

Wave 42

Quick Choreo reference

1	Warm-Up	Brave
I	Jog	
V	FLICK KICK Flick kick F x4, ALT side flick kick x4	
C	BRAVE SIDE JACK: JJ out R/L (Arms: Goal post curl x8, Breast stroke x8)	
B	HEEL CURL Jog heel x16, Run heel x32	
F	Land wide, Goal post arms	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

2	Linear	Only the Horses
I	Jog heel	
V	SOCCER KICKS: ALT Soccer kicks	
C	ONLY THE HORSES Rocking Horse x3, wide jump x2	
B	PRANCE 8 High knee run x8 TVL F, Kick F x4 TVL B	
F	Land wide, lasso arm	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

3	Lateral	Where Are You Now
I	Jump rope	
V	SWING SIDE: ALT Side leg swing/jump in	
C	JACK & JUMP SIDE JJ x1, Power Tuck Jump R/Jump, Repeat L	
B	WIDE JOG TO ELBOWS: Wide jog x8, TVL RLRL (Arms: Hands @ head/Elbows to knees)	
F	Land wide	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

4	Speed Track	If I Can't Have You
I	ALT Lunge JJ	
V	LUNGE AROUND Lunge JJ R, DIAG, DIAG, Repeat LRL	
C	RUN 4 FLICK 4: High knee run x4, Fast flick x4	
B	KARATE AROUND Karate Kick R F/DIAG F/DIAG B/B, Repeat LRL	
F	Land wide	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

5	Group Track	Came Here For Love
I	Jog to a partner, get a noodle to share, face front shoulder to shoulder, hands holding noodle	
V	JOG HEEL PUSH Jog heel (Arms: push noodle F/Down)	
C	RUN – MOVE THE NOODLE Run TVL F x16 (Arms: release noodle) Kick TVL B x8 (Arms: grab noodle, push F)	
B	JACKS AND PASS JJ face each other x4, (Arms: 1- hand on noodle) JJ x12 (Arms: ALT arms sweep down)	
F	Land wide, push noodle front	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

6	Suspended	Something Better
I	Put noodle aside, Neutral JJ	
V	JACK 2 SPIN Neutral JJ x2, Tuck/Spin full circle (RLRL)	
B	WIDE KICK & DOUBLE TIME ALT Neutral Wide kick x4, SUSP fast wide kick x8	
C	TOUCH DOWN TUCK 4 Touch down/tuck fast x4 TVL B, SUSP bicycle x8	
F	Stand wide	
V1	B1 C1 V2 B2 C2 V3 B3 C3 B4	

7	Upper Body	You Can Call Me AI
I	Wide stance, noodle in hands in front	
V	CROSS PUNCH & PULL ALT Punch/Pull across chest	
C	TRICEPS POWER DOWN: Triceps press x4 (Both, R alone, both, L alone)	
B	PUSH SWEEP DOWN Push side/LATS sweep down x7 R, x7 L	
F	Push noodle down	
V1	C1 B1 V2 C2 B2 V3 C3 B3	

8	Lower Body	Havana
I	Put noodle away	
V	WIND-UP KICK: Bicycle curl/kick F x8 R, x8 L	
C	KARATE SIDE SWEEP IN Karate kick side/ADD sweep together x8 R, x8 L	
B	CROSS COUNTRY SLIDE GRD CC x6, CC/Shuffle x4	
F	Step together, Tango-arm up	
V1	C1 B1 V2 C2 B2 V3 C3 B3	

9	Core	Manic Monday
I	Neutral JJ	
V	JACK SIDE TUCK Neutral JJ out/tuck, reach to R/L ankle	
B	PIKE TUCK: Pike TVL B x4, Tuck jump TVL F x4	
C	SIDE CRUNCH ALT Lateral Spinal Flexion/Reach down to foot	
F	Push out	
V1	B1 C1 V2 B2 C2 V3 B3 C3	

10	Flexibility	Don't You Wanna Stay
I	Arms open and close	
V	HIP ROTATION INT/EXT hip rotation w/ knee in/out x2 Knee across to OPP chest/Knee side hold knee	
C	STEP BACK LUNGE: Step R back to calf stretch Quad stretch (Arms: hug/sweep out and hold foot)	
B	LEG SWING FRONT BACK Leg swing F/B/Hold hamstring stretch Leg swing B/F/Hold Warrior 3	
F	Breathe, arms up	
V1	C1 B1 V2 C2 B2 V3 C3 B3	

11	Bonus-Flotation	Walk Me Home
I	Place noodle behind back, under arms	
V	KNEELING TWIST: Rotate heels and hands R/L	
B	PEDAL PUSHES IN 3 ALT Heel push F x3 fast and hold, TVL B	
C	WALK ME HOME SUSP CC x7 TVL F, tuck ¼ R	
F	Stand up	
V1	B1 C1 V2 B2 C2 V3 B3 C3	