

Track 1		WARM-UP				Break My Heart				
Intro		Run								32x
Verse		JACKS JJ x8, DBL JJ x4 (Arms: Open to sides, DBL push F, DBL open, pull to Heart)								1x
Chorus		RUN HOME FLICKS SSD run x6, ALT Flick kicks x4								2x
Bridge		HEART BREAK HEELS DBL jog heel x8, jog heel x16 (Arms: DBL push F, pull to heart, LAT ADD)								1x
FINISH		Land wide, form heart with hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

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Track 2		LINEAR				Kings & Queens				
Intro		Run								32x
Verse		ROCKING HORSE & JOG HEEL SWORD Rocking horse R x2, jog heel x3 (Arms: Sword swing RLRL) Repeat L								2x
Chorus		RUN & POP Run x4, jump x1 (Arms: Reach O/H on jump)								8x
Bridge		TUCK JUMPS ¼ turn R, TVL F x4, TVL B x4, 180 turn Repeat F/B								1x
FINISH		Stand tall with sword raised								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 3	LATERAL TRAVEL				Crazy Train					
Intro	Wide Jog									16x
Verse	WIDE JOG 2 FLICK 2 Wide jog x2, DBL wide flick kick x2 (Arms: Push over knees) Repeat L									8x
Chorus	CRAZY JACKS JJ x3, TVL R, then shuffle x4 (Arms: Fingers to temples on jacks) Repeat L									4x
Bridge	PENDULUMS DSS pendulums (Arms: Sweep to OPP side)									8x
FINISH	Land wide, fingers to head									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

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Track 4	SPEED				Crossfire					
Intro	CC									16x
Verse	CC COMBO CC ski SSD x2, power cc x8 (Arms: SSD punch F, slice on power CC)									2x
Chorus	RUN & TUCK Run x8, TVL F, tuck jump x2, run x8, TVL B, PJack x2 (Arms: Cross O/H on tucks, cross out & in on PJack)									2x
Bridge	CROSSFIRE KARATE Karate kick side R, ¼ turn F, KK R, (x4) (Arms: Cross in F)									4x
FINISH	Land wide, cross fire arms									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 5	GROUP			(Everything I Do) Do It For You						
Intro	Form two lines, facing each other									
Verse	<b>JACK TUCKS</b> Jack ALT knee lifts x8, jack tucks x8 (Arms: Tuck under legs)								1x	
Chorus	<b>FIGHT COMBO</b> DBL Karate kick B x8, then Battle ropes x16 (Arms: DBL punch, then simulate battle ropes)								1x	
Bridge	<b>LEAP &amp; SIDE MOGULS</b> Leap side x4, moguls x8								1x	
FINISH	High five your partner									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

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Track 6	SUSPENDED			Walking On Broken Glass						
Intro	Get into neutral position									
Verse	<b>DIAMOND CRUNCH COMBO</b> Diamond lift x2, then tuck shoot F/B x1 (NTL/SUSP)								4x	
Chorus	<b>TOUCH &amp; SEATED KICKS</b> Tuck touch down R/L, tuck, SUSP seated kicks x8								4x	
Bridge	<b>NEUTRAL JACK &amp; SKI</b> NTL jack x4, diagonal CC SUSP x8 (Repeat L)								2x	
FINISH	Touch feet down lightly									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 7	UPPER BODY			I Dare You				
Intro	Noodle in hands, get into position							
Verse	<b>PUSH UP</b> Push up x8, SSD x4 (Feet on bottom or floating)						1x	
Chorus	<b>BICEPS 2</b> ALT DBL biceps pull, wide stance x8 ALT single biceps pull, narrow stance x16						1x	
Bridge	<b>TRICEPS 2</b> ALT DBL triceps press, wide stance x8, ALT single triceps press, narrow stance x16						1x	
FINISH	Stand tall, push noodle F							
V1	C1	B1	V2	C2	B2	V3	C3	B3

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Track 8	LOWER BODY			Permission To Dance				
Intro	Noodle in hands in front							
Verse	<b>SIDE KNEE TOUCH</b> Lift knee R & touch S/B x4, NTL step side x4 (Repeat L)						1x	
Chorus	<b>SWEEPS DIAGONAL &amp; FRONT</b> Leg lift R D/F to noodle x1, drag leg to bottom (Repeat 4x)						4x	
Bridge	<b>KICKS BACK</b> Diagonal kick B x4, skateboard curl x8 (Repeat L)						1x	
FINISH	Stand tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	CORE			Glowing				
Intro	Noodle in straddle, under arms							
Verse	TIPPING CANOE Sit w/legs extended F, figure 8 x16, lower legs x4, lift x4						1x	
Chorus	DIAMOND CRUNCH Diamond crunch x16						1x	
Bridge	SUPERMAN CLIMBER Tuck, then shoot R leg back, tuck, stand Repeat w/L leg back) x8						8x	
FINISH	Stand tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 10	FLEXIBILITY			The Cure				
Intro	Gentle sway, roll shoulders back							
Verse	HAMSTRING STRETCH Lift leg 1-4, circle ankle 5-8, Eagle post (Arms: Hug) (Repeat R)						1x	
Bridge	WARRIOR 2 Warrior 2 pose R, then Sun Warrior, lift arms (Repeat L)						1x	
Chorus	LUNGE STRETCH Lunge F, calf stretch on back leg, Warrior 3 (Arms: Scoop, sweep) (Repeat L)						1x	
FINISH	Lower arms and stand							
V1	B1	C1	V2	B2	C2	V3	B3	C3

BONUS		BONUS-CARDIO				Fireworks			
Intro		Run						32x	
Verse		<b>TRIPLE RUN</b> Triple run, karate kick F/B x4, wide V kicks x16 (Arms: Wide to toes)						1x	
Chorus		<b>FLICK KICKS</b> SSD Flicks x4, DBL flicks x8						1x	
Bridge		<b>KARATES</b> ALT Karate kicks side x8, DBL moguls x4 (Arms: Circle)						2x	
FINISH		Land wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4