



# WARM UP

RUNNING ON EMPTY

## WAVE 20



Intro	Run								16x
Verse	<b><u>'CHARIOTS OF FIRE' JOG HEEL / WIDE</u></b> Chariot's of Fire Jog Heel 8, Jog Wide x8 (Arms: Reach Open Hand, Slice wide elbows)								1x
Chorus	<b><u>RUNNING ON</u></b> Run 8 Turning 4x, Jump Rope 8, Twist 8 (Arms: Fists, Paddle)								1x
Bridge	<b><u>JACK 4 / DBL JACK 2</u></b> Jumping Jack 4, Double Jumping Jack 2 (Arms: Slice, Paddle)								2x
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



# LOWER BODY 1

MEANT TO BE

WAVE 20



Intro	2 Aqua Dumbbells								
Verse	<b><u>KARATE TRAVEL</u></b> Karate B 8 TVL F / Frog Kick 4 TVL B (Arms: DBLs F / DBLs push down)								2x
Chorus	<b><u>QUAD KICKS</u></b> DBL Neutral Quad Kick, Single Neutral Quad Kick (Arms: DBLs push down)								8x
Bridge	<b><u>JACKS</u></b> Neutral Jack 2, Speed Jack 4 (Arms: DBLs at surface)								4x
Finish	Stand Neutral								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



# UPPER BODY 1

FAITH

WAVE 20



Intro	2 Dbls									
Verse	<b><u>JACK</u></b> Rebound Jack (Arms: Out, ½ bicep curl)									16x
Chorus	<b><u>ROW &amp; BOW</u></b> Split Stance (Arms: Row, Sweep 8 )									2x
Bridge	<b><u>BICYCLE ARMS</u></b> Wide Stance (Arms: Bicycle forward 8, wide 8, reverse bicycle 8, forward 8)									1x
Finish	Push DBLs wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



# CORE 1

HEARTBREAK ANTHEM

WAVE 20



Intro	2 DBLs, Toes to back							
Verse	<b><u>CIRCLE, TUCK</u></b> Circle front, Tuck, Tap back (Arms: Wide)							8x
Chorus	<b><u>CROSS MOUNTAIN CLIMBER</u></b> Neutral Plank - knee to opposite hand 8 (Arms: Reach to knee)							2x
Bridge	<b><u>SIDE BEND</u></b> Anchored (Arms: Lateral Flexion 8)							2x
Finish	Push Front							
V1	C1	B1	V2	C2	B2	V3	C3	B3



# ACTIVE RECOVERY 1

WHIP IT

WAVE 20



Intro	Set DBLs to side									
Verse	<b>SHUFFLE 8</b> Shuffle 8, CC 4 (Arms: Fists, reach)									4x
Chorus	<b>HOPSCOTCH</b> Jack Hopscotch 2, Jack Hopscotch BFB (Arms: Reach to opposite heel)									4x
Bridge	<b>PENDULUM</b> Pendulum 3, Side Karate 1 (Arms: Sweep in opposition, fists)									8x
Finish	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4	



# LOWER BODY 2

LOOK WHAT YOU MADE ME DO

WAVE 20



Intro	1 Dbl								
Verse	<b><u>HIP ROTATION</u></b> Hip Rotation (in, out) 4, TVL 2nd Position Plié 4 (Arms: Hold Dbl at surface)								4x
Chorus	<b><u>KICK &amp; CURL</u></b> Wide Kick, Passé x8 (Arms: Dbl in one hand)								2x
Bridge	<b><u>KICK BACK</u></b> Kick B, Angle, B, Rebound Kick Back 2 (Arms: Hold Dbl at surface)								4x
Finish	Relax fingers								
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4



# UPPER BODY 2

RIDE

WAVE 20



Intro	1 DBL								
Verse	<b><u>DIAGONAL FLY</u></b> Anchored - turn to side (Arms: Diagonal Fly 8 - float, pull down)								2x
Chorus	<b><u>CIRCLE DOWN</u></b> Anchored - turn to side (Arms: Circle down 7)								2x
Bridge	<b><u>SWEEP BACK</u></b> Anchored - turn to side (Arms: Palm up sweep B, curl, push F 4)								2x
Finish	Push DBL front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



# CORE 2

RUNAWAY TRAIN

WAVE 20



Intro	1 Dbl								
Verse	<b><u>TUCK MOGUL</u></b> Tuck Mogul (Arms: Dbl at surface)								16x
Chorus	<b><u>WOODCHOP</u></b> Split Stance (Arms: Woodchop past hip 8)								2x
Bridge	<b><u>PIKE TRAVEL</u></b> Pike TVL B 4, Tuck TVL F 4 (Arms: Sweep down F 4, Scoop 4)								2x
Finish	Push DBL front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



# ACTIVE RECOVERY 2

LIONHEART

WAVE 20



Intro	Set Dbl to side								
Verse	<b><u>LEG SWING</u></b> Leg Swing 8 (Arms: Reach)								2x
Chorus	<b><u>RUN</u></b> Run 8, Rocket Jack 4 (Arms: Fists, sides)								4x
Bridge	<b><u>CROSS COUNTRY / JACK COMBO</u></b> CC 8, Jack 4, Neutral CC/Jack alternating 8 (Arms: Reach, sides, hold hands)								1x
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



# FLEXIBILITY

SIGNED, SEALED, DELIVERED WAVE 20



Intro	Shoulder Rolls							
Verse	<b><u>CALF STRETCH - SIGNED, SEALED, DELIVERED</u></b> Calf Stretch (Arms: Reach front, sweep open, Front 2, chest 2, open)							2x
Chorus	<b><u>QUAD / DANCER</u></b> Quad Stretch, Dancers pose (Arms: Hand over knee to foot, Reach front)							2x
Bridge	<b><u>FIGURE 4/ HAMSTRING</u></b> Figure 4 / Hamstring (Arms: Scull down, Hold leg)							2x
Finish	Feet Wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3