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WARM UP

SHINING STAR

ORIGINAL 58



Intro	Jog								16x
Verse	<u>ROCK 3 / JUMP 1</u> Rocking Horse 3 / Jump 1 (Arms: Figure 8 / Reach overhead)								4x
Chorus	<u>STAR JACK / JACK</u> Star Jack / Jack (Arms: Disco point / Disco roll)								8x
Bridge	<u>JOG HEEL 3 / FLICK KICK 1</u> (Arms: Double triceps press back / Fists)								8x
FINISH	Land Wide, Disco Point								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4=

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LINEAR

BAD HABITS

ORIGINAL 58



Intro	Kick Front								16x
Verse	<u>KICK 8 / WIDE KICK 8</u> Kick Front 8 / Wide Kick 8								2x
Bridge	<u>ZIG ZAG RUN 16 / JACK 4</u> Angle Run Right 8, Angle Run Left 8 (Travel Forward) / Jack 4 Travel Backward (Arms: Running / Reverse Breaststroke)								2x
Chorus	<u>ROCK 3 / SOCCER KICK</u> Rocking Horse 3 / Soccer Kick 1 (Arms: Figure 8)								4x
FINISH	Land Wide, Point Front								
V1	B1	C1	V2	B2	C2	V3	B3	C3	B4

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LATERAL

BRING THAT FIRE

ORIGINAL 58



Intro	Wide Jog								16x
Verse	<u>INSTEP TOUCH SSD</u> Instep Touch Single Single Double (Arms: Strong lat pulldown to opposite foot)								8x
Chorus	<u>KARATE KICK SIDE 4 / JACK TUCK 2</u> Karate Kick Side 4 / Jack Tuck 2 (Arms: Triceps punch side / Sweep side to under legs)								4x
Bridge	<u>DOUBLE MOGUL 2 / LEAP SIDE 2</u> Double Mogul 2 / Leap Side 2 Travel Right (Arms: Double ski / Extend from chest)								4x
FINISH	Land Wide, Extend Arms Side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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SPEED

IN THE DARK

ORIGINAL 58



Intro	Run								16x
Verse	<u>FAST JACK 4 / JUMP ROPE 4</u> Fast Jack 4 / Jump Rope 4 (Arms: Alternate chest press / Circle)								4x
Chorus	<u>BOW & ARROW JACK 2 / RUN 8</u> Jack 2 / Run 8 Travel Forward / Jack 2 / Run 8 Travel Backward (Arms: Bow & Arrow 2 / Running)								4x
Bridge	<u>KICK BACK 3 / TUCK</u> Kick Back 3 – Same Leg / Tuck (Arms: Triceps press back / Fists)								4x
FINISH	Jack, Bow & Arrow Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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GROUP KISSES OF FIRE

ORIGINAL 58

water
in
motion®

Intro	Groups of 4								8x
Verse	<u>UPPERCUT 12 / JACK & TURN</u> Grounded stance / Jack & Turn Right (Arms: Strong biceps scoops 12 / Side sweep)								4x
Chorus	<u>FAST SEATED KICK 32</u> Neutral Seated Kicks 32 To Center – Create Huge Turbulence (Arms: Scoop or scull)								1x
Bridge	<u>RUN 32</u> Run 32 & Find A New Foursome (Arms: Running)								1x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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SUSPENSION SPICE UP YOUR LIFE

ORIGINAL 58

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Intro	Explain First Block								
Verse	<u>LEAP PULL BACK & BICYCLE 4</u> Leap Forward, Pull Knee Back & Bicycle (4) – Strong Core Engagement Here (Arms: Push forward & pull back / Clasp hands)								2x
Chorus	<u>SUSPENDED FLUTTER KICK SIDE 14 (2)</u> Suspended Flutter Kick Side 14 (2) / Tuck To Change (Arms: Move to maintain Suspension)								2x
Bridge	<u>OPEN HIP & CURTSY</u> Grounded Alternate Hip Circle To Curtsy, Circle To Front (Arms: Clasp hands in front)								8x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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UPPER BODY CHOOSES YOUR FIGHTER

ORIGINAL 58



Intro	No Noodle, Get Into Position								
Verse	<u>PUNCH & SWEEP 8</u> Grounded Lunge Side (Arms: Punch toward front arm & sweep open)								2x
Chorus	<u>HOOK 4 / UPPER CUT 8</u> Grounded Stance (Arms: Sweep front in circles 2 / Alternate scoops 4)								4x
Bridge	<u>TRICEPS PRESS BACK 3 / BICEPS CURL</u> Grounded Stance (Arms: Triceps press back 3 / Biceps curl)								8x
FINISH	Stand Tall, Sweep Arms Open								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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LOWER BODY DON'T STOP MOVING

ORIGINAL 58



Intro	No Noodle								
Verse	<u>HIP OPENER / BICYCLE</u> Grounded Open Knee & Close / Bicycle (4) (Arms: Angled at sides – Chest open)								2x
Chorus	<u>KICK BACK 2 / KICKSTAND 2</u> Alternate Rebound Kick Back 2 / Kickstand 2 (Arms: Chest press 2 / Scoop 2)								8x
Bridge	<u>STOMP & DRAG 8</u> Grounded Stomp Side & Drag 8 (Angle press & sweep center)								2x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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CORE LOVE ME AGAIN

ORIGINAL 58



Intro	No Noodle, Stand Tall								
Verse	<u>LEANING STAR & CATCH 8</u> Grounded Leaning star – Long Lever – Strong Pull To Stand (Arms: Extend to star & strong pull in to torso)								2x
Chorus	<u>FIGURE 8 (3) / Side Bend 4</u> Grounded Lunge – Figure 8 (3) / Side Bend 4 (Arms: Figure 8 / Reach toward knees)								2x
Bridge	<u>TUCK PULSE 3 / STAND</u> Neutral Tuck Pulse 3 / Stand (Arms: Scull / Press down)								8x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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FLEXIBILITY GIRL ON FIRE

ORIGINAL 58



Intro	Roll Shoulders								
Verse	<u>KNEE LIFT / HAMSTRING HEEL DOWN</u> Lift Knee To Chest / Extend Leg Front, Flex & Lower Heel (Arms: Hug knee / Circle front & sweep down)								1x
Chorus	<u>FIGURE 4 / FLOATING MOON</u> Figure 4 - Glutes / Rotate To Floating Moon (Arms: Figure 8 / Reach 1 up, 1 down)								1x
Bridge	<u>AIRPLANE / QUAD</u> Tip Forward – Extend Leg Back / Heel To Glute (Arms: Extend side / Reach for heel – fire fingers up)								1x
FINISH	Stand Tall – Fire Fingers								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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BONUS: CARDIO

TAKE ON ME

ORIGINAL 58

water
in
motion®

Intro	Pendulum								16x
Verse	<u>DOUBLE MOGUL 8 / MOGUL 16</u> Double Mogul 8 / Mogul 16 (Arms : Paddle 2 / Ski)								1x
Chorus	<u>ROCKET JACK 4 / CROSS COUNTRY 4</u> Rocket Jack 4 / Cross Country 4 (Arms: Lateral adduction / Paddle)								4x
Bridge	<u>PENDULUM 6 DOUBLE</u> Pendulum 6 Double (Arms: Sweep side to side / Punch 2)								4x
FINISH	Land Wide, Punch Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4