

Wave 32

Quick Choreo reference

1	Warm-Up	Queen of the Night
I	Jog heel	
V	HEELS UP SWEEP: Jog heel (Arms: breast stroke x4, curl under x4)	
C	JOG KICK BACK: ALT Jog/ Leg swing B	
B	JOG 4 SWING: Jog x4, ALT leg swing side/jump in x2 (Arms: palms up EXT/INT rotation)	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

2	Linear	She Sets The City On Fire
I	Jog heel	
V	ROCK 3 KICK: ALT Rocking Horse FBF, Kick	
C	JOG 4 TURN: 1/4 turn R, Jog x4 TVL F, JJ x2 TVL B (Arms: Breast Stroke L/R, Sweep in x2)	
B	JACK KICK 3 JJ out/Kick x3 (R), JJ out/Kick x3 (L)	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

3	Lateral	A-Yo
I	Wide Jog	
V	KICK OUT: ALT Wide Kick x2, Run wide x4	
C	JACK 3 TRAVEL: JJ x3 TVL R, Land speed JJ twist x2, Repeat LRL	
B	SWING OUT 3: Pendulum x3, Karate kick side x1	
F	Land wide	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

4	Speed Track	This One's For You
I	Run	
V	RUN 4 KICK IT ALT Run x4, Hitch kick, hop knee	
C	HEEL AND SWEEP Jog heel x2, Run heel x4 (Arms: Sweep in x3, fast x4)	
B	ROCKET JACK SKI 3 Rocket JJ x1, CC x3 (R), Rocket JJ x1, CC x3 (L)	
F	Land wide, sweep arms side	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

5	Group Track	Boogie Nights
I	JJ	
V	TWIST JACK JJ Twist R, Jump in, JJ Twist L, Jump in	
C	RUN TRAVEL: Run x7 hold, TVL R, Repeat L Run x3 hold, TVL R, Repeat L (x2), wide jog x8	
B	JOG HEEL CIRCLE Jog heel x4, in circle, Kick x4	
F	Land wide, sweep arms side	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

6	Suspended	High and Low
I	Kick	
V	SIT AND KICK Neutral Seated kick x4, SUSP Seated kick x4	
C	FLYING SIDE KARATE ALT SUSP Karate kick side x2, SUSP JJ/touch x2	
B	CROSS COUNTRY 4 SPIN 4 SUSP CC X4, Tuck and spin R x4 (Repeat LRL)	
F	Stand tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3 C4

7	Upper Body	Don't Wanna Know
I	Position noodle in straddle	
V	HALF MOON: ALT Arm sweep open/close	
C	SWEEP DOWN & BACK Tandem arm sweep F/B, curl, triceps x2 (x4) Tandem arm sweep B/F curl, biceps x2 (x4)	
B	CURL TO SPIN: Biceps curl R x8 (spin), L x8 Triceps press R x8 (circle), L x8	
F	Double biceps curl	
V1	C1	B1 V2 C2 B2 V3 C3 B3

8	Lower Body	If You Could Read My Mind
I	Position noodle around back	
V	SIDE SWEEP CIRCLE Grounded ABD, knee up/in/down (R x8, L x8)	
C	REBOUND KICK BACK: Kick B (R x16, L x16)	
B	ONE LEG KICK: GND kick/curl x2, fast x4 (RLRL)	
F	Stand tall	
V1	C1	B1 V2 C2 B2 V3 C3 B3

9	Core	Water Under the Bridge
I	Noodle stays around back, under arms, Neutral	
V	TUCK TWIST: Neutral tuck/Lower body ROT R/L	
B	LEAN & SCOOP: Wide stance: ALT LAT FLEX (Arms: holding noodle, ALT scoop under B/F)	
C	RUNNING MAN 3: SUSP ALT knee tuck x3/hold	
F	Tuck	
V1	B1	C1 V2 B2 C2 V3 B3 C3

10	Flexibility	Hymn for the Weekend
V	TANGO WALK Step curl x3, knee circle to open F (RL) Step DIAG, hold Quad stretch L (RL)	
C	STEP OUT LUNGE ALT step out to lunge, slide foot in x3, Mountain/Goddess (RL)	
B	ANKLE ROTATE AND LIFT Hamstring stretch, ankle ROT, higher 1-6, step down (RL)	
F	Stand, Goddess arms	
V1	C1	B1 V2 C2 B2 V3 C3 B3

11	Bonus-Flotation	Got To Be Real/Feliz Navidad
I	Noodle around back, neutral seated kick	
V	SEATED KICK: ALT Seated kick x8, DBL x4 Kick Repeater, turn in a circle (R x8, L x8)	
B	SKI CIRCLE CC F x8, CC x8, lean R, TVL in a circle, Repeat L	
C	PEDAL PUSHERS ALT Pedal pushers side x3, tuck	
F	Tuck	
V1	B1	C1 V2 B2 C2 V3 B3 C3