

Wave 25

Quick Choreo reference



6	Suspended	LOVE MACHINE
I	ALT Grounded Step Side	
V	Slide step 3, knee circle	
C	CC Neutral 2, SUSP 6	
B	ALT Touch Outside Leg Side/Tuck 8 ALT Touch Inside Leg Side/Tuck 8	
F	Stand Tall With Feet Together	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

1	Warm-Up	PHYSICAL (IGNITE)
I	Jog	
V	Rocking Horse 2, Knee Swing 2 (B,F)	
B	Flick Kick DIAG, Run 2	
C	Jog Wide 4, Jog 4, Jump 8 (Side R,L)	
F	Kick out	
V1	B1	C1 V2 B2 C2 V3 B3 C3 B4

2	Linear	MOVE
I	JJ	
V	Bow & Arrow JJ, R/L	
C	Leap R F TVL F 4, Bow And Arrow JJ, TVL B 4. Repeat L	
B	Run TVL F 8, Jump TVL B 4	
F	Bow And Arrow JJ	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral	WHAT A GIRL WANTS
I	Pendulum	
V	Leg Swing Out/In/Out/Circle	
C	JJ 3x/ Rocket 2x TVL R/L/R/L	
B	Rocket 3x/Land & Arm Sweep	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Speed Track	ONE NIGHT
I	Jog	
V	Jog 4, Rocking Horse 1, Soccer Kick 1	
B	Kick Front 3, Karate Kick Back 1	
C	Jump, Tuck Jump 2, Run 8 TVL R/L/R/L	
F	Land wide, push across	
V1	B1	C1 V2 B2 C2 V3 B3 C3 C4

5	Group Track	HOW WILL I KNOW
I	Jog into 2 Lines (F/B)	
V	Jog Heel 4, Leg Swing B/F 2	
C	V kick 8, Kick 8 TVL Switch lines (2x)	
B	JJ V down/ V up	
F	JJ V up	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

7	Upper Body	JEALOUS
I	Position the noodle in straddle	
V	ALT Breast stroke 4, 2-Arm Backstroke 2	
C	Tricep Press Back 4, DBL Biceps Curl 2	
B	ALT Deltoid Raise/pull down	
F	Both arms out	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Lower Body	BLANK SPACE
I	Position noodle around back	
V	Neutral Run Heel 8, Kick Back 4	
C	Seated Kicks Fast SUSP 8 TVL B, Run F 8	
B	Power JJ Out, Slide In Neutral	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Core	BOOM CLAP!
I	Keep noodle behind back, side plank (ft To R)	
V	Side-lying top-leg crunch R x7, tuck through Side-lying top-leg crunch L x7, tuck through	
C	DBL pulse crunch/touch down	
B	Standing Lower Body Twist SSD	
F	Stand, push noodle forward	
V1	C1	B1 V2 C2 B2 V3 C3 B3

10	Flexibility	JUST GIVE ME A REASON
I	Knee Swing (B,F)	
V	Quad Stretch, Knee to Chest R/L	
B	Figure 4, Inner Thigh Stretch R/L	
C	Hamstring (4), Cross Side Stretch (4), Warrior 3 (8)	
F	Stand tall	
V1	B1	C1 V2 B2 C2 C3

11	Bonus - Cardio	CAR WASH
I	JJ	
V	JJ Clap Under 2, JJ Sweep Across 2	
C	Hitch Kick 4, Run 2, R/L/R/L	
B	Power CC 2, CC 2	
F	Land CC Ski	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4