

1 WARM UP		WAVE 56		water motion					
BELIEVE									
Intro	Flick Kick			16x					
Verse	<b>FLICK KICK 4 / JOG HEEL 4</b> Flick Kick 4 / Jog Heel 4 (Arms: Scoop / Breaststroke)			4x					
Chorus	<b>SIDE LEAP 4 / RUN 2</b> Side Leap 4 / Run 2 (Arms: External Rotation, cross to heart / Running)			4x					
Bridge	<b>SWING BACK / KNEE THROUGH</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

2 LINEAR		WAVE 56		water motion					
FIRE WITH FIRE									
Intro	Run			32x					
Verse	<b>MOGULS 4 / JACK TUCK 2</b> Moguls 4 TVL Forward / Jack Tuck 2 TVL Backward (Arms: Paddle / Open & sweep forward)			4x					
Chorus	<b>BOW &amp; ARROW JACKS 4</b> Bow & Arrow Jacks 4 (Arms: Bow & arrow )			4x					
Bridge	<b>KARATE KICK BACK 3 / RUN 2</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

3 LATERAL		WAVE 56		water motion					
DON'T DREAM, IT'S OVER									
Intro	Skater			16x					
Verse	<b>JUMP ROPE 2 / ROCKET JACK</b> Jump Rope 2 – Take Feet Wider / Rocket Jack (Arms: Jump rope / Hold at side)			4x					
Chorus	<b>SIDE LEAP 4 / RUN 2</b> Side Leap 4 Travel Right / Run 2 (Arms: Open side / Fists)			2x					
Bridge	<b>SKATER 4 / RUN HEEL 7</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

4 SPEED		WAVE 56		water motion					
WE DON'T RUN									
Intro	Jog Heel			16x					
Verse	<b>JOG HEEL 4 CIRCLE / CROSS COUNTRY 4</b> Jog Heel 4 Travel In Circle / Cross Country 4 (Arms: Breaststroke / Alternate reverse breaststroke)			4x					
Chorus	<b>RUN 3 / FAST JACK 8</b> Run 3 Travel Right, Then Left (4) / Fast Jack 8 (Arms: Running / Strong push front)			2x					
Bridge	<b>KARATE KICK SIDE PYRAMID</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

5 GROUP		WAVE 56		water motion					
CRUEL SUMMER									
Intro	Form Circles of 4-5 People, Starting Apart								
Verse	<b>ROCKING HORSE 4 / TURN &amp; RUN 16</b> Rocking Horse 4 Right Travel To Center / Turn & Run 16 (Arms: Cross & pull back / Running)			2x					
Chorus	<b>FLICK KICK 8 / PUSH 8</b> Flick Kick 8 / Grounded Stance (Arms: Scoop / Push 8)			2x					
Bridge	<b>WIDE KNEE JOG SSD</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

6 SUSPENSION		WAVE 56		water motion					
WEST COAST									
Intro	Get Into Neutral Position								
Verse	<b>JACK TUCK / SEATED KICK 2</b> Neutral Jack Tuck / Suspended Seated Kick 2 (Arms: Side sweep / Scull)			8x					
Chorus	<b>TUCK / MOGUL 4 CIRCLE / MOGUL 4 FRONT TO BACK</b> Tuck / Mogul 4 Circle / Mogul 4 Front To Back (Arms: Support)			2x					
Bridge	<b>CROSS COUNTRY 3 / TOUCH DOWN</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

<b>7 UPPER BODY</b> ALL I KNOW SO FAR		WAVE 56	<b>water motion</b>					
Intro	No Noodle, Get Into Grounded Position							
Verse	<b>BICEPS SCOOPS 16</b> Grounded lunge Stance (Arms: Biceps scoops)							2x
Chorus	<b>BOW &amp; ARROWS 4 / TRICEPS 8</b> Grounded Wide Stance – Slight Angle (Arms: Bow & arrow / Triceps press out 8)							2x
Bridge	<b>CHEST FLY</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

<b>10 FLEXIBILITY</b> BROTHER		WAVE 56	<b>water motion</b>					
Intro	Push Front & Back							4x
Verse	<b>LUNGE CIRCLE 2 / STAR POSE</b> Lunge Circle 2 / Star Pose – Option to Keep Foot Down) (Arms: Circle arms 2 / Star)							1x
Chorus	<b>TAI CHI LUNGE 2 / QUAD STRETCH</b> Right Angle Lunge / Lift Back Heel / Step Together (Arms: Push forward & pull back / Reach for foot)							1x
Bridge	<b>HIP FLEXION / HAMSTRING STRETCH / CIRCLE 2)</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

<b>8 LOWER BODY</b> I NEED A DANCEFLOOR		WAVE 56	<b>water motion</b>					
Intro	No Noodle, Get In a Grounded Position							
Verse	<b>FAST FLICKS 8 / KICKSTANDS 8</b> Grounded Fast Flick Kicks 8 / Kickstands 8 (Arms: Fast scoops)							2x
Chorus	<b>ANGLED FAST JACK 2 / NEUTRAL POWER JACK</b> Angled Fast Jack 2 / Neutral Power Jack (Arms: Elbows bent / Push side & back in)							4x
Bridge	<b>CIRCLE BACK TO FRONT / FRONT TO BACK (4)</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

<b>11 (BONUS) CARDIO</b> FLOWERS		WAVE 56	<b>water motion</b>						
Intro	Cross Country							16x	
Verse	<b>½ CROSS COUNTRY TO JACK COMBO</b> Alternate Rebound Cross Country to Jack (Arms: Cross country paddle / Sweep out to side)							8x	
Chorus	<b>JACK / LEG SWEEP 3</b> Jack / Leg Sweep 3 (Arms: Sweep to side / Reach for OPP foot)							8x	
Bridge	<b>KICK BACK 4 / KICK FRONT 4</b> Alternate Kick Back 4, ¼ Turn Right (4), Alternate Kick Front 4, ¼ Turn Right (2) (Arms: Double push front / Scoop)							2x	
Finish	Land Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

<b>9 CORE</b> WALK ON WATER		WAVE 56	<b>water motion</b>					
Intro	No Noodle, Get Into Lunge Stance							
Verse	<b>PARALLEL WOODCHOP 3</b> Grounded Lunge Stance (Arms: Long paddles, hands clasps – Sweep L, R, L, Knee))							8x
Chorus	<b>STRIKE &amp; PULL THROUGH 8</b> Grounded Knee Shoot Through 8 – Extend Leg (Arms: Front extension – Strong push to back)							2x
Bridge	<b>CATCHING STAR</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