

1 Warm-Up Celebration		Wave 50	water motion							
Intro	Run									32x
Verse	RUN 8 / WIDE JOG 4 Run R 8 / Wide Jog R 4 (Arms: Wave up on wide leg / High on wide jog)									4x
Chorus	ROCKING HORSE 4 / JACK SNGL ARM 4 Diagonal Rocking Horse 4, JJ w/Alt Arms 4, (Arms: ALT single arm sweep wide on jack)									2x
Bridge	JOG HEEL - SPIRIT FINGERS 4, WATER 4 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	POWER JOG / HOLD RUN RUN Power Jog Hold (Slow) 8 / Hold Run Run 8 (Arms: Push front, Pull fists back)									1x
Chorus	PENDULUM 2 KARATE 2 Pendulum 2 / Karate Side-Kick Chamber 2, (Arms: Sweep side / Guard center on karate)									8x
Bridge	TUCK BACK 2 / RUN FORWARD 8 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	SIDE SOCCER KICKS Alternating Side Soccer Kicks (Arms: Internal & external rotate)									16x
Chorus	RUN 4 / SINGLE LEAP SIDE Run 4 / TVL Leap 1 (Knee Up to Change) (Arms: Run arms / Reach side on leaps)									8x
Bridge	ELVIS JACKS 2 / ROCKET 4 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	FAST FLICK KICKS 16 / BACK KICKS 8 ALT Fast Flick Kicks 16, Kick Backs-Push 8 (Arms: Push front on back kicks)									2x
Bridge	DBL NEUTRAL SKI 4 / SINGLE 8 DBL NTRL Cross Country 4 / Rebound Single Ski 8 (Arms: Pull down on DBL CC / Reach on Rebound)									2x
Chorus	TIRE RUN 16 / MOGULS 4 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	SKI 6 SIDE - DBL Face Front: CC TRVL Side 6 / DBL CC-Switch (Arms: Cross country ski)									4x
Chorus	JACK-CROSS 2 / RUN 8 Face Center: Jack-Cross, Run 4 : Travel F-B (Arms: Sweep arms open, then cross heart)									4x
Bridge	KARATE F/B 4 / SINGLE 8 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	STEP SIDE 2, JACK-TUCK SHOOT SIDE Step Side TVL 2, Jack – Tuck, Shoot Side (Arms: Out and in / Reach opposite)									4x
Chorus	BICYCLE 16 – TURN 4 Suspended Bicycle TVL Front, ¼ Turn R 4 (Arms: Supporting)									4x
Bridge	CROSS COUNTRY 6 / TUCK HOLD 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	CHEST PRESS 2, SWIM Chest Press Forward 2 / Breaststroke Back - Blade (Legs: Straddle-ride noodle, floating)	8x	
Bridge	SSD ROTATE 4 / BACK STROKE 4 Externally Rotate SSD 4, Back Stroke TVL B 4 (Legs: Ride noodle, floating)	2x	
Chorus	LAT PULLDOWN 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	KNEE SWEEP 4 / FAST NEUTRAL JJ Sweep Leg Up-Out-Pull R-4 L-4 / Fast Neutral Jack & Cross 16 (Arms: Holding noodle front to support)	1x	
Chorus	FAST NEUTRAL KICKS 8 / DBL 2 Fast Seated Kicks Front 8 / Double Kicks 2 (Arms: Holding noodle front to support)	4x	
Bridge	PLANK CURLS 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	SWING TUCK Swing Tuck: Push Noodle Behind Back to Behind Knees (Arms: Push noodle from back to behind knees)	4x	
Chorus	LIFT & TWIST 8 Stand Tall Cross Touch Knee R 8, L 8 (Arms: Single arm touches knee)	4x	
Bridge	FLOAT: WIDE SSD RUNNING MAN 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	FIGURE 4 / HAM FLEX-POINT Figure 4 / Hamstring Flex-Point-Flex (Arms: Wave Out-In-Out / Hold Leg on Ham Stretch)	2x	
Bridge	DANCER / HIP ROTATE Dancer Pose / Hip Rotate-Out-In-Out (Arms: Reach for foot / Single arm in and out)	2x	
Chorus	MAMBO / BEAUTIFUL 2 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	KARATE SSD 4 / KICK BACK 16 Karate Kick Back SSD 4 / SNG Karate Back 16 (Arms: Triceps punch back)	1x	
Bridge	LEAP FRONT 8 / KICK BACK 16 Leap-Knee Up TVL F 8 / SNG Kick F TRVL Back 16 (Arms: Breast Stroke on leaps, reach F on kicks)	1x	
Chorus	RISING CURLS 4, JUMP UP 2 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	FIGURE 4 / HAM FLEX-POINT Figure 4 / Hamstring Flex-Point-Flex (Arms: Wave Out-In-Out / Hold Leg on Ham Stretch)	2x	
Chorus	DANCER / HIP ROTATE Dancer Pose / Hip Rotate-Out-In-Out (Arms: Reach for foot / Single arm in and out)	2x	
Bridge	JINGLE ROCK STEP 2 / MOUNTAIN-PRAY 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