

1 WARM UP NOT JUST A GIRL WAVE 54 water motion									
Intro	Jog								16x
Verse	ROCKING HORSE 2 / INSTEP SSD Rocking Horse 2 / Instep Single Single Double (Scoop & press / Reach for OPP heel)								8x
Chorus	RUN 2 / HEEL BACK 1 Run 2, Heel Back 1 (Arms: Running)								16x
Bridge	JACK 1 / TWIST 2 Jack 1 / Twist 2 (Arms: Sweep side / Sweep across body)								8x
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2 LINEAR HAPPY FEET WAVE 54 water motion									
Intro	Jump Rope								16x
Verse	LEAP 4 / TUCK 4 Leap 4 TVL Forward / Tuck Jump 4 TVL Backward (Arms: Breastroke / Scoop)								2x
Chorus	FAST FLICKS 8 / KICK BACK 4 Fast Flicks 8 / Kick Back 4 (Arms: Scoops / Push front)								4x
Bridge	SHUFFLE 4 / JUMP ROPE 2 Shuffle 4 / Jump Rope 2 (Arms: Running / Circle)								8x
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

3 LATERAL CAN'T SLOW ME DOWN WAVE 54 water motion									
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

4 SPEED ROCKIN' DOWN THE HIGHWAY WAVE 54 water motion									
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

5 GROUP THIS IS OUR MOMENT WAVE 54 water motion									
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

6 SUSPENSION LIONHEART WAVE 54 water motion									
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

7 UPPER BODY OVERCOMER		WAVE 54 water motion	
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	B3

8 LOWER BODY TURBULENCE		WAVE 54 water motion	
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	B3

9 CORE IF I DREAM		WAVE 54 water motion	
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	B3

10 FLEXIBILITY LANTERNS		WAVE 54 water motion	
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	B3

11 (BONUS) CARDIO HOLDING OUT FOR A HERO		WAVE 54 water motion	
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	B3

12 (BONUS) CHRISTMAS RUDOLPH, THE RED-NOSED REINDEER		WAVE 54 water motion	
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	B3

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