

1 Warm-Up Celebration		Wave 50	water motion
Intro	Run	32x	
Verse	<b>RUN 8 / WIDE JOG 4</b> Run R 8 / Wide Jog R 4 (Arms: Wave up on wide leg / High on wide jog)	4x	
Chorus	<b>ROCKING HORSE 4 / JACK SNGL ARM 4</b> Diagonal Rocking Horse 4, JJ w/Alt Arms 4, (Arms: ALT single arm sweep wide on jack)	2x	
Bridge	<b>JOG HEEL - SPIRIT FINGERS 4, WATER 4</b> Jog Heel – Spirit Fingers Up-Side, In Water 4 (Arms: Spirit fingers 4 / Sweep under water 4)	4x	
Finish	Land wide, Spirit fingers Up		
V1	C1	B1	V2 C2 B2 V3 C3 B3 C4

2 Linear Timebomb		Wave 50	water motion
Intro	Jog	32x	
Verse	<b>POWER JOG / HOLD RUN RUN</b> Power Jog Hold (Slow) 8 / Hold Run Run 8 (Arms: Push front, Pull fists back)	1x	
Chorus	<b>PENDULUM 2 KARATE 2</b> Pendulum 2 / Karate Side-Kick Chamber 2, (Arms: Sweep side / Guard center on karate)	8x	
Bridge	<b>TUCK BACK 2 / RUN FORWARD 8</b> Tuck Jump 2 TVL Back / Run Forward 8 (Arms: Scoop back on tuck / Running arms)	4x	
Finish	Land wide, Punch forward		
V1	C1	B1	V2 C2 B2 V3 C3 B3 C4

3 Lateral Travel Black Velvet		Wave 50	water motion
Intro	Jog heel	16x	
Verse	<b>SIDE SOCCER KICKS</b> Alternating Side Soccer Kicks (Arms: Internal & external rotate)	16x	
Chorus	<b>RUN 4 / SINGLE LEAP SIDE</b> Run 4 / TVL Leap 1 (Knee Up to Change) (Arms: Run arms / Reach side on leaps)	8x	
Bridge	<b>ELVIS JACKS 2 / ROCKET 4</b> Elvis=External & Internal Jacks 2 / Rocket Jack 4 (Arms: Rotate on Elvis JJ / Clap on rocket)	4x	
Finish	Elvis pose, Lunge-fist		
V1	C1	B1	V2 C2 B2 V3 C3 B3 C4

4 Speed The Fear		Wave 50	water motion
Intro	Flick kicks	16x	
Verse	<b>FAST FLICK KICKS 16 / BACK KICKS 8</b> ALT Fast Flick Kicks 16, Kick Backs-Push 8 (Arms: Push front on back kicks)	2x	
Bridge	<b>DBL NEUTRAL SKI 4 / SINGLE 8</b> DBL NTRL Cross Country 4 / Rebound Single Ski 8 (Arms: Pull down on DBL CC / Reach on Rebound)	2x	
Chorus	<b>TIRE RUN 16 / MOGULS 4</b> Tire Run: Out-Out-In-In 16 / Power Moguls 4 (Arms: Sweep side to side on moguls)	2x	
Finish	Land wide, Slice-down		
V1	B1	C1	V2 B2 C2 V3 B3 C3 C4

5 Group Heat Of The Moment		Wave 50	water motion
Intro	Form two lines, facing instructor/ Ski towards		
Verse	<b>SKI 6 SIDE - DBL</b> Face Front: CC TRVL Side 6 / DBL CC-Switch (Arms: Cross country ski)	4x	
Chorus	<b>JACK-CROSS 2 / RUN 8</b> Face Center: Jack-Cross, Run 4 : Travel F-B (Arms: Sweep arms open, then cross heart)	4x	
Bridge	<b>KARATE F/B 4 / SINGLE 8</b> Face Center: Karate Kicks F-B 4 / Single 8 (Arms: Guard up)	1x	
Finish	Land wide facing front, palms open		
V1	C1	B1	V2 C2 B2 V3 C3 B3 C4

6 Suspension Don't Go Yet		Wave 50	water motion
Intro	Side Step, shoulders under water in neutral	8x	
Verse	<b>STEP SIDE 2, JACK-TUCK SHOOT SIDE</b> Step Side TVL 2, Jack – Tuck, Shoot Side (Arms: Out and in / Reach opposite)	4x	
Chorus	<b>BICYCLE 16 – TURN 4</b> Suspended Bicycle TVL Front, ¼ Turn R 4 (Arms: Supporting)	4x	
Bridge	<b>CROSS COUNTRY 6 / TUCK HOLD</b> Neutral Cross Country 6 / Suspend Tuck & Hold (Arms: Supporting)	4x	
Finish	Land Wide, Arms Out		
V1	C1	B1	V2 C2 B2 V3 C3 B3 C4

7 Upper Body (Muscle 1) Stronger		Wave 50	water motion
Intro	Straddle Noodle, Floating Position		
Verse	<b>CHEST PRESS 2, SWIM</b> Chest Press Forward 2 / Breaststroke Back - Blade (Legs: Straddle-ride noodle, floating)	8x	
Bridge	<b>SSD ROTATE 4 / BACK STROKE 4</b> Externally Rotate SSD 4, Back Stroke TVL B 4 (Legs: Ride noodle, floating)	2x	
Chorus	<b>LAT PULLDOWN</b> Lift Arm to Surface, Pull Down to Hip (Sink-Lift Up) (Legs: Ride noodle, floating)	16x	
Finish	Push Forward		
V1	B1	C1	V2 B2 C2 V3 B3 C3

8 Lower Body (Muscle 2) Walking On A Dream		Wave 50	water motion
Intro	Noodle in hands, Lower to neutral position		
Verse	<b>KNEE SWEEP 4 / FAST NEUTRAL JJ</b> Sweep Leg Up-Out-Pull R-4 L-4 / Fast Neutral Jack & Cross 16 (Arms: Holding noodle front to support)	1x	
Chorus	<b>FAST NEUTRAL KICKS 8 / DBL 2</b> Fast Seated Kicks Front 8 / Double Kicks 2 (Arms: Holding noodle front to support)	4x	
Bridge	<b>PLANK CURLS</b> Alternating Hamstring Leg Curls in Plank (Arms: Floating plank - noodle under shoulders)	32x	
Finish	Stand wide, Push noodle forward		
V1	C1	B1	V2 C2 B2 V3 C3 B3

9 Core (Muscle 3) I Want It All		Wave 50	water motion
Intro	Noodle around back, Under arms		8x
Verse	<b>SWING TUCK</b> Swing Tuck: Push Noodle Behind Back to Behind Knees (Arms: Push noodle from back to behind knees)	4x	
Chorus	<b>LIFT &amp; TWIST 8</b> Stand Tall Cross Touch Knee R 8, L 8 (Arms: Single arm touches knee)	4x	
Bridge	<b>FLOAT: WIDE SSD RUNNING MAN</b> Float Wide SSD Running Man Diagonal - Knees Lift (Arms: Floating position)	4x	
Finish	Stand tall, Push noodle down		
V1	C1	B1	V2 C2 B2 V3 C3 B3

10 Flexibility Brave Honest Beautiful		Wave 50	water motion
Intro	Sway, roll shoulders		
Verse	<b>FIGURE 4 / HAM FLEX-POINT</b> Figure 4 / Hamstring Flex-Point-Flex (Arms: Wave Out-In-Out / Hold Leg on Ham Stretch)	2x	
Bridge	<b>DANCER / HIP ROTATE</b> Dancer Pose / Hip Rotate-Out-In-Out (Arms: Reach for foot / Single arm in and out)	2x	
Chorus	<b>MAMBO / BEAUTIFUL 2</b> Mambo 2 / Step Wide-Together, Circle Face 2 (Arm: Wave / Open Side-circle face "Beautiful" 2)	2x	
Finish	Strike a pose, One arm up		
V1	B1	C1	V2 B2 C2 V3 B3 C3

11 Bonus - Cardio Rise		Wave 50	water motion
Intro	Jog		16x
Verse	<b>KARATE SSD 4 / KICK BACK 16</b> Karate Kick Back SSD 4 / SNG Karate Back 16 (Arms: Triceps punch back)	1x	
Bridge	<b>LEAP FRONT 8 / KICK BACK 16</b> Leap-Knee Up TVL F 8 / SNG Kick F TRVL Back 16 (Arms: Breast Stroke on leaps, reach F on kicks)	1x	
Chorus	<b>RISING CURLS 4, JUMP UP 2</b> Rebound Hamstring Curl 4, Power Jump Up 2 (Arms: Rising scoops, reach over head on jumps)	4x	
Finish	Land and Reach Up		
V1	B1	C1	V2 B2 C2 V3 B3 C3 B4

12 Bonus - Christmas Christmas Time		Wave 50	water motion
Intro	Gentle sway		
Verse	<b>FIGURE 4 / HAM FLEX-POINT</b> Figure 4 / Hamstring Flex-Point-Flex (Arms: Wave Out-In-Out / Hold Leg on Ham Stretch)	2x	
Chorus	<b>DANCER / HIP ROTATE</b> Dancer Pose / Hip Rotate-Out-In-Out (Arms: Reach for foot / Single arm in and out)	2x	
Bridge	<b>JINGLE ROCK STEP 2 / MOUNTAIN-PRAY</b> Rock-Step 2 / Mountain, Heart Center, Open Side (Arm: Rock arm /Sweep up, pray down, open wide)	2x	
Finish	Stand Together Arms Wide		
V1	C1	B1	V2 C2 B2 V3 C3 B3