



# WARM UP

BELIEVE

WAVE 56



Intro	Flick Kick									16x
Verse	<b><u>FLICK KICK 4 / JOG HEEL 4</u></b> Flick Kick 4 / Jog Heel 4 (Arms: Scoop / Breaststroke)									4x
Chorus	<b><u>SIDE LEAP 4 / RUN 2</u></b> Side Leap 4 / Run 2 (Arms: External Rotation, cross to heart / Running)									4x
Bridge	<b><u>SWING BACK / KNEE THROUGH</u></b> 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	<b><u>MOGULS 4 / JACK TUCK 2</u></b> Moguls 4 TVL Forward / Jack Tuck 2 TVL Backward (Arms: Paddle / Open & sweep forward)									4x
Chorus	<b><u>BOW &amp; ARROW JACKS 4</u></b> Bow & Arrow Jacks 4 (Arms: Bow & arrow )									4x
Bridge	<b><u>KARATE KICK BACK 3 / RUN 2</u></b> 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	<b><u>JUMP ROPE 2 / ROCKET JACK</u></b> Jump Rope 2 – Take Feet Wider / Rocket Jack (Arms: Jump rope / Hold at side)									4x
Chorus	<b><u>SIDE LEAP 4 / RUN 2</u></b> Side Leap 4 Travel Right / Run 2 (Arms: Open side / Fists)									2x
Bridge	<b><u>SKATER 4 / RUN HEEL 7</u></b> 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	<b><u>JOG HEEL 4 CIRCLE / CROSS COUNTRY 4</u></b> Jog Heel 4 Travel In Circle / Cross Country 4 (Arms: Breaststroke / Alternate reverse breaststroke)								4x
Chorus	<b><u>RUN 3 / FAST JACK 8</u></b> Run 3 Travel Right, Then Left (4) / Fast Jack 8 (Arms: Running / Strong push front)								2x
Bridge	<b><u>KARATE KICK SIDE PYRAMID</u></b> 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	<b><u>ROCKING HORSE 4 / TURN &amp; RUN 16</u></b> Rocking Horse 4 Right Travel To Center / Turn & Run 16 (Arms: Cross & pull back / Running)								2x
Chorus	<b><u>FLICK KICK 8 / PUSH 8</u></b> Flick Kick 8 / Grounded Stance (Arms: Scoop / Push 8)								2x
Bridge	<b><u>WIDE KNEE JOG SSD</u></b> 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	<b><u>JACK TUCK / SEATED KICK 2</u></b> Neutral Jack Tuck / Suspended Seated Kick 2 (Arms: Side sweep / Scull)								8x
Chorus	<b><u>TUCK / MOGUL 4 CIRCLE / MOGUL 4 FRONT TO BACK</u></b> Tuck / Mogul 4 Circle /Mogul 4 Front To Back (Arms: Support)								2x
Bridge	<b><u>CROSS COUNTRY 3 / TOUCH DOWN</u></b> 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	<b><u>BICEPS SCOOPS 16</u></b> Grounded lunge Stance (Arms: Biceps scoops)							2x
Chorus	<b><u>BOW &amp; ARROWS 4 / TRICEPS 8</u></b> Grounded Wide Stance – Slight Angle (Arms: Bow & arrow / Triceps press out 8)							2x
Bridge	<b><u>CHEST FLY</u></b> 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	<b><u>FAST FLICKS 8 / KICKSTANDS 8</u></b> Grounded Fast Flick Kicks 8 / Kickstands 8 (Arms: Fast scoops)							2x
Chorus	<b><u>ANGLED FAST JACK 2 / NEUTRAL POWER JACK</u></b> Angled Fast Jack 2 / Neutral Power Jack (Arms: Elbows bent / Push side & back in)							4x
Bridge	<b><u>CIRCLE BACK TO FRONT / FRONT TO BACK (4)</u></b> 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	<b><u>PARALLEL WOODCHOP 3</u></b> Grounded Lunge Stance (Arms: Long paddles, hands clasps – Sweep L, R, L, Knee))							8x
Chorus	<b><u>STRIKE &amp; PULL THROUGH 8</u></b> Grounded Knee Shoot Through 8 – Extend Leg (Arms: Front extension – Strong push to back)							2x
Bridge	<b><u>CATCHING STAR</u></b> 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	<b><u>LUNGE CIRCLE 2 / STAR POSE</u></b> Lunge Circle 2 / Star Pose – Option to Keep Foot Down) (Arms: Circle arms 2 / Star)							1x
Chorus	<b><u>TAI CHI LUNGE 2 / QUAD STRETCH</u></b> Right Angle Lunge / Lift Back Heel / Step Together (Arms: Push forward & pull back / Reach for foot)							1x
Bridge	<b><u>HIP FLEXION / HAMSTRING STRETCH / CIRCLE 2)</u></b> 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	<b><u>1/2 CROSS COUNTRY TO JACK COMBO</u></b> Alternate Rebound Cross Country to Jack (Arms: Cross country paddle / Sweep out to side)									8x
Chorus	<b><u>JACK / LEG SWEEP 3</u></b> Jack / Leg Sweep 3 (Arms: Sweep to side / Reach for OPP foot)									8x
Bridge	<b><u>KICK BACK 4 / KICK FRONT 4</u></b> 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	