



WARM UP

OLD TIME ROCK & ROLL

WAVE 19



Intro	Jog								16x
Verse	<u>ANGLED ROCKING HORSE 4 / RUN 16</u> Angled Rocking Horse 4 / Run 16 (Arms: Disco roll / Running)								2x
Chorus	<u>JACK KNEE UP</u> Rebound Jack Knee Up (Arms: Reach under knee)								16x
Bridge	<u>TWIST 4 / MOGUL 4</u> Rebound Twist 4 / Rebound Mogul 4 (Arms: Slice on the twist / Paddle on the Mogul)								4x
FINISH	Land wide, Guitar Solo								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



LOWER BODY 1

WALKING ON BROKEN GLASS WAVE 19



Intro	2 Dumbbells, In Each Hand										
Verse	<u>SOCCER KICKS</u> Alternate Soccer Kicks (Arms: Hold in diagonal position under water)									16x	
Chorus	<u>WIDE SUSPENDED RUN</u> In Suspended Position, Wide Run (Arms: Hold at shoulders or under armpits)									64x	
Bridge	<u>SYNCOATED JACKS</u> Neutral Jacks – Out, In, Out, In, Out, In (Arms: Bend elbows, hold at surface)									16x	
FINISH		Touch Down & Stand									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		



UPPER BODY 1

TURBULENCE

WAVE 19



Intro	2 Dumbbells, In Hands								
Verse	<u>L SQUEEZE (Rear Delt & Lat) 8</u> Grounded Stance (Arms: Right hand front, Left hand side – squeeze to torso & push out)								16x
Chorus	<u>STIR THE POT</u> Grounded Stance (Arms: Alternate stirring motion)								64x
Bridge	<u>BICEPS & TRICEPS</u> Grounded Lunge (Arms: Double biceps squeeze & triceps press)								16x
Finish	Stand Tall & Release Hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



CORE 1

TRAGEDY

WAVE 19



Intro	2 Dumbbells, In Hands							
Verse	<u>ANGLED ROLLS 16 / STANDING CRUNCH 4</u> Grounded, Dumbbells Rolls 16 / Standing Crunch 4 (Arms: Alternate dumbbell rolls – back arm starts first / Put dumbbells together, roll to legs)							2x
Bridge	<u>SIDE BEND 8 / DOUBLE SIDE BEND 8</u> Grounded, Side Bend 8 / Double Side Bend 8 (Arms: Elbows Straight, push dumbbell down side)							2x
Chorus	<u>PIKE 8 / DOUBLE HEEL BACK 8</u> Neutral, Pike 8 / Heels Slide Behind – Double Heel Lift To Glutes 8 (Arms: Sweep dumbbells toward feet / Extend dumbbells from shoulders)							16x
FINISH	Stand Tall & Relax							
V1	B1	C1	V2	B2	C2	V3	B3	C3



ACTIVE RECOVERY 1

NIGHT FEVER

WAVE 19



Intro	Put Dumbbells Aside								16x
Verse	<u>KARATE SIDE 2 / LEG LIFT SIDE</u> Alternate Rebound Karate kick side 2 / Grounded Leg Lift Side (Arms: Fists / Side sweep)								8x
Bridge	<u>KICK FRONT 16 / PENDULUM 16</u> Alternate Rebound Front Kick 16 / Pendulum 16 (Arms: Breaststroke / Sweep)								1x
Chorus	<u>ROCK 2 / KARATE BACK 4</u> Rocking Horse 2 / Alternate Karate Kick Back 4 (Arms: Push & pull / Fists)								4x
FINISH	Land wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



LOWER BODY 2

CAN'T REMEMBER TO FORGET

WAVE 19



Intro	2 Dumbbells, In Hands								
Verse	<u>TUCK 4 / MOGUL 8</u> Tuck Jump 4 / Neutral Mogul 8 (Arms: Push down side / Extend dumbbells from side)								4x
Chorus	<u>BOW JACK</u> Alternate Rebound Bow Jack (Arms: Simulate shooting a bow)								16x
Bridge	<u>INSTEP SWEEP</u> Neutral, Alternate Instep Sweep – Option To Go Fast (Arms: Sweep to opposite heel)								32x
FINISH	Bow & Arrow Pose								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



UPPER BODY 2

WRECKING BALL

WAVE 19



Intro	2 Dumbbells, In Hands								
Verse	<u>TRICEPS PRESS DOWN</u> Flotation, In Seated Position (Arms: Position dumbbells at hips, double triceps press)								16x
Chorus	<u>LAT PRESS DOWN</u> Flotation, In Seated Position (Arms: Alternate lateral press down – straight elbows)								8x
Bridge	<u>EXTERNAL INTERNAL ROTATIONS</u> Grounded Position, Stand Tall (Arms: Open dumbbells – elbows to ribs, then close dumbbells)								16x
Finish	Stand Tall – Punch Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



CORE 2

ONLY HUMAN

WAVE 19



Intro	1 Dumbbell, In Front Of Chest								
Verse	<u>ROUNDHOUSE ROTATION 8</u> Lift Knee Side, Sweep Knee Forward & Backward (Arms: Sweep dumbbell toward ankle & back to chest)								2x
Bridge	<u>DUMBBELL TUCK</u> Tuck (Arms: Sweep dumbbell under BOTH knees – option to sweep under 1 knee)								16x
Chorus	<u>HEEL TOUCH BEHIND 8</u> Grounded Stance – Alternate Heel Lift (Arms: Touch Right heel 8 – switch hands – touch left heel)								16x
FINISH	Relax Arms								
V1	B1	C1	V2	B2	C2	V3	B3	C3	



ACTIVE RECOVERY 2

WAVE 19

GONNA PARTY



Intro	Put Dumbbells Aside								
Verse	<u>CROSS COUNTRY 4 / ANGLED PENDULUM 4</u> Cross Country 4 / Angled Pendulum 4 (Arms: Paddle / Sweep across chest)								
Chorus	<u>SKATE 4 / PARTY HEELS 4</u> Skate 4 / Rebound Jump 4 – Alternate Heel Touch Front & Back (Arms: Sweep / Touch heel front & back)								
Bridge	<u>RUN CIRCLE 16</u> Run & Circle Right 16 (Arms: Running)								
FINISH	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



FLEXIBILITY

SUNSHINE REGGAE

WAVE 19



Intro	Lunge & Sway								
Verse	<u>BOWLER LUNGE</u> Bowler Lunge / Cross Leg Behind (2) (Arms : External shoulder rotation / Reach up & down)								
Chorus	<u>CALF STRETCH / HAMSTRING STRETCH</u> Lunge – Calf Stretch / Sweep Leg Through – Hamstring Stretch, Point, Flex & Lower Heel (Arms: Circle overhead / Reach under leg)								
Bridge	<u>LUNGE & SWAY SSD</u> Lunge & Sway Single Single Double (Arms: Sweep right/left single single double)								
FINISH	Sunshine Arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	