



WARM UP

RUNNING ON EMPTY

WAVE 57



Intro	Jog									16x
Verse	JOG 4 / JOG HEEL 4 Jog 4 / Jog Heel 4 (Arms: Scoop / Push front)									4x
Chorus	RUN 8 / RUN 3 / Hold Run 8 Square / Run 3 / Hold (4) (Arms: Running)									1x
Bridge	ANGLE JACK 2 Angle Jack (Arms: Sweep Front, Side, Front, Down)									4x
FINISH	Land Wide, Slide Arms Side									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



LINEAR

RUN

WAVE 57



Intro	Flick Kick - Low									16x
Verse	FLICK KICK 4 / KICK BACK 4 Flick Kick 4 / Alternate Kick Back 4 (Arms: Push forward)									4x
Chorus	CROSS COUNTRY 8 / 180 TURN Cross Country 8 – Facing Side Wall / 180 Turn (Arms: Paddle)									2x
Bridge	TUCK 4 / RUN 3 HOLD (4) Tuck 4 Travel Forward / Run 3 Hold (4) / Tuck 4 Travel Backward / Run 3 Hold (Arms: Paddle / Running)									1x
FINISH	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4	



LATERAL

BORN TO BE MY BABY

WAVE 57



Intro	Jack	8x							
Verse	JACK / KARATE SIDE Jack / Karate Side (Arms: Sweep Side / Triceps side)	8x							
Bridge	JUMP THE BARREL 4 / WIDE JOG 8 Alternate Jump The Barrel 4 / Wide Jog 8 (Arms: Reach side & sweep / Sweep to opposite knee)	2x							
Chorus	STEP SIDE 2 / TUCK JUMP 2 Neutral Step Side 2 / Tuck Jump 2 Travel Right (Arms: Reach & sweep across)	4x							
FINISH	Wide Jog & Splash								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



SPEED

CLAP YOUR HANDS

WAVE 57



Intro	Run	32x							
Verse	FLICK KICK 8 / RUN 8 Fast Flick Kick 8 TVL Forward / Run 8 TVL Backward (Arms: Scoop / Push front)	4x							
Bridge	DOUBLE JACK 2 / ROCKET 8 Double Jack 2 / Rocket Jack 8 (Arms: Tap the water / Overhead)	2x							
Chorus	SHUFFLE 3 / HOLD Shuffle 3 / Hold (Arms: Running)	16x							
FINISH	Land Wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Last time on double block – clasp hands for more core engagement



GROUP

BE GOOD TO YOURSELFV

WAVE 57



Intro	Form 2 Lines, Facing Center									
Verse	JACK 4 – MOVE LINES Jack 4 – Travel Right – Lines Will Move In Opposite Directions (Arms: Push to sides, then cross front)									2x
Chorus	KARATE BACK KICK 4 / ¼ TURN Alternate Karate Back 4 / ¼ Turn F / Karate Back 4 / ¼ Turn To Line / Karate Back 4 / ¼ Turn B / Karate Back 4 / ¼ Turn (Arms: Push front)									2x
Bridge	LEAP 8 – CHANGES LANES / 180 Turn Leap Right 8 – Travel Forward - Change Lines (Arms: Breaststroke)									2x
FINISH	Stand Tall – Splash!									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Final chorus-no turn-stay facing the middle and splash!!



SUSPENSION

HIGH HOPES

WAVE 57



Intro	Get Into Neutral Position, Toes Behind On Bottom									
Chorus	DOUBLE HEEL LIFT Neutral Position, Toes Behind, Double Lift To Glutes (Arms: Scull)									16x
Verse	SUSPENDED FLUTTER KICK 16 / FROG KICK 8 Suspended Flutter Kick 16 / Frog Kick 8 (Arms: Maintain suspension)									2x
Bridge	TWIST & SPIN 4 Neutral Twist & Spin 4 (Arms: Sweep around)									4x
Finish	Stand Tall									
C1	V1	B1	C2	V2	B2	C3	V3	B3	C4	



UPPER BODY

SHALLOW

WAVE 57



Intro	Noodle In Hands							
Verse	<u>PUNCH FRONT / STIR THE POT 2x (4)</u> Grounded Lunge Stance (Arms: Punch noodle Front / Circle noodle to side) (4)							2x
Bridge	<u>CHEST PRESS SSD</u> Grounded Wide Stance (Arms: Push up with noodle single single hold)							8x
Chorus	<u>LAT PULLDOWN 8</u> Grounded Single Leg Stance (Arms: Pull noodle to quad – elbows straight)							2x
FINISH	Stand Tall, Push Noodle Front							
V1	B1	C1	V2	B2	C2	V3	B3	C3



LOWER BODY

MAGIC

WAVE 57



Intro	Noodle Around Back Under Arms							
Verse	<u>SCISSOR KICK 4 / FLUTTER KICK 5 / TUCK</u> In Flotation, Side Scissor Kick 4 / Flutter Kick 5 / Tuck (2), Change Sides On Second Tuck (Arms: On noodle to maintain flotation)							2x
Bridge	<u>SEATED KICK SSD</u> In Flotation, Seated Kick Single Single Double Back (Arms: On noodle to maintain flotation)							16x
Chorus	<u>DOUBLE BUTTERFLY / CLOSE</u> In Supine Flotation, Double Butterfly / Close (Arms: On noodle to maintain flotation)							8x
FINISH	Stand Tall							
V1	B1	C1	V2	B2	C2	V3	B3	C3



CORE TROUBLEMAKER

WAVE 57



Intro	Noodle In Hands								
Verse	<u>KAYAK DIP & PULL 8 / KAYAK 16</u> Grounded (Arms: Alternate Push noodle end in water, then pull back (8) / Kayak (16))								1x
Chorus	<u>SIDE BEND 4 / SIDE SCOOP 4</u> Grounded (Arms: With elbows extended, push noodle down side / Side scoop (4))								2x
Bridge	<u>TRIPLE MOUNTAIN CLIMB</u> Neutral or Floating -Triple Mountain Climb (Arms: With elbows extended, hold noodle underwater, directly under shoulders)								16x
FINISH	Stand Tall, Push Noodle Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



FLEXIBILITY SEASONS

WAVE 57



Intro	Mountain Pose								
Verse	<u>MOUNTAIN POSE TO HORSE STANCE / HAMSTRING STRETCH</u> Mountain Pose to Horse Stance / Hamstring Stretch (Arms: Lift overhead / Open elbows / Reach under leg)								1x
Chorus	<u>FIGURE 4 / CROSS LUNGE BEHIND</u> Figure 4 – Cross 1 Leg Behind / Lunge & Hold (Arms: Sweep open & close (2) / Sweep across)								1x
Bridge	<u>ANGLE LUNGE 2 / WARRIOR 3</u> Angle Lunge 2 / Warrior 3 (Arms: Push forward & pull back 2 / Scull)								1x
FINISH	Mountain Pose								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



(BONUS) FLOTATION
WALK ON WATER **WAVE 56**



Intro	Noodle In Front Under Arms							
Verse	<u>CROSS COUNTRY 3 / SCISSOR 1</u> In Flotation, Cross Country 3 / Scissor Legs Together 1 (Arms: On noodle to maintain flotation)							8x
Chorus	<u>WATER WALK 8 / PEDAL PUSH 16</u> In Flotation, Water Walk 8 / Pedal Push 16 (Arms: On noodle to maintain flotation)							2x
Bridge	<u>TUCK / SINGLE LEG TOUCH BEHIND</u> Neutral, Tuck / Single Leg Touch Behind (Arms: On noodle to maintain flotation)							16x
FINISH	Tuck & Hold							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Insert this track anywhere between 6 and 10