

1 WARM UP SHINING STAR ORIGINAL 58 water motion									
Intro	Jog								16x
Verse	ROCK 3 / JUMP 1 Rocking Horse 3 / Jump 1 (Arms: Figure 8 / Reach overhead)								4x
Chorus	STAR JACK / JACK Star Jack / Jack (Arms: Disco point / Disco roll)								8x
Bridge	JOG HEEL 3 / FLICK KICK 1 (Arms: Double triceps press back / Fists)								8x
FINISH	Land Wide, Disco Point								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4=

2 LINEAR BAD HABITS ORIGINAL 58 water motion									
Intro	Kick Front								16x
Verse	KICK 8 / WIDE KICK 8 Kick Front 8 / Wide Kick 8								2x
Bridge	ZIG ZAG RUN 16 / JACK 4 Angle Run Right 8, Angle Run Left 8 (Travel Forward) / Jack 4 Travel Backward (Arms: Running / Reverse Breaststroke)								2x
Chorus	ROCK 3 / SOCCER KICK 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

3 LATERAL BRING THAT FIRE ORIGINAL 58 water motion									
Intro	Wide Jog								16x
Verse	INSTEP TOUCH SSD Instep Touch Single Single Double (Arms: Strong lat pulldown to opposite foot)								8x
Chorus	KARATE KICK SIDE 4 / JACK TUCK 2 Karate Kick Side 4 / Jack Tuck 2 (Arms: Triceps punch side / Sweep side to under legs)								4x
Bridge	DOUBLE MOGUL 2 / LEAP SIDE 2 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

4 SPEED IN THE DARK ORIGINAL 58 water motion									
Intro	Run								16x
Verse	FAST JACK 4 / JUMP ROPE 4 Fast Jack 4 / Jump Rope 4 (Arms: Alternate chest press / Circle)								4x
Chorus	BOW & ARROW JACK 2 / RUN 8 Jack 2 / Run 8 Travel Forward / Jack 2 / Run 8 Travel Backward (Arms: Bow & Arrow 2 / Running)								4x
Bridge	KICK BACK 3 / TUCK 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

5 GROUP KISSES OF FIRE ORIGINAL 58 water motion									
Intro	Groups of 4								8x
Verse	UPPERCUT 12 / JACK & TURN Grounded stance / Jack & Turn Right (Arms: Strong biceps scoops 12 / Side sweep)								4x
Chorus	FAST SEATED KICK 32 Neutral Seated Kicks 32 To Center – Create Huge Turbulence (Arms: Scoop or scull)								1x
Bridge	RUN 32 Run 32 & Find A New Foursome (Arms: Running)								1x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6 SUSPENSION SPICE UP YOUR LIFE ORIGINAL 58 water motion									
Intro	Explain First Block								
Verse	LEAP PULL BACK & BICYCLE 4 Leap Forward, Pull Knee Back & Bicycle (4) – Strong Core Engagement Here (Arms: Push forward & pull back / Clasp hands)								2x
Chorus	SUSPENDED FLUTTER KICK SIDE 14 (2) Suspended Flutter Kick Side 14 (2) / Tuck To Change (Arms: Move to maintain Suspension)								2x
Bridge	OPEN HIP & CURTSY 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

7 UPPER BODY CHOOSES YOUR FIGHTER ORIGINAL 58 water motion									
Intro	No Noodle, Get Into Position								
Verse	PUNCH & SWEEP 8 Grounded Lunge Side (Arms: Punch toward front arm & sweep open)								2x
Chorus	HOOK 4 / UPPER CUT 8 Grounded Stance (Arms: Sweep front in circles 2 / Alternate scoops 4)								4x
Bridge	TRICEPS PRESS BACK 3 / BICEPS CURL 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	

8 LOWER BODY DON'T STOP MOVING ORIGINAL 58 water motion									
Intro	No Noodle								
Verse	HIP OPENER / BICYCLE Grounded Open Knee & Close / Bicycle (4) (Arms: Angled at sides – Chest open)								2x
Chorus	KICK BACK 2 / KICKSTAND 2 Alternate Rebound Kick Back 2 / Kickstand 2 (Arms: Chest press 2 / Scoop 2)								8x
Bridge	STOMP & DRAG 8 Grounded Stomp Side & Drag 8 (Angle press & sweep center)								2x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

9 CORE LOVE ME AGAIN ORIGINAL 58 water motion									
Intro	No Noodle, Stand Tall								
Verse	LEANING STAR & CATCH 8 Grounded Leaning star – Long Lever – Strong Pull To Stand (Arms: Extend to star & strong pull in to torso)								2x
Chorus	FIGURE 8 (3) / Side Bend 4 Grounded Lunge – Figure 8 (3) / Side Bend 4 (Arms: Figure 8 / Reach toward knees)								2x
Bridge	TUCK PULSE 3 / STAND Neutral Tuck Pulse 3 / Stand (Arms: Scull / Press down)								8x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

10 FLEXIBILITY GIRL ON FIRE ORIGINAL 58 water motion									
Intro	Roll Shoulders								
Verse	KNEE LIFT / HAMSTRING HEEL DOWN Lift Knee To Chest / Extend Leg Front, Flex & Lower Heel (Arms: Hug knee / Circle front & sweep down)								1x
Chorus	FIGURE 4 / FLOATING MOON Figure 4 - Glutes / Rotate To Floating Moon (Arms: Figure 8 / Reach 1 up, 1 down)								1x
Bridge	AIRPLANE / QUAD 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	

11

BONUS: CARDIO

TAKE ON ME

ORIGINAL 58

water

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