus	JACK 2 / CROSS COUNTRY 4 Jack 2 / Cross Country 4 (Arms: Sweep underwater / Punch)		2x						
Bridge	PIVOT 8 Rebound, Pivot 4 & Turn, Pivot 4 & Reverse (Arms: Small push side)		2x						
FINISH									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

7 UPPER BODY 2 ONE THING RIGHT WAVE 17 									
Intro	2 Dumbbell In Hands								
Verse	CHEST PRESS COMBO Grounded Stance (Arms: Single single double)								8x
Chorus	TRICEPS & BICIPES SWEEP Grounded Stance (Arms: At shoulders, straighten & bend elbows – alternate 16, then double 8)								1x
Bridge	CIRCLES HI & LOW 4 Grounded Stance (Arms: Circle back 4 / Lower 4)								4x
FINISH	Push Dumbbell Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

8 CORE 2 PERMISSION TO DANCE WAVE 17 									
Intro	2 Dumbbells, Crossed, In Right Hand								
Verse	FALLING STAR Grounded Stance Lean Right, Lift Left Leg – Slow (Arms: Push CROSSED Dumbbells down, then back to start)								2x
Bridge	FIGURE 8 Grounded Stance, Lift Right Knee 4 (Arms: Sweep dumbbells over right knee)								x
Chorus	MOUNTAIN CLIMB 3 Legs Angle Back Or Float, Triple Mountain Climb (Arms: Push dumbbells under shoulders)								16x
FINISH									
V1	B1	C1	V2	B2	C2	V3	B3	C3	

9 ACTIVE RECOVERY 2 LOVE RUNS OUT WAVE 17 									
Intro	Put Dumbbells Aside								
Verse	LEAP 4 / KICK 8 Leap Right 4 TVL Forward / Alternate Kick Front 8 TVL Backward (Arms: Breaststroke / Scoop)								2x
Chorus	RUN COUNT DOWN Run 8 / Wide Run 8 / Run 4 / Wide Run 4 (2) / Run 2 / Wide Run 2 (8) (Arms: Running)								1x
Bridge	ANGLE KICK BACK 4 / SHUFFLE 8 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

10 FLEXIBILITY BRAVE HONEST BEAUTIFUL WAVE 17 									
Intro	Gentle Sweep Under Water								
Verse	CALF & CIRCLE ARMS 2 Step Back – Calf Stretch (Arms: Circle overhead & reverse)								2x
Bridge	ANGLE LEG 2 / HAMSTRING Angle Leg – Sweep In & Out 3 / Hamstring Stretch (Arms: Scull / Reach under leg)								2x
Chorus	MOUNTAIN POSE / QUAD STRETCH 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	