



WARM UP

BELIEVE

WAVE 21



Intro	Jog								16x
<u>Verse</u>	<u>FLICK KICK / JOG HEEL</u> Flick Kick 4, Jog Heel 4 (Arms: Scoop 4, Slice 2)								4x
Chorus	<u>JACK 2 & RUN 8</u> Jumping Jack 2, Run 8 (Arms: Open fingers wide, Fist)								4x
Bridge	<u>ANGLE ROCKING HORSE</u> 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	<u>DBL WIDE KICK</u> Dbl Leg Wide Kick 4, Run Heel 16 (Arms: DBL push down, DBL front)								2x
Chorus	<u>SINGLE LEG KARATE BACK</u> Single Leg Karate Back, Tuck 8 (Arms: DBL push front)								2x
Bridge	<u>QUAD KICKS</u> 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



UPPER BODY 1

LOVE MYSELF

WAVE 21



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



CORE 1

PERM

WAVE 21



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



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



LOWER BODY 2

LUCKY STRIKE

WAVE 21



Intro	2 Aqua Dumbbells								
Verse	<u>DBL HAMSTRING CURL</u> Double Hamstring Curl 2, Karate Side 4 (Arms: Push DBLs down, Hold DBsL at chest)								4x
Chorus	<u>POWER CROSS COUNTRY</u> Neutral Power Cross Country (Arms: DBLs wide at surface)								16x
Bridge	<u>BICYCLE TRAVEL</u> 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	<u>TRIPLE TUCK</u> Tuck 3, Stand (Arms: Dbls under arms)							8x
Chorus	<u>DIAMOND HULA HOOP</u> Rotating Diamond Hip Circle (Arms: Dbls under arms)							8x
Bridge	<u>TUCK & SHOOT</u> 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