



WARM UP

LOOK AT ME NOW

WAVE 59



Intro	Flick Kick	16x							
Verse	FLICK 4 COMBO Flick 4 / Wide Flick 4 / Kick Back 4 / Skater 4 (Arms: Scoop / Scoop / Push front / Sweep across)	4x							
Bridge	JUMP ROPE Jump Rope – Ankle & Calves (Arms: Circle 2, Criss cross)	8x							
Chorus	BOW JACK 8 / SINGLE JACK 8 Single Leg Jack / Jack	1x							
FINISH	Bow Jack								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



LINEAR

ROCK THE CASBAH

WAVE 59



Intro	Low Kick Front	16x							
Verse	KICK AROUND 8 Kick Front 8 TVL Forward, ¼ Turn Right (4) (Arms: Swim)	1x							
Chorus	RUN RUN HOLD 2 / ROCK 2 Run Run Hold 2 / Rocking Horse 2 (Arms: Running / Cross & pull back)	4x							
Bridge	DOUBLE KARATE BACK Alternate Double Karate Kick Back (Arms: Push front)	4x							
FINISH	Land Wide, Fist Overhead								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



LATERAL

GOOD LUCK

WAVE 59



Intro	Pendulum									8x
Verse	PENDULUM SSD 2 / MOGUL 8 Pendulum Single Single Double / Mogul 8 (Arms: Sweep in OPP / Paddle)									2x
Chorus	ROCKET 3 / KARATE SIDE 4 Rocket Jack 3 / Karate Kick Side 4 (Arms: Adduct in front / Fists side)									4x
Bridge	NEUTRAL JACK 32 Neutral Position – Abduct Fast 32 (Arms: Clasp in front)									1x
FINISH	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



SPEED

LET THE NIGHT TAKE BLAME

WAVE 59



Intro	Run									16x
Verse	RUN 8 / RUN HEEL 8 Run 8 TVL Forward / Run Heel 8 TVL Backward (Arms: Breaststroke / Press front)									4x
Chorus	ROCKING HORSE 4 & TURN / TUCK 4 Rocking Horse – Facing Right - Turn 180 on 4 / Tuck Jump 4 TVL Forward (Arms: Cross & pull back / Double Paddle)									2x
Bridge	KICK BACK COUNTDOWN Kick Back 4 (4), 2 (4), Alternate 8 (Arms: Double scoop, Push front)									1x
FINISH										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



GROUP

ANY WAY YOU WANT IT

WAVE 59



Intro	Two Lines, Facing Front, Run									8x
Verse	JACK 2 / KICK 4 Face Front, Run 7 TVL Side / Alternate Flick Kick 4 (Arms: Running / Scoop)									4x
Chorus	CROSS COUNTRY 8 / RUN BACK 16 Face Partner Line, CC 8 TVL F / Run 16 TVL B (Arms: Sweep F/B / Running)									2x
Bridge	JOG HEEL CIRCLE 8 Jog Heel Circle 8 (Arms: Breaststroke)									4x
FINISH										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



SUSPENSION

50 WAYS TO SAY GOODBYE

WAVE 59



Intro	Get Into Neutral Position									
Verse	TUCK TOUCH F/B 4 / TUCK TOUCH R/L 4 Tuck Touch Front, Tuck Touch Back 4 / Tuck Touch Right, Tuck Touch Left 4 (Arms: Maintain buoyancy)									1x
Chorus	TUCK SHOOT AROUND 4 In Suspension, Tuck Around F/R/B/L (Arms: Maintain buoyancy)									4x
Bridge	CROSS COUNTRY 4 / DIAMOND 2 Neutral CC 4 / Suspended Diamond Kick 2 (Arms: Maintain buoyancy)									1x
FINISH										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



UPPER BODY

NO EXCUSES

WAVE 59



Intro	Noodle In Front, Between Arms(Like a Ball)							
Verse	CHEST PRESS 8 Wide Or Split Stance (Arms: Open and squeeze right side)							2x
Chorus	TRICEPS PULSE 3 Narrow Stance (Arms: Triceps press down 3)							8x
Bridge	PUSH UPS Angle Legs Back (Arms: Noodle up to chest, press down)							14x
FINISH								
V1	C1	B1	V2	C2	B2	V3	C3	B3



LOWER BODY

TEXAS HOLD 'EM

WAVE 59



Intro	Noodle In Hands								
Chorus	HOEDOWN 4 Grounded Stance, Lift Knee & Instep Touch 4 (Arms: Hold in front, push to knee, then heel)							4x	
Verse	POWER JOG / KICK Power Jog – Slight TVL / Kick Front (Arms: Hold noodle overhead)							16x	
Bridge	HEEL TOUCH BACK 8 Wide Stance – Heel Lift & Cross Back 8 (Arms: Pull noodle to OPP heel)							2x	
FINISH									
C	V	B	C	V	B	C	V	B	C



CORE

RUN BACK TO YOU

WAVE 59



Intro	Noodle In Back, Under Arms							
Verse	DOUBLE SHOOT SIDE In Flotation, Double Shoot Side (Arms: Maintain posture)							4x
Chorus	RUNNING MAN 7 In Upright Flotation, Running Man 7, Hold (Arms: Maintain Flotation)							4x
Bridge	SUPINE TAP DOWN In Supine Flotation, Alternate Toe Tap Down (Arms: Maintain Flotation)							4x
FINISH	Sit Up Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



FLEXIBILITY

WILD WORLD

WAVE 59



Intro	Jog & Shoulder Roll							4x
Verse	MOUNTAIN / GODDESS							16x
Bridge	ROCKING HORSE 2 / QUAD / HAMSTRING							1x
Chorus	FIGURE 4 / EAGLE & HUG							4x
FINISH								
V1	B1	C1	V2	B2	C2	V3	B3	C3



BONUS
FOX ON THE RUN

WAVE 59



Intro	Noodle In Front, Under Arms							
Verse	<u>JACK / ½ CROSS COUNTRY</u> In Flotation, Jack / ½ Cross Country Only (Arms: Maintain flotation)							16x
Chorus	<u>RUN 8 / TUCK 2</u> In Neutral, Run 8 – Small TVL Forward / Tuck 2 – TVL Backward (Arms: Hold noodle in hands / Reverse scoop 2)							4x
Bridge	<u>ANGLE BICYCLE CIRCLE 14</u> In Flotation, Angle Bicycle 14 – Circle (Arms: Noodle under arms)							4x
FINISH	Tuck & Hold							
V1	C1	B1	V2	C2	B2	V3	C3	B3