

1 Warm-Up

Brave

Wave 9



Intro	Jog									16x
Verse	<u>JOG 3 / KICK BACK</u> Jog 3 / Kick Back (Arms: Scoop / Fists)									8x
Chorus	<u>BRAVE JACKS</u> Jacks 16 (Arms: Cross in & open to goalpost)									1x
Bridge	<u>JOG HEEL 3 / KICK FRONT</u> Jog Heel 3 / Kick Front (Arms: Scoop)									8x
Finish	Land Wide, Goalpost Arms									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

2 Lower Body 1

Lose Control

Wave 9



Intro	Pick Up 2 Dumbbells, in Hands									
Verse	<u>TIRE RUNS</u> Run – Out, Out, In, In, 15, Knee Lift to Change Sides (Arms: Hold dumbbells at shoulders)									2x
Chorus	<u>HAMSTRING CURL & CIRCLE</u> Rebound Hamstring Curl – Turn in Circle (Arms: Push dumbbell to side - same arm as the curling leg)									4x
Bridge	<u>JACK / SWEEP 3</u> Jack 1 / Leg Sweeps – Adductor 3 (Arms: Sweep side / Sweep to opposite instep)									8x
Finish	Land Wide, Push Dumbbells to Side									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

3 Upper Body 1

Gimme All Your Lovin'

Wave 9



Intro	Pick Up 2 Dumbbells, In Hands							
Verse	<u>PUNCH & SWEEP 8</u> Grounded, Lunge Left / Repeat Other Side (Arms: Punch right arm front & sweep back)							2x
Chorus	<u>BICEPS & TRICEPS SWEEP 8 / SYNCOPATED 8</u> Grounded, Sweep Dumbbells Into Chest & Out 8 / Syncopated – In Out In, Out In Out 8 (Arms: Biceps & triceps)							4x
Bridge	<u>ARM CIRCLES BACK</u> Grounded Wide Front Stance (Arms: Circle dumbbell front 15, change 1)							2x
Finish	Punch to the Front							
V1	C1	B1	V2	C2	B2	V3	C3	B3

4 Core 1

One Dance

Wave 9



Intro	2 Dumbbells, Crossed (Option to use only one)							
Verse	<u>TUCK / EXTEND LEG F / TUCK / EXTEND LEG B</u> Tuck / Extend Leg Back / Tuck / Extend Leg Front 8 (Arms: Hug dumbbells to chest)							1x
Chorus	<u>SINGLE KNEE CRUNCH</u> Grounded, Lift Knee – Forward Flexion Crunch 16 (Arms: Push dumbbells down – inside the knee)							1x
Bridge	<u>FIGURE 8</u> Grounded Wide Stance, Figure 8 (Arms: Create a figure 8 with the dumbbells)							32x
Finish	Stand Tall, Push Dumbbells Down							
V1	C1	B1	V2	C2	B2	V3	C3	B3

5 Lower Body 2

Thunderstruck

Wave 9



Intro	2 Dumbbells, Hold in Hands								
Verse	SHUFFLE 3 / HOLD Alter Shuffle 3 / Hold (Arms: Small punches front)								16x
Chorus	KARATE SIDE 8 Karate Kick Side & In – Slow 8 (Arms: Punch to side)								1x
Bridge	COUNTDOWN KICK Alternate Kick Front 8 / Kick Back 8 / Kick Front 4 / Kick Back 4 / Kick Front 2 / Kick Back 2 (Arms: Punch forward opposite leg)								2x
Finish	Step Wide, Push Dumbbells Down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6 Upper Body 2

Manic Monday

Wave 9



Intro	2 Dumbbells, Position in Back at Knees								
Verse	BICEPS 2 / TRICEPS PRESS SINGLE SINGLE Floating: Toes on Pool Bottom (Arms: Biceps curl right 2 / Alternate triceps press 2 - paddle hands)								4x
Bridge	SWIM FRONT 8 / REVERSE BREASTSTROKE 4 Floating: Toes on Pool Bottom (Arms: Swim front 8 / Reverse breaststroke 4)								2x
Chorus	SHOULDER ROTATION 16 / SSD Floating: Toes on Pool Bottom (Arms: External, Internal Rotation 16 / Single single double 8 elbows in at sides, paddle hands)								1x
Finish	Push Arms to Sides								
V1	B1	C1	V2	B2	C2	V3	B3		

7 Core 2

Walk Me Home

Wave 9



Intro	2 Dumbbells, Hold in Front of Shoulders							
Verse	<u>DIAMOND CRUNCH 3 / STAND</u> Diamond Crunch Front – Extend & Bend Legs 3 / Stand 1 (Arms: Hold dumbbells out from shoulders)							4x
Bridge	<u>TUCK & SHOOT</u> Remain In Flotation -Tuck, Shoot Back, Tuck, Stand (Arms: Hold dumbbells at chest)							8x
Chorus	<u>WIDE CROSS COUNTRY CRUNCH</u> Wide Cross Country Freeze – Side Crunch 8 (Arms: Push dumbbell down to side)							1x
Finish	Step Wide, Push Noodle Down							
V1	B1	C1	V2	B2	C2	V3	B3	C3

8 Flexibility

Take Your Time

Wave 9



Intro	Open & Close Arms							
Verse	<u>STEP CROSS 2 / HIP ROTATION 4</u> Step Side Cross Front 2 / Hip Rotation Out In 4 (Arms: Open & close)							2x
Bridge	<u>HAMSTRING STRETCH / GLUTES</u> Extend Leg Front - Point, Flex, Point / Bend Knee To Chest & Lean (Arms: Hold leg / Reach overhead & lean)							2x
Chorus	<u>WARRIOR 3 / QUAD STRETCH IN & OUT</u> Extend Leg B / Quad Stretch – Bend & Straighten Knee 2 (Arms: Sweep front)							2x
Finish	Stand Tall, Reach Arms Overhead V							
V1	B1	C1	V2	B2	C2	V3	B3	C3