



WARM UP

I DON'T FEEL LIKE DANCING

WAVE 55



Intro	Jog								16x
Verse	<u>JOG 4 / JOG HEEL 4</u> Jog 4 /Jog Heel 4 (Arms: Push side / Slice down)								4x
Chorus	<u>ANGLED ROCKING HORSE 2 / JACK FRONT 2</u> Angled Rocking Horse 2 / Jack Front 2 (Arms: Disco roll / disco point)								4x
Bridge	<u>HEEL PUSH FRONT SSD</u> Alternate Heel Push Front – Single Single Double (Arms: Push forward)								8x
Finish	Land Wide, Disco Point								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



LINEAR

LISTEN TO YOUR HEART

WAVE 55



Intro	Kick Front									16x
Verse	<u>KICK FRONT 8 / KICK BACK 8</u> Kick Front 8 / Kick Back 8 (Arms: Punch Front / Hook 8)									2x
Chorus	<u>CROSS COUNTRY 4 / KARATE KICK BACK 4 / 1/4 TURN</u> Cross Country 4 TVL Forward / Karate Kick Back 4, 1/4 Turn Right (4) (Arms: Double ski / Push front)									4x
Bridge	<u>JOG 8 / RUN 16</u> Jog 8 / Run Heel 16 (Arms: Breaststroke / Running)									2x
Finish	Punch Front									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



LATERAL

THE BOYS ARE BACK IN TOWN WAVE 55



Intro	Flick Kicks								16x
Verse	<u>WIDE FLICK KICK 4 / POWER SKATER 4</u> Wide Flick Kick 4 / Power Skater 4 (Arms: Scoops / Double side sweep)								4x
Chorus	<u>JACKS / JACK 180 TURN 2</u> Jack 2, Jack 180 Turn 2 (Arms: Push side)								4x
Bridge	<u>STEP SLIDE 3 / KARATE SIDE 2</u> Neutral Step Slide 3 TVL Right / Karate Kick Side 2 (Arms: Reach & sweep across body / Fists)								4x
Finish	Land Wide, Push Side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



SPEED

I CAN'T DRIVE 55

WAVE 55



Intro	Jog Heel								16x
Verse	<u>HEEL PUSH 4 / ROCKING HORSE 2</u> Heel Push Front 4 / Rocking Horse 2 (Arms: Push front / Cross front)								4x
Chorus	<u>FAST TUCK 2 / JUMP ROPE 2</u> Fast Tuck 2 / Jump Rope 2 (Arms: Triceps press / Stop sign)								8x
Bridge	<u>JOG HEEL SSD</u> Jog Heel Single Single Double (Breaststroke / Scoop 2 on double)								8x
Finish	Land Wide, Handcuffs								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



GROUP

DANCING IN THE DARK

WAVE 55



Intro	Jog And Find A Partner									16x
Verse	<u>JACK 4 RIGHT / JACK 4 LEFT</u> Jack – Slight TVL Right/Left (Arms: Fists & cross front)									2x
Chorus	<u>PARTNER JOG 8 / PARTNER RUN 16</u> Jog Around Partner 8 (2) / Run Around Partner 16 (2) (Arms: Swim / Running)									1x
Bridge	<u>CROSS COUNTRY 8 / BATTLE ROPES 8</u> Rebound Cross Country 8 / Grounded Cross Country (8) (Arms: Power push / Simulate battle ropes)									2x
Finish	High Five Your Partner									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



SUSPENSION

DON'T YOU WORRY

WAVE 55



Intro	Get Into Neutral Position								
Chorus	<u>SUSPENDED CROSS COUNTRY 6 / NEUTRAL 2</u> Suspended CC 6 / Neutral CC 2 (Arms: Flotation support)								4x
Verse	<u>TUCK SHOOT RIGHT/LEFT</u> Tuck Shoot R/L (Option: Tuck Mogul) (Arms: Sweep to OPP side)								16x
Bridge	<u>TUCK JACK TOUCH</u> Tuck Jack Slide Slide (Arms: Flotation support)								16x
Finish	Stand Tall								
C1	V1	B1	C2	V2	B2	C3	V3	B3	C4



UPPER BODY

HEARTBREAK ANTHEM

WAVE 55



Intro	Noodle Plank Position, Toes on Bottom							
Verse	<u>PLANK PUSHUP SSD 4 / PUSHUP 8</u> Floating or Grounded Plank (Arms: Noodle under shoulders - Pushup single single double)							1x
Chorus	<u>TRICEPS PRESS</u> Grounded Stance (Arms: Press noodle down sides, elbows close to body)							32x
Bridge	<u>KAYAK PADDLE</u> Grounded Split Stance – Change lead after 16x (Arms: Kayak paddle, noodle ends in water)							32x
Finish	Stand Tall, Push Noodle Forward							
V1	C1	B1	V2	C2	B2	V3	C3	B3



LOWER BODY

BROKEN GLASS

WAVE 55



Intro	Noodle Around Back, Under Arms							
Verse	<u>KICK FRONT 2 / KICK WIDE 2</u> Rebound Kick Front 2 / Kick Wide 2 (Arms: Squeeze noodle to maintain posture)							8x
Chorus	<u>RUNNING MAN 16 / SIDE SCISSORS 7</u> Floating Running Man 16 / Side Scissors 7, Tuck To Change (Arms: Squeeze noodle to maintain posture)							2x
Bridge	<u>SKATEBOARD PUSH</u> Grounded Alternate Skateboard Push (Arms: Squeeze noodle to maintain posture)							16x
Finish	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



CORE

WRECKING BALL

WAVE 55



Intro	Noodle Around Back, Under Arms							
Verse	<u>SKATEBOARD JUMPS 8</u> Skateboard Jump, Knees & Heels Lift Side (Arms: Slight noodle press down)							2x
Chorus	<u>DIAMOND SWING / EXTEND LEGS / DIAMOND CRUNCH</u> Diamond Swing / Extend Legs / Diamond Crunch (Arms: Squeeze noodle to maintain posture)							8x
Bridge	<u>TRIPLE SUPINE NOODLE CRUNCH / EXTEND LEGS</u> Triple Crunch / Extend Legs to Supine Position (Arms: Small squeeze under hamstrings)							8x
Finish	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



FLEXIBILITY

YOU'RE THE INSPIRATION

WAVE 55



Intro	Gentle Sway							2x
Verse	<u>SIDE LUNGE 3 / QUAD STRETCH</u> Wide Stance - Lunge 3 Right/Left, Step Together / Quad Stretch (Arms: Sweep RLR / Reach for heel)							2x
Bridge	<u>GATHER & SINK CHI / HAMSTRING STRETCH</u> Lift Leg – Hamstring Stretch, Point, Flex, Sweep Leg (Arms: Lift arms & push down / Reach under leg)							2x
Chorus	<u>TREE POSE / FIGURE 4</u> Tree Pose / Figure 4 (Arms: Lift arms Overhead / Bend elbows, open chest)							2x
FINISH	Stand Tall, Lift Arms Overhead							
V1	B1	C1	V2	B2	C2	V3	B3	C3



(BONUS) FLOTATION
RUNAWAY TRAIN **WAVE 55**



Intro	Noodle Around Back, Under Arms							
Verse	<u>SEATED KARATE KICKS 8 / DOUBLE KICKS 8</u> In Flotation - Alternate Seated Karate Kicks 8 / Seated Double Karate Kicks 8 (Arms: Squeeze noodle to maintain posture)							2x
Bridge	<u>DOLPHIN KICKS 4 / V-SIT CROSS 8</u> In Flotation – Dolphin Kicks 4 / V-sit Cross 8, Point Toes (Arms: Squeeze noodle to maintain posture)							2x
Chorus	<u>BICYCLE CIRCLE 8 / BICYCLE 4</u> In Flotation - Bicycle Circle 8 – Slight Lean / Bicycle 4 (Arms: Squeeze noodle / Open to side)							4x
FINISH	Hold Tuck							
V1	B1	C1	V2	B2	C2	V3	B3	C3