



WARM UP

BELIEVE

WAVE 21



Intro	Jog								16x
Verse	FLICK KICK / JOG HEEL Flick Kick 4, Jog Heel 4 (Arms: Scoop 4, Slice 2)								4x
Chorus	JACK 2 & RUN 8 Jumping Jack 2, Run 8 (Arms: Open fingers wide, Fist)								4x
Bridge	ANGLE ROCKING HORSE Angled Rocking Horse 4 (Arms: Figure 8)								4x
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



LOWER BODY 1

DANZA KUDRO

WAVE 21



Intro	1 Aqua Dumbbell								
Verse	DBL WIDE KICK Dbl Leg Wide Kick 4, Run Heel 16 (Arms: DBL push down, DBL front)								2x
Chorus	SINGLE LEG KARATE BACK Single Leg Karate Back, Tuck 8 (Arms: DBL push front)								2x
Bridge	QUAD KICKS Alt Neutral Quad Kick 8, Single Leg Quad Kick 4 (Arms: DBL front)								4x
Finish	Push front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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UPPER BODY 1

LOVE MYSELF

WAVE 21



Intro	1 Aqua Dumbbell								
Verse	LAT PULL Anchored (Arms: Single arm lat pull 8)								2x
Chorus	PUNCH Split Stance (Arms: Single arm punch, pull, double punch 8)								2x
Bridge	TRICEP PRESS Wide Stance (Arms: Double arm tricep press - slow, quick, quick)								8x
Finish	Push Dumbbell Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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CORE 1

PERM

WAVE 21



Intro	1 Aqua Dumbbell								
Verse	FRONT CRUNCH Alternating Wide Knee Tuck, Upper Body Crunch (Arms: Push DBL to feet, Push DBL down)								8x
Chorus	INSTEP SWEEP Anchored Wide Feet - Heel Sweep F 8 (Arms: DBL to opposite heel)								2x
Bridge	FIGURE 8 Anchored (Arms: Figure 8 - quick, quick slow)								8x
Finish	Push Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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ACTIVE RECOVERY 1

RUN TO YOU

WAVE 21



Intro	Set DBL to side									
Verse	COMBO CC 4, Jump Rope 2, Jack 1 (Arms: Reach, paddle, jack)									4x
Chorus	RUN CHAOS Run (Arms: Fists)									32x
Bridge	LEAP SIDE Leap Side 4 (Arms: Reach & pull)									4x
Finish	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

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LOWER BODY 2

LUCKY STRIKE

WAVE 21



Intro	2 Aqua Dumbbells									
Verse	DBL HAMSTRING CURL Double Hamstring Curl 2, Karate Side 4 (Arms: Push DBLs down, Hold DBsL at chest)									4x
Chorus	POWER CROSS COUNTRY Neutral Power Cross Country (Arms: DBLs wide at surface)									16x
Bridge	BICYCLE TRAVEL Bicycle Travel F 8, Kick F Travel B 8 (Arms: Push DBLs down, DBLs front at surface)									2x
Finish	DBLS push front									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



UPPER BODY 2

I NEED HELP

WAVE 21



Intro	2 Aqua Dumbbells								
Verse	HOPSCOTCH Jack Hopscotch (Arms: Reach behind to opp foot)								8x
Chorus	PUSHUP Neutral Plank (Arms: Pushup slow, quick, quick)								8x
Bridge	TRICEP PRESS Alternating Tuck, Anchored (Arms: Tricep press)								8x
Finish	Push DBLs front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



CORE 2

DIE YOUNG

WAVE 21



Intro	2 Aqua Dumbbells under arms								
Verse	TRIPLE TUCK Tuck 3, Stand (Arms: Dbls under arms)								8x
Chorus	DIAMOND HULA HOOP Rotating Diamond Hip Circle (Arms: Dbls under arms)								8x
Bridge	TUCK & SHOOT Tuck, Shoot, Tuck, Stand (Arms: Dbls under arms)								8x
Finish	Push DBL front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



ACTIVE RECOVERY 2

SO MANY MEN WAVE 21



Intro	Set Dbls to side									
Verse	<u>KICK AROUND THE WORLD</u> Kick Front 4, Wide 4, Pendulum 4, Back 4 (Arms: Reach F, Arms wide, Sweep in opposition, Push F)									2x
Chorus	<u>FOUR CORNERS</u> Jog Heel 8, ¼ turn (Arms: Breaststroke)									4x
Bridge	<u>JACK COUNTDOWN</u> Jack 4, Tuck Jump 8 (Arms: Jack, Push down)									2x
Finish	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



FLEXIBILITY

SCARS TO YOUR BEAUTIFUL WAVE 21



Intro	Shoulder Rolls									
Verse	<u>HEEL 2 & HAMSTRING</u> Heel Front - Push Hips Back, Hamstring Point/Flex (Arms: Press hands front 2, hold leg)									2x
Chorus	<u>FIGURE 4 / ROTATE</u> Figure 4 (Arms: Scoop 4, torso rotation)									2x
Bridge	<u>STAR TO REVERSE</u> Star pose, Reverse warrior (Arms: Open, Reach up)									2x
Finish	Feet Wide, arms overhead									
V1	C1	B1	V2	C2	B2	V3	C3	B3		