



Warm-Up Celebration

Wave 50



Intro	Run								32x
Verse	<u>RUN 8 / WIDE JOG 4</u> Run R 8 / Wide Jog R 4 (Arms: Wave up on wide leg / High on wide jog)								4x
Chorus	<u>ROCKING HORSE 4 / JACK SNGL ARM 4</u> Diagonal Rocking Horse 4, JJ w/Alt Arms 4, (Arms: ALT single arm sweep wide on jack)								2x
Bridge	<u>JOG HEEL - SPIRIT FINGERS 4, WATER 4</u> 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

Intro	Jog								32x
Verse	<u>POWER JOG</u> / <u>HOLD RUN RUN</u> Power Jog Hold (Slow) 8 / Hold Run Run 8 (Arms: Push front, Pull fists back)								1x
Chorus	<u>PENDULUM 2</u> <u>KARATE 2</u> Pendulum 2 / Karate Side-Kick Chamber 2, (Arms: Sweep side / Guard center on karate)								8x
Bridge	<u>TUCK BACK 2</u> / <u>RUN FORWARD 8</u> 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



Intro	Jog heel								16x
Verse	SIDE <u>SOCCER</u> KICKS Alternating Side Soccer Kicks (Arms: Internal & external rotate)								16x
Chorus	<u>RUN</u> 4 / <u>SINGLE LEAP</u> SIDE Run 4 / TVL Leap 1 (Knee Up to Change) (Arms: Run arms / Reach side on leaps)								8x
Bridge	<u>ELVIS JACKS</u> 2 / <u>ROCKET</u> 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

Intro	Flick kicks								16x
Verse	<u>FAST FLICK KICKS 16 / BACK KICKS 8</u> ALT Fast Flick Kicks 16, Kick Backs-Push 8 (Arms: Push front on back kicks)								2x
Bridge	<u>DBL NEUTRAL SKI 4 / SINGLE 8</u> DBL NTRL Cross Country 4 / Rebound Single Ski 8 (Arms: Pull down on DBL CC / Reach on Rebound)								2x
Chorus	<u>TIRE RUN 16 / MOGULS 4</u> 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



Group

Heat Of The Moment

Wave 50



Intro	Form two lines, facing instructor/ Ski towards								
Verse	<u>SKI 6 SIDE - DBL</u> Face Front: CC TRVL Side 6 / DBL CC-Switch (Arms: Cross country ski)								4x
Chorus	<u>JACK-CROSS 2 / RUN 8</u> Face Center: Jack-Cross, Run 4 : Travel F-B (Arms: Sweep arms open, then cross heart)								4x
Bridge	<u>KARATE F/B 4 / SINGLE 8</u> 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



Intro	Side Step, shoulders under water in neutral									8x
Verse	<u>STEP SIDE 2, JACK-TUCK SHOOT SIDE</u> Step Side TVL 2, Jack – Tuck, Shoot Side (Arms: Out and in / Reach opposite)									4x
Chorus	<u>BICYCLE 16 – TURN 4</u> Suspended Bicycle TVL Front, ¼ Turn R 4 (Arms: Supporting)									4x
Bridge	<u>CROSS COUNTRY 6 / TUCK HOLD</u> 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	



Upper Body (Muscle 1)

Stronger

Wave 50



Intro	Straddle Noodle, Floating Position							
Verse	<u>CHEST PRESS 2, SWIM</u> Chest Press Forward 2 / Breaststroke Back - Blade (Legs: Straddle-ride noodle, floating)							8x
Bridge	<u>SSD ROTATE 4 / BACK STROKE 4</u> Externally Rotate SSD 4, Back Stroke TVL B 4 (Legs: Ride noodle, floating)							2x
Chorus	<u>LAT PULLDOWN</u> 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



Lower Body (Muscle 2)

Walking On A Dream

Wave 50



Intro	Noodle in hands, Lower to neutral position							
Verse	<u>KNEE SWEEP 4 / FAST NEUTRAL JJ</u> Sweep Leg Up-Out-Pull R-4 L-4 / Fast Neutral Jack & Cross 16 (Arms: Holding noodle front to support)							1x
Chorus	<u>FAST NEUTRAL KICKS 8 / DBL 2</u> Fast Seated Kicks Front 8 / Double Kicks 2 (Arms: Holding noodle front to support)							4x
Bridge	<u>PLANK CURLS</u> 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



Intro	Noodle around back, Under arms							8x
Verse	<u>SWING TUCK</u> Swing Tuck: Push Noodle Behind Back to Behind Knees (Arms: Push noodle from back to behind knees)							4x
Chorus	<u>LIFT & TWIST 8</u> Stand Tall Cross Touch Knee R 8, L 8 (Arms: Single arm touches knee)							4x
Bridge	<u>FLOAT: WIDE SSD RUNNING MAN</u> 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



Flexibility

Brave Honest Beautiful

Wave 50



Intro	Sway, roll shoulders							
Verse	<u>FIGURE 4 / HAM FLEX-POINT</u> Figure 4 / Hamstring Flex-Point-Flex (Arms: Wave Out-In-Out / Hold Leg on Ham Stretch)							2x
Bridge	<u>DANCER / HIP ROTATE</u> Dancer Pose / Hip Rotate-Out-In-Out (Arms: Reach for foot / Single arm in and out)							2x
Chorus	<u>MAMBO / BEAUTIFUL 2</u> 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



Bonus - Cardio

Rise

Wave 50



Intro	Jog	16x
Verse	<u>KARATE SSD 4 / KICK BACK 16</u> Karate Kick Back SSD 4 / SNG Karate Back 16 (Arms: Triceps punch back)	1x
Bridge	<u>LEAP FRONT 8 / KICK BACK 16</u> Leap-Knee Up TVL F 8 / SNG Kick F TRVL Back 16 (Arms: Breast Stroke on leaps, reach F on kicks)	1x
Chorus	<u>RISING CURLS 4, JUMP UP 2</u> 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



Bonus - Christmas

Christmas Time

Wave 50



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