



WARM UP

BELIEVE

WAVE 56



Intro	Flick Kick									16x
Verse	<u>FLICK KICK 4 / JOG HEEL 4</u> Flick Kick 4 / Jog Heel 4 (Arms: Scoop / Breaststroke)									4x
Chorus	<u>SIDE LEAP 4 / RUN 2</u> Side Leap 4 / Run 2 (Arms: External Rotation, cross to heart / Running)									4x
Bridge	<u>SWING BACK / KNEE THROUGH</u> Swing Leg Back / Pull knee through To Front (Arms: Chest press / Fists back)									16x
Finish	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



LINEAR

FIRE WITH FIRE

WAVE 56



Intro	Run									32x
Verse	<u>MOGULS 4 / JACK TUCK 2</u> Moguls 4 TVL Forward / Jack Tuck 2 TVL Backward (Arms: Paddle / Open & sweep forward)									4x
Chorus	<u>BOW & ARROW JACKS 4</u> Bow & Arrow Jacks 4 (Arms: Bow & arrow)									4x
Bridge	<u>KARATE KICK BACK 3 / RUN 2</u> Karate Kick Back 3 / Run 2 – Slight TVL (Arms: Fists / Running)									8x
Finish	Bow & Arrow Jack									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



LATERAL

DON'T DREAM, IT'S OVER

WAVE 56



Intro	Skater									16x
Verse	JUMP ROPE 2 / ROCKET JACK Jump Rope 2 – Take Feet Wider / Rocket Jack (Arms: Jump rope / Hold at side)									4x
Chorus	SIDE LEAP 4 / RUN 2 Side Leap 4 Travel Right / Run 2 (Arms: Open side / Fists)									2x
Bridge	SKATER 4 / RUN HEEL 7 Skater 4 / Run Heel 7 (Arms: Sweep in OPP direction / Running)									2x
Finish	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



SPEED

WE DON'T RUN

WAVE 56



Intro	Jog Heel									16x
Verse	JOG HEEL 4 CIRCLE / CROSS COUNTRY 4 Jog Heel 4 Travel In Circle / Cross Country 4 (Arms: Breaststroke / Alternate reverse breaststroke)									4x
Chorus	RUN 3 / FAST JACK 8 Run 3 Travel Right, Then Left (4) / Fast Jack 8 (Arms: Running / Strong push front)									2x
Bridge	KARATE KICK SIDE PYRAMID Karate Kick Side Pyramid (4, 2, 1) (Arms: Triceps push)									1x
Finish	Land Wide, Push Front									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



GROUP

CRUEL SUMMER

WAVE 56



Intro	Form Circles of 4-5 People, Starting Apart								
Verse	ROCKING HORSE 4 / TURN & RUN 16 Rocking Horse 4 Right Travel To Center / Turn & Run 16 (Arms: Cross & pull back / Running)								2x
Chorus	FLICK KICK 8 / PUSH 8 Flick Kick 8 / Grounded Stance (Arms: Scoop / Push 8)								2x
Bridge	WIDE KNEE JOG SSD Wide Knee Jog Single Single Double (Arms: Sweep across to OPP knee)								4x
Finish	Punch To Center								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



SUSPENSION

WEST COAST

WAVE 56



Intro	Get Into Neutral Position								
Verse	JACK TUCK / SEATED KICK 2 Neutral Jack Tuck / Suspended Seated Kick 2 (Arms: Side sweep / Scull)								8x
Chorus	TUCK / MOGUL 4 CIRCLE / MOGUL 4 FRONT TO BACK Tuck / Mogul 4 Circle / Mogul 4 Front To Back (Arms: Support)								2x
Bridge	CROSS COUNTRY 3 / TOUCH DOWN Suspended Cross Country 3 / Touch Down (Arms: Clasp in front)								8x
Finish	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



UPPER BODY

ALL I KNOW SO FAR

WAVE 56



Intro	No Noodle, Get Into Grounded Position							
Verse	BICEPS SCOOPS 16 Grounded lunge Stance (Arms: Biceps scoops)							2x
Chorus	BOW & ARROWS 4 / TRICEPS 8 Grounded Wide Stance – Slight Angle (Arms: Bow & arrow / Triceps press out 8)							2x
Bridge	CHEST FLY Grounded Lunge Stance, Slight Lean Forward (Arms: Double chest fly / Strong chest open)							8x
Finish	Stand Tall, Double Biceps Scoops							
V1	C1	B1	V2	C2	B2	V3	C3	B3



LOWER BODY

I NEED A DANCEFLOOR

WAVE 56



Intro	No Noodle, Get In a Grounded Position							
Verse	FAST FLICKS 8 / KICKSTANDS 8 Grounded Fast Flick Kicks 8 / Kickstands 8 (Arms: Fast scoops)							2x
Chorus	ANGLED FAST JACK 2 / NEUTRAL POWER JACK Angled Fast Jack 2 / Neutral Power Jack (Arms: Elbows bent / Push side & back in)							4x
Bridge	CIRCLE BACK TO FRONT / FRONT TO BACK (4) Grounded Stance Circle Leg Back To Front / Back To Front (4) (Arms: Clasp in front)							2x
Finish	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



CORE

WALK ON WATER

WAVE 56



Intro	No Noodle, Get Into Lunge Stance							
Verse	PARALLEL WOODCHOP 3 Grounded Lunge Stance (Arms: Long paddles, hands clasps – Sweep L, R, L, Knee))							8x
Chorus	STRIKE & PULL THROUGH 8 Grounded Knee Shoot Through 8 – Extend Leg (Arms: Front extension – Strong push to back)							2x
Bridge	CATCHING STAR Rebound Star – Lift Knee, Push Heel Down, Lift Knee (Arms: Star to side)							8x
Finish	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



FLEXIBILITY

BROTHER

WAVE 56



Intro	Push Front & Back								4x
Verse	LUNGE CIRCLE 2 / STAR POSE Lunge Circle 2 / Star Pose – Option to Keep Foot Down) (Arms: Circle arms 2 / Star)							1x	
Chorus	TAI CHI LUNGE 2 / QUAD STRETCH Right Angle Lunge / Lift Back Heel / Step Together (Arms: Push forward & pull back / Reach for foot)							1x	
Bridge	HIP FLEXION / HAMSTRING STRETCH / CIRCLE 2) Extend Heel Flex / Lift Leg, Circle Ankle 2) (Arms: Push front & back 2 / Reach under leg)							1x	
Finish	Step Wide, Lower Arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



(BONUS) CARDIO

FLOWERS

WAVE 56



Intro	Cross Country									16x
Verse	<u>1/2 CROSS COUNTRY TO JACK COMBO</u> Alternate Rebound Cross Country to Jack (Arms: Cross country paddle / Sweep out to side)									8x
Chorus	<u>JACK / LEG SWEEP 3</u> Jack / Leg Sweep 3 (Arms: Sweep to side / Reach for OPP foot)									8x
Bridge	<u>KICK BACK 4 / KICK FRONT 4</u> Alternate Kick Back 4, 1/4 Turn Right (4), Alternate Kick Front 4, 1/4 Turn Right (2) (Arms: Double push front / Scoop)									2x
Finish	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	