



WARM UP

NOT JUST A GIRL

WAVE 54



Intro	Jog								16x
Verse	<u>ROCKING HORSE 2 / INSTEP SSD</u> Rocking Horse 2 / Instep Single Single Double (Scoop & press / Reach for OPP heel)								8x
Chorus	<u>RUN 2 / HEEL BACK 1</u> Run 2, Heel Back 1 (Arms: Running)								16x
Bridge	<u>JACK 1 / TWIST 2</u> Jack 1 / Twist 2 (Arms: Sweep side / Sweep across body)								8x
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



LINEAR

HAPPY FEET

WAVE 54



Intro	Jump Rope								16x
Verse	<u>LEAP 4 / TUCK 4</u> Leap 4 TVL Forward / Tuck Jump 4 TVL Backward (Arms: Breastroke / Scoop)								2x
Chorus	<u>FAST FLICKS 8 / KICK BACK 4</u> Fast Flicks 8 / Kick Back 4 (Arms: Scoops / Push front)								4x
Bridge	<u>SHUFFLE 4 / JUMP ROPE 2</u> Shuffle 4 / Jump Rope 2 (Arms: Running / Circle)								8x
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



LATERAL

CAN'T SLOW ME DOWN

WAVE 54



Intro	Wide Jog								16x
Verse	WIDE JOG SSD Wide Jog Single Single Double (Arms: Push across to OPP knee)								8x
Chorus	NEUTRAL JACK PUSH OUT Neutral Jack – Focus On Small Push Out (Arms: Double ski circles with fists)								32x
Bridge	LEAP SIDE 2 / JACK / ROCKET JACK Leap Side 2 TVL Right / Jack / Rocket Jack (Arms: Sweep across chest / Sweep to side / Sweep together)								4x
Finish	Land Wide, Ski Arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



SPEED

ROCKIN' DOWN THE HIGHWAY

WAVE 54



Intro	Cross Country Ski								16x
Verse	CC 3 / TUCK 1 / CC 1 / TUCK 1 Cross Country Ski 3 / Tuck 1 (4), Cross Country Ski 1 / Tuck 1 (8) (Arms: Paddle / Push down)								1x
Chorus	ROCKING HORSE 2 / KICK 4 Rocking Horse 2 / Single Kick 4 (Arms: Push forward / Scoop)								4x
Bridge	RUN 8 / JACK 2 Run 8 TVL Forward / Jack 2 TVL Backward (Arms: Running / Push forward)								4x
Finish	Play Guitar								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



GROUP

THIS IS OUR MOMENT

WAVE 54



Intro	Form Circles With 4-5 People								
Verse	MOGUL FRONT/BACK Mogul Jump Front/Back (Arms: External / Internal shoulder)								8x
Chorus	CHURN 3 / HOLD Grounded Split Stance, Big Circles 3 / Hold (Arms: Push out laterally, scoop in)								8x
Bridge	KICK FRONT 4 / KICK BACK 4 Rebound Kick 4 Front / Kick 4 Back (Arms: Scoop / Push front)								4x
Finish	Split Stance, One Big Scoop								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



SUSPENSION

LIONHEART

WAVE 54



Intro	Get Into Neutral Position, Legs Angled Back								
Verse	SWEEP FRONT / TUCK BACK Sweep Legs Back To Front / Tuck & Shoot Back (Arms: Sweep back to front)								8x
Chorus	SIDE STEP 3 / EXTERNAL HIP ROTATION Side Step 3 / External Hip Rotation (Arms: Side sweep / External shoulder)								4x
Bridge	TUCK / V-SIT 2 / TUCK & STAND Tuck / Extend Legs Front - V-Sit 2 / Tuck & Stand (Arms: Floating support)								4x
Finish	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



UPPER BODY

OVERCOMER

WAVE 54



Intro	No Noodle, Get Into Grounded Position							
Verse	AIRPLANE SWEEPS 8 / LAT PRESS 16 Grounded Lunge Stance, Hip Hinge (Arms: Sweep overhead to hips / Small press to hips)							1x
Chorus	PADDLES OUT 8 / ALTERNATING PADDLES 16 Grounded Wide Stance (Arms: Paddle out 8 / Alternating paddles 16)							1x
Bridge	BICEPS 32 / TRICEPS 32 Grounded Narrow Stance (Arms: Biceps scoops / Triceps press down)							1x
Finish	Roll Shoulders							
V1	C1	B1	V2	C2	B2	V3	C3	B3



LOWER BODY

TURBULENCE

WAVE 54



Intro	No Noodle, Get Into Neutral Position							
Verse	NEUTRAL CC / JACK / NEUTRAL CC / JACK Neutral Cross Country Right / Jack / Cross Country Left / Jack (Arms: Paddle / Sweep side)							16x
Chorus	KNEE OPEN & CLOSE QUICK QUICK SLOW 7 Grounded Stance – External/Internal Knee 7 (Arms: Clasp hands at navel)							2x
Bridge	BICYCLE / KARATE BACK / RESET Alternate Bicycle / Karate Kick Back / Reset (Arms: Clasp hands at navel)							8x
Finish	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



CORE

IF I DREAM

WAVE 54



Intro	No Noodle, Get Into Position							
Verse	RESISTED (POWER) KARATE FRONT 8 Grounded Karate Kick Front 8 (Arms: Strong kayak OPP side)							1x
Chorus	FIGURE 8 RIGHT / FIGURE 8 LEFT Grounded Wide Stance (Arms: Figure 8 right side ONLY / Then left ONLY)							1x
Bridge	SHOOT AROUND THE WORLD Tuck & Shoot Front / Tuck & Shoot Right / Tuck & Shoot Back / Tuck & Shoot Left (Arms: Flotation support)							4x
Finish	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



FLEXIBILITY

LANTERNS

WAVE 54



Intro	Roll Shoulders								2x
Verse	KNEE LIFT / HAMSTRING Knee Lift – Extend & Bend / Lower Heel To Bottom (Arms: Hug under knee / Hug chest)							2x	
Chorus	MARCH / STAR POSE TO QUAD STRETCH March Out In (2) / Star Pose To Angled Quad Stretch (Arms: Sweep in circle / Star to raised fist)							4x	
Bridge	HORSE / FIGURE 4 Wide Horse Stance / Figure 4 (Arms: Horse - Chest stretch / Scull)							16x	
Finish	Step Wide, Lower Arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



(BONUS) CARDIO
HOLDING OUT FOR A HERO WAVE 54



Intro	Run								32x
Verse	RUN 7 / RUN 3 Run 7 TVL Forward, Run 7 TVL Backward (2) Run 3 TVL Right/Left (8) (Arms: Running)								1x
Chorus	BOW & ARROW JACK 2 / KARATE F/B Jack 2 / Alternate Karate Kick Front/Back (Arms: Bow & Arrow / Fists)								8x
Bridge	POWER PENDULUMS Alternate Pendulums (Arms: Alternate power hooks)								32x
Finish	Land Wide, Superman or Wonder Woman Pose								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



(BONUS) CHRISTMAS
RUDOLPH, THE RED-NOSED REINDEER WAVE 54



Intro	Get Into Grounded Position								
Verse	AIRPLANE SWEEPS 8 / LAT PRESS 16 Grounded Lunge Stance, Hip Hinge (Arms: Sweep overhead to hips / Small press to hips)								1x
Chorus	PADDLES OUT 8 / ALTERNATING PADDLES 16 Grounded Wide Stance (Arms: Paddle out 8 / Alternating paddles 16)								1x
Bridge	BICEPS 32 / TRICEPS 32 Grounded Narrow Stance (Arms: Biceps scoops / Triceps press down)								1x
Finish	Roll Shoulders								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

***This will replace the Upper Body Track 7 if you choose to use during the Christmas Holiday.