



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=



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



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



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



GROUP

KISSES OF FIRE

ORIGINAL 58



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



SUSPENSION

SPICE UP YOUR LIFE

ORIGINAL 58



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



UPPER BODY

CHOOES 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



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



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



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



BONUS: CARDIO

TAKE ON ME

ORIGINAL 58



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