

Track 1	WARM-UP		Nice To Meet Ya						
Intro	Jog			16x					
Verse	JOG 4 KICK 4 Jog x4, Flick kick x4			4x					
Bridge	HOPSCOTCH JACK JJ out, ALT Jog heel			16x					
Chorus	JOG HEEL SHAKE Jog heel x4, Jog wide x4 (Arms: Reach F "Shake", touch OPP foot on wide)			4x					
FINISH	Land wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



Track 2	LINEAR		Love Runs Out						
Intro	Kick			16x					
Verse	KICK 4 FRONT Kick x4, Kick B x4			4x					
Chorus	JOG FORWARD Jog TVL F x8, Run TVL B x16 (Arms: Point to temples/F/sweep down)			2x					
Bridge	SUSPENDED CROSS COUNTRY SUSP CC x16, Rocket CC x16			1x					
FINISH	Land wide, point to temples								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3	LATERAL TRAVEL							Senorita		
Intro	Jog Heel							16x		
Verse	SIDE SOCCER ALT Side soccer kick x2, ALT Skater heel x4 (Arms: Sweep open x2, swing)							4x		
Chorus	JACK TRAVEL JJ x4 TVL R, Repeat L (Arms: Out/in x2, L circle sweep, R reach)							2x		
Bridge	MAMBO Jog x12 (feet RF, LB, RB, LF), Run x7 Repeat L							2x		
FINISH	Land wide, sweep arm across									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



Track 4	SPEED					The Power				
Intro	Run					32x				
Verse	RUN OUT & IN Run out out in in x2, JJ x2					4x				
Chorus	POWER JACK IN Power JJ in x2, JJ out/ALT cross kick x2					4x				
Bridge	KARATE BACK Karate kick B x4, DBL Karate B face R/L					4x				
FINISH	Land wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 5	GROUP All Over the World									
Intro	Jog, identify 2 targets									16x
Verse	TAG THE TARGET Run									64x
Bridge	PENDULUM 3 ALT Pendulum x3 F, Power hop									8x
Chorus	LEAP SQUARE ALT Leap hop F x4, turn R									4x
FINISH	Land wide									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	



Track 6	SUSPENSION Lucky Strike									
Intro	Lunge, brace core, practice facing corners									
Verse	LUNGE AND PUSH Lunge R corner x2, Lunge L corner x2, Karate B R x2, Karate B L x2 (Arms: Chest press)									4x
Chorus	CROSS COUNTRY CORNER 3 SUSP CC R to R corner x3/tuck SUSP CC L to L corner x3/tuck									4x
Bridge	TUCK EGGBEATER Touch/tuck, Eggbeaters x6									4x
FINISH	V-sit									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 7	UPPER BODY		Teeth					
Intro	Lunge R, noodle in hands							
Verse	PUSH PULL Lunge R (Arms: Push/Pull slow x1, fast x2)		8x					
Bridge	BICEPS CURL Biceps curl R x4, Biceps curl L x4, Triceps press x8		2x					
Chorus	LAT PULL DOWN Tuck/touch (Arms: Pull straight arm down sides to feet)		16x					
FINISH	Push forward							
V1	B1	C1	V2	B2	C2	V3	B3	C3



Track 8	LOWER BODY		One Thing Right					
Intro	Position noodle in back under arms							
Verse	SWEEP OUT SLOW & FAST ALT ABD/ADD slow x1, fast x2		8x					
Chorus	1-LEG KICK CURL Kick/Curl x3, Kick x1, Run heel x2 Repeat LRL		4x					
Bridge	JACKIE CHAN Tuck/Karate side R x8 Repeat L		1x					
FINISH	Land wide, karate chop side							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	MUSCLE 3 (CORE)		Sayonara					
Intro	Noodle stays around back							
Verse	TWIST & KNEE CIRCLE Standing Knee twist/circle (up/out/down) x8 Repeat L		1x					
Chorus	RECLINE & TUCK ALT EXT/FLEX w/Tuck (Arms: reach R/L Ankle on tuck)		16x					
Bridge	STRAIGHT LEG REACH SUSP ALT Straight leg crunch		14x					
FINISH	Stand							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 10	FLEXIBILITY TRAINING		Spirit					
Intro	Chest press x2, sweep open							
Verse	CURL 3 Knee flexion x3, Airplane (Arms: Scoop) Repeat L		1x					
Bridge	SIT BACK HAMSTRING STRETCH Heel down hamstring stretch 1-2, rise up 3-4 (Arms: DBL chest press/EXT ROT sweep open) Repeat L		1x					
Chorus	ARM UP Arm circle 1-4, Step wide sway R/L 5-8, Lunge, upper body ROT R (1-4), ROT F step in Repeat L		1x					
FINISH	Sweep forward							
V1	B1	C1	V2	B2	C2	V3	B3	C3

BONUS	BONUS-FLOTATION		Naturally					
Intro	Noodle around back, lower to SUSP							
Verse	CROSS COUNTRY FORWARD SUSP CC TVL F x8, Seated kick fast TVL B x16			2x				
Chorus	SHOOT THROUGH Tuck /ALT Shoot through x8 ALT CC shoot through/tuck x8			1x				
Bridge	V-SIT V-sit x8, Fast v-sit x16			1x				
FINISH	Stand							
V1	C1	B1	V2	C2	B2	V3	C3	B3