



# WARM UP

NOT JUST A GIRL

WAVE 54



Intro	Jog								16x
Verse	<b><u>ROCKING HORSE 2 / INSTEP SSD</u></b> Rocking Horse 2 / Instep Single Single Double (Scoop & press / Reach for OPP heel)								8x
Chorus	<b><u>RUN 2 / HEEL BACK 1</u></b> Run 2, Heel Back 1 (Arms: Running)								16x
Bridge	<b><u>JACK 1 / TWIST 2</u></b> 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	<b><u>LEAP 4 / TUCK 4</u></b> Leap 4 TVL Forward / Tuck Jump 4 TVL Backward (Arms: Breastroke / Scoop)								2x
Chorus	<b><u>FAST FLICKS 8 / KICK BACK 4</u></b> Fast Flicks 8 / Kick Back 4 (Arms: Scoops / Push front)								4x
Bridge	<b><u>SHUFFLE 4 / JUMP ROPE 2</u></b> 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	<b><u>WIDE JOG SSD</u></b> Wide Jog Single Single Double (Arms: Push across to OPP knee)								8x
Chorus	<b><u>NEUTRAL JACK PUSH OUT</u></b> Neutral Jack – Focus On Small Push Out (Arms: Double ski circles with fists)								32x
Bridge	<b><u>LEAP SIDE 2 / JACK / ROCKET JACK</u></b> 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	<b><u>CC 3 / TUCK 1 / CC 1 / TUCK 1</u></b> Cross Country Ski 3 / Tuck 1 (4), Cross Country Ski 1 / Tuck 1 (8) (Arms: Paddle / Push down)								1x
Chorus	<b><u>ROCKING HORSE 2 / KICK 4</u></b> Rocking Horse 2 / Single Kick 4 (Arms: Push forward / Scoop)								4x
Bridge	<b><u>RUN 8 / JACK 2</u></b> 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	<b><u>MOGUL FRONT/BACK</u></b> Mogul Jump Front/Back (Arms: External / Internal shoulder)								8x
Chorus	<b><u>CHURN 3 / HOLD</u></b> Grounded Split Stance, Big Circles 3 / Hold (Arms: Push out laterally, scoop in)								8x
Bridge	<b><u>KICK FRONT 4 / KICK BACK 4</u></b> 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	<b><u>SWEEP FRONT / TUCK BACK</u></b> Sweep Legs Back To Front / Tuck & Shoot Back (Arms: Sweep back to front)								8x
Chorus	<b><u>SIDE STEP 3 / EXTERNAL HIP ROTATION</u></b> Side Step 3 / External Hip Rotation (Arms: Side sweep / External shoulder)								4x
Bridge	<b><u>TUCK / V-SIT 2 / TUCK &amp; STAND</u></b> 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	<b><u>AIRPLANE SWEEPS 8 / LAT PRESS 16</u></b> Grounded Lunge Stance, Hip Hinge (Arms: Sweep overhead to hips / Small press to hips)							1x
Chorus	<b><u>PADDLES OUT 8 / ALTERNATING PADDLES 16</u></b> Grounded Wide Stance (Arms: Paddle out 8 / Alternating paddles 16)							1x
Bridge	<b><u>BICEPS 32 / TRICEPS 32</u></b> 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	<b><u>NEUTRAL CC / JACK / NEUTRAL CC / JACK</u></b> Neutral Cross Country Right / Jack / Cross Country Left / Jack (Arms: Paddle / Sweep side)							16x
Chorus	<b><u>KNEE OPEN &amp; CLOSE QUICK QUICK SLOW 7</u></b> Grounded Stance – External/Internal Knee 7 (Arms: Clasp hands at navel)							2x
Bridge	<b><u>BICYCLE / KARATE BACK / RESET</u></b> 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	<b><u>RESISTED (POWER) KARATE FRONT 8</u></b> Grounded Karate Kick Front 8 (Arms: Strong kayak OPP side)							1x
Chorus	<b><u>FIGURE 8 RIGHT / FIGURE 8 LEFT</u></b> Grounded Wide Stance (Arms: Figure 8 right side ONLY / Then left ONLY)							1x
Bridge	<b><u>SHOOT AROUND THE WORLD</u></b> 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	<b><u>KNEE LIFT / HAMSTRING</u></b> Knee Lift – Extend & Bend / Lower Heel To Bottom (Arms: Hug under knee / Hug chest)								2x
Chorus	<b><u>MARCH / STAR POSE TO QUAD STRETCH</u></b> March Out In (2) / Star Pose To Angled Quad Stretch (Arms: Sweep in circle / Star to raised fist)								4x
Bridge	<b><u>HORSE / FIGURE 4</u></b> 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	<b><u>RUN 7 / RUN 3</u></b> Run 7 TVL Forward, Run 7 TVL Backward (2) Run 3 TVL Right/Left (8) (Arms: Running)								1x
Chorus	<b><u>BOW &amp; ARROW JACK 2 / KARATE F/B</u></b> Jack 2 / Alternate Karate Kick Front/Back (Arms: Bow & Arrow / Fists)								8x
Bridge	<b><u>POWER PENDULUMS</u></b> 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	<b><u>AIRPLANE SWEEPS 8 / LAT PRESS 16</u></b> Grounded Lunge Stance, Hip Hinge (Arms: Sweep overhead to hips / Small press to hips)							1x
Chorus	<b><u>PADDLES OUT 8 / ALTERNATING PADDLES 16</u></b> Grounded Wide Stance (Arms: Paddle out 8 / Alternating paddles 16)							1x
Bridge	<b><u>BICEPS 32 / TRICEPS 32</u></b> 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.