




**1 WARM UP** *RUNNING ON EMPTY* **WAVE 57** 


Intro	Jog	16x							
Verse	<b>JOG 4 / JOG HEEL 4</b> Jog 4 / Jog Heel 4 (Arms: Scoop / Push front)	4x							
Chorus	<b>RUN 8 / RUN 3 / Hold</b> Run 8 Square / Run 3 / Hold (4) (Arms: Running)	1x							
Bridge	<b>ANGLE JACK 2</b> 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

**2 LINEAR** *RUN* **WAVE 57** 

Intro	Flick Kick - Low	16x							
Verse	<b>FLICK KICK 4 / KICK BACK 4</b> Flick Kick 4 / Alternate Kick Back 4 (Arms: Push forward)	4x							
Chorus	<b>CROSS COUNTRY 8 / 180 TURN</b> Cross Country 8 – Facing Side Wall / 180 Turn (Arms: Paddle)	2x							
Bridge	<b>TUCK 4 / RUN 3 HOLD (4)</b> 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


**3 LATERAL** *BORN TO BE MY BABY* **WAVE 57** 

Intro	Jack	8x							
Verse	<b>JACK / KARATE SIDE</b> Jack / Karate Side (Arms: Sweep Side / Triceps side)	8x							
Bridge	<b>JUMP THE BARREL 4 / WIDE JOG 8</b> Alternate Jump The Barrel 4 / Wide Jog 8 (Arms: Reach side & sweep / Sweep to opposite knee)	2x							
Chorus	<b>STEP SIDE 2 / TUCK JUMP 2</b> 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

**4 SPEED** *CLAP YOUR HANDS* **WAVE 57** 


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

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

**5 GROUP** *BE GOOD TO YOURSELF* **WAVE 57** 

Intro	Form 2 Lines, Facing Center								
Verse	<b>JACK 4 – MOVE LINES</b> Jack 4 – Travel Right – Lines Will Move In Opposite Directions (Arms: Push to sides, then cross front)	2x							
Chorus	<b>KARATE BACK KICK 4 / ¼ TURN</b> 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	<b>LEAP 8 – CHANGES LANES / 180 Turn</b> 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!!

**6 SUSPENSION** *HIGH HOPES* **WAVE 57** 

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

7 UPPER BODY		SHALLOW WAVE 57		water motion				
Intro	Noodle In Hands							
Verse	<b>PUNCH FRONT / STIR THE POT 2x (4)</b> Grounded Lunge Stance (Arms: Punch noodle Front / Circle noodle to side) (4)					2x		
Bridge	<b>CHEST PRESS SSD</b> Grounded Wide Stance (Arms: Push up with noodle single single hold)					8x		
Chorus	<b>LAT PULLDOWN 8</b> 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

8 LOWER BODY		MAGIC WAVE 57		water motion				
Intro	Noodle Around Back Under Arms							
Verse	<b>SCISSOR KICK 4 / FLUTTER KICK 5 / TUCK</b> In Flotation, Side Scissor Kick 4 / Flutter Kick 5 / Tuck (2), Change Sides On Second Tuck (Arms: On noodle to maintain flotation)					2x		
Bridge	<b>SEATED KICK SSD</b> In Flotation, Seated Kick Single Single Double Back (Arms: On noodle to maintain flotation)					16x		
Chorus	<b>DOUBLE BUTTERFLY / CLOSE</b> 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

9 CORE		TROUBLEMAKER WAVE 57		water motion				
Intro	Noodle In Hands							
Verse	<b>KAYAK DIP &amp; PULL 8 / KAYAK 16</b> Grounded (Arms: Alternate Push noodle end in water, then pull back (8) / Kayak (16))					1x		
Chorus	<b>SIDE BEND 4 / SIDE SCOOP 4</b> Grounded (Arms: With elbows extended, push noodle down side / Side scoop (4))					2x		
Bridge	<b>TRIPLE MOUNTAIN CLIMB</b> 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

10 FLEXIBILITY		SEASONS WAVE 57		water motion				
Intro	Mountain Pose							
Verse	<b>MOUNTAIN POSE TO HORSE STANCE / HAMSTRING STRETCH</b> Mountain Pose to Horse Stance / Hamstring Stretch (Arms: Lift overhead / Open elbows / Reach under leg)					1x		
Chorus	<b>FIGURE 4 / CROSS LUNGE BEHIND</b> Figure 4 – Cross 1 Leg Behind / Lunge & Hold (Arms: Sweep open & close (2) / Sweep across)					1x		
Bridge	<b>ANGLE LUNGE 2 / WARRIOR 3</b> 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

11 (BONUS) FLOTATION		WALK ON WATER WAVE 56		water motion				
Intro	Noodle In Front Under Arms							
Verse	<b>CROSS COUNTRY 3 / SCISSOR 1</b> In Flotation, Cross Country 3 / Scissor Legs Together 1 (Arms: On noodle to maintain flotation)					8x		
Chorus	<b>WATER WALK 8 / PEDAL PUSH 16</b> In Flotation, Water Walk 8 / Pedal Push 16 (Arms: On noodle to maintain flotation)					2x		
Bridge	<b>TUCK / SINGLE LEG TOUCH BEHIND</b> 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