



WARM UP

FOLLOW YOU

WAVE 18



Intro	Jog heel	16x
Verse	<u>JOG HEEL 16 / JOG 16</u> Jog Heel 16 / Jog 16 (Arms: Push side / Push down)	1x
Chorus	<u>NEUTRAL JACK 4 / REBOUND JACK 4</u> Neutral Jack 4 / Rebound Jack 4 (Arms: Bend elbows – lift & lower / Side sweep)	2x
Bridge	<u>ROCK 2 / EASY SKATE 4</u> Rocking Horse 2 / Skate 4 (Arms: Thumbs up / Sweep)	4x
FINISH	Land wide thumbs up	
V1	C1	B1
V2	C2	B2
V3	C3	B3
C4		



LOWER BODY 1

RAIN ON ME

WAVE 18



Intro	2 Dumbbells, Crossed, At Chest	
Verse	<u>FLEXXED FLUTTERS 8 / FAST FLUTTERS 14</u> Side Flotation, Flex Feet, Flutter 8 / Point Toes, Fast Flutter 14 – Some TVL (Arms: Hug dumbbells)	2x
Chorus	<u>DIAMOND JUMPS</u> Neutral Or Suspended, Diamond Jumps (Arms: Small push down on dumbbells)	16x
Bridge	<u>KARATE BACK KICKS</u> Alternate Karate Kicks Back (Arms: Hug dumbbells)	16x
FINISH	Land wide	
V1	C1	B1
V2	C2	B2
V3	C3	B3
C4		



UPPER BODY 1

LOVE WILL SAVE THE DAY

WAVE 18



Intro	2 Dumbbells, In Each Hand							
Verse	<u>ROTATING PUNCHES</u> Grounded Lunge Stance (Arms: Extend right – palm down & bend left – palm up)							32x
Bridge	<u>TRICEPS PRESS BACK</u> Grounded Lunge Stance – Option To Lift Leg (Arms: Press both dumbbells back)							16x
Chorus	<u>FRONT RAISE & OPEN</u> Grounded Stance (Arms: Lift front, open side, close, lower)							8x
FINISH	Relax Hands & Shake Shoulders							
V1	B1	C1	V2	B2	C2	V3	B3	C3



CORE 1

WALKING ON A DREAM

WAVE 18



Intro	2 Dumbbells, Underwater							
Verse	<u>DUMBBELL PULLDOWN QUICK-SLOW</u> In Diagonal Position – Legs Back (Arms: Pull dumbbell toward thighs – straight elbows)							16x
Chorus	<u>DIAGONAL SPIDERMAN</u> Alternate Knee lift Outside Dumbbell (Arms: Hold dumbbell under shoulders)							16x
Bridge	<u>WASHING MACHINE</u> Grounded Stance (Arms: Strongly sweep dumbbell hip to center)							16x
Finish	Stand wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3



ACTIVE RECOVERY 1

DON'T YOU WANT ME

WAVE 18



Intro	Put Dumbbells Aside	
Verse	JACK SWEEP 3 Jack, Alternate Sweep Legs 3 (Arms: Sweep Side, sweep to opposite foot)	8x
Bridge	PENDULUM / KARATE SIDE 3 Pendulum / Karate Side Kick 3 (Arms: Sweep opposite / Fists in front)	2x
Chorus	KICK FRONT 4 / KICK BACK 4 Kick Front 4 / Kick Back 4 (Arms: Scoop)	4x
FINISH	Land Wide	
V1	B1	C1
V2	B2	C2
V3	B3	C3
		C4



LOWER BODY 2

BURNIN' UP

WAVE 18



Intro	1 Dumbbell, In Left Hand	32x
Verse	ANGLED ROCKING KARATE B/F 7 On Angle, Rebound Rocking Karate Back/Front 7 (Arms: Angled punch & pull)	2x
Bridge	JACK & UPRIGHT ROW Jack (Arms: Push dumbbell down & return to chest)	16x
Chorus	TIRE RUN 2 / RUN 7 HOLD Tire Run 2 / Run 7 Hold TVL Side (Arms: Hold dumbbell at chest / Extend Right)	4x
FINISH	Land Wide, Push Dumbbell Front	
V1	B1	C1
V2	B2	C2
V3	B3	C3
		C4



UPPER BODY 2

STRIKE

WAVE 18



Intro	Get Into Grounded Stance, 2 Dumbbell								
Verse	<u>JAB 2 / HOOK 2</u> Grounded – Wide Stance Jab Right 2 / Hook 2 (Arms: Extend, bend from shoulder / Aim for midline - Jab Right 2 / Hook 2)							4x	
Chorus	<u>TRICEPS / BICEPS</u> Grounded – Wide Stance (Arms: Extend, then bend)							16x	
Bridge	<u>BARREL ROLL 32 / REVERSE 32</u> Grounded Lunge (Arms: Roll forward / Roll backward – white water)							2x	
FINISH		Stand Tall, Punch Front							
V1	C1	B1	V2	C2	B2	V3	C3	B3	



CORE 2

LEVITATING

WAVE 18



Intro	1Dumbbell, Placed Between Knees								
Verse	<u>DOUBLE GLUTE SQUEEZE</u> Flotation, Push Both Knees Down, Squeeze Glute (Arms: Assist in flotation)							8x	
Chorus	<u>FIGURE 8s</u> Flotation, Create Figure 8 With Knees (Arms: Assist in flotation)							8x	
Bridge	<u>REVERSE PLANK LIFT</u> Flotation, Reverse Plank, Lift Feet & Lower (Arms: Sweep open & close)							8x	
FINISH		Stand Tall, Punch Front							
V1	C1	B1	V2	C2	B2	V3	C3	B3	



ACTIVE RECOVERY 2

CASTLE ON THE HILL

WAVE 18



Intro	Put Dumbbells Aside, Cross Country								16x
Verse	ROCK 2 / JACK 2 Rocking Horse 2 / Jack 2 (Arms: Push palms front / Push side}								4x
Bridge	CROSS COUNTRY 7 / 180 TURN Cross Country 7 / 180 Turn To Back Of Pool (Arms: Sweep forward & backward)								4x
Chorus	BARREL JUMP 2 / RUN 7 HOLD Barrel Jump 2 TVL Side / Run 7 Hold – Outside Foot (Arms: Reach & sweep / Running)								4x
FINISH	Land wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



FLEXIBILITY

CRAZY LOVE

WAVE 18



Intro	Finger Pushes								
Verse	MOUNTAIN / HAMSTRING / QUAD Stand / Lift Leg / Sweep Heel To Glute (Arms: Prayer to mountain / Open chest / Clasp)								2x
Chorus	WARRIOR 2 Alternate Warrior 2 (Arms: Warrior 2 to heart)								2x
Bridge	GLUTE STRETCH Figure 4 – Cross Ankle Over Knee (Arms: Eagle or prayer)								2x
FINISH	Land Wide Open Hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	