

1 WARM UP I DON'T FEEL LIKE DANCING WAVE 55		water motion							
Intro	Jog	16x							
Verse	JOG 4 / JOG HEEL 4 Jog 4 /Jog Heel 4 (Arms: Push side / Slice down)	4x							
Chorus	ANGLED ROCKING HORSE 2 / JACK FRONT 2 Angled Rocking Horse 2 / Jack Front 2 (Arms: Disco roll / disco point)	4x							
Bridge	HEEL PUSH FRONT SSD 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

4 SPEED I CAN'T DRIVE 55		water motion							
Intro	Jog Heel	16x							
Verse	HEEL PUSH 4 / ROCKING HORSE 2 Heel Push Front 4 / Rocking Horse 2 (Arms: Push front / Cross front)	4x							
Chorus	FAST TUCK 2 / JUMP ROPE 2 Fast Tuck 2 / Jump Rope 2 (Arms: Triceps press / Stop sign)	8x							
Bridge	JOG HEEL SSD 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

2 LINEAR LISTEN TO YOUR HEART WAVE 55		water motion							
Intro	Kick Front	16x							
Verse	KICK FRONT 8 / KICK BACK 8 Kick Front 8 / Kick Back 8 (Arms: Punch Front / Hook 8)	2x							
Chorus	CROSS COUNTRY 4 / KARATE KICK BACK 4 / 1/4 TURN Cross Country 4 TVL Forward / Karate Kick Back 4, 1/4 Turn Right (4) (Arms: Double ski / Push front)	4x							
Bridge	JOG 8 / RUN 16 Jog 8 / Run Heel 16 (Arms: Breaststroke / Running)	2x							
Finish	Punch Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

5 GROUP DANCING IN THE DARK WAVE 55		water motion							
Intro	Jog And Find A Partner	16x							
Verse	JACK 4 RIGHT / JACK 4 LEFT Jack – Slight TVL Right/Left (Arms: Fists & cross front)	2x							
Chorus	PARTNER JOG 8 / PARTNER RUN 16 Jog Around Partner 8 (2) / Run Around Partner 16 (2) (Arms: Swim / Running)	1x							
Bridge	CROSS COUNTRY 8 / BATTLE ROPES 8 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

3 LATERAL THE BOYS ARE BACK IN TOWN WAVE 55		water motion							
Intro	Flick Kicks	16x							
Verse	WIDE FLICK KICK 4 / POWER SKATER 4 Wide Flick Kick 4 / Power Skater 4 (Arms: Scoops / Double side sweep)	4x							
Chorus	JACKS / JACK 180 TURN 2 Jack 2, Jack 180 Turn 2 (Arms: Push side)	4x							
Bridge	STEP SLIDE 3 / KARATE SIDE 2 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

6 SUSPENSION DON'T YOU WORRY WAVE 55		water motion							
Intro	Get Into Neutral Position								
Chorus	SUSPENDED CROSS COUNTRY 6 / NEUTRAL 2 Suspended CC 6 / Neutral CC 2 (Arms: Flotation support)	4x							
Verse	TUCK SHOOT RIGHT/LEFT Tuck Shoot R/L (Option: Tuck Mogul) (Arms: Sweep to OPP side)	16x							
Bridge	TUCK JACK TOUCH Tuck Jack Slide Slide (Arms: Flotation support)	16x							
Finish	Stand Tall								
C1	V1	B1	C2	V2	B2	C3	V3	B3	C4

7 UPPER BODY		HEARTBREAK ANTHEM		WAVE 55		water motion		
Intro	Noodle Plank Position, Toes on Bottom							
Verse	PLANK PUSHUP SSD 4 / PUSHUP 8 Floating or Grounded Plank (Arms: Noodle under shoulders - Pushup single single double)							1x
Chorus	TRICEPS PRESS Grounded Stance (Arms: Press noodle down sides, elbows close to body)							32x
Bridge	KAYAK PADDLE 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

8 LOWER BODY		BROKEN GLASS		WAVE 55		water motion		
Intro	Noodle Around Back, Under Arms							
Verse	KICK FRONT 2 / KICK WIDE 2 Rebound Kick Front 2 / Kick Wide 2 (Arms: Squeeze noodle to maintain posture)							8x
Chorus	RUNNING MAN 16 / SIDE SCISSORS 7 Floating Running Man 16 / Side Scissors 7, Tuck To Change (Arms: Squeeze noodle to maintain posture)							2x
Bridge	SKATEBOARD PUSH Grounded Alternate Skateboard Push (Arms: Squeeze noodle to maintain posture)							16x
Finish	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

9 CORE		WRECKING BALL		WAVE 55		water motion		
Intro	Noodle Around Back, Under Arms							
Verse	SKATEBOARD JUMPS 8 Skateboard Jump, Knees & Heels Lift Side (Arms: Slight noodle press down)							2x
Chorus	DIAMOND SWING / EXTEND LEGS / DIAMOND CRUNCH Diamond Swing / Extend Legs / Diamond Crunch (Arms: Squeeze noodle to maintain posture)							8x
Bridge	TRIPLE SUPINE NOODLE CRUNCH / EXTEND LEGS 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

10 FLEXIBILITY		YOU'RE THE INSPIRATION		WAVE 55		water motion		
Intro	Gentle Sway							2x
Verse	SIDE LUNGE 3 / QUAD STRETCH Wide Stance - Lunge 3 Right/Left, Step Together / Quad Stretch (Arms: Sweep RLR / Reach for heel)							2x
Bridge	GATHER & SINK CHI / HAMSTRING STRETCH Lift Leg – Hamstring Stretch, Point, Flex, Sweep Leg (Arms: Lift arms & push down / Reach under leg)							2x
Chorus	TREE POSE / FIGURE 4 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

11 (BONUS) FLOTATION		RUNAWAY TRAIN		WAVE 55		water motion		
Intro	Noodle Around Back, Under Arms							
Verse	SEATED KARATE KICKS 8 / DOUBLE KICKS 8 In Flotation - Alternate Seated Karate Kicks 8 / Seated Double Karate Kicks 8 (Arms: Squeeze noodle to maintain posture)							2x
Bridge	DOLPHIN KICKS 4 / V-SIT CROSS 8 In Flotation – Dolphin Kicks 4 / V-sit Cross 8, Point Toes (Arms: Squeeze noodle to maintain posture)							2x
Chorus	BICYCLE CIRCLE 8 / BICYCLE 4 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