



WARM UP

LOOK AT ME NOW

WAVE 59



Intro	Flick Kick	16x
Verse	<u>FLICK 4 COMBO</u> Flick 4 / Wide Flick 4 / Kick Back 4 / Skater 4 (Arms: Scoop / Scoop / Push front / Sweep across)	4x
Bridge	<u>JUMP ROPE</u> Jump Rope – Ankle & Calves (Arms: Circle 2, Criss cross)	8x
Chorus	<u>BOW JACK 8 / SINGLE JACK 8</u> Single Leg Jack / Jack	1x
FINISH	Bow Jack	

V1	B1	C1	V2	B2	C2	V3	B3	C3	C4
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LINEAR

ROCK THE CASBAH

WAVE 59



Intro	Low Kick Front								16x
Verse	<u>KICK AROUND 8</u> Kick Front 8 TVL Forward, ¼ Turn Right (4) (Arms: Swim)								1x
Chorus	<u>RUN RUN HOLD 2 / ROCK 2</u> Run Run Hold 2 / Rocking Horse 2 (Arms: Running / Cross & pull back)								4x
Bridge	<u>DOUBLE KARATE BACK</u> 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	<u>PENDULUM SSD 2 / MOGUL 8</u> Pendulum Single Single Double / Mogul 8 (Arms: Sweep in OPP / Paddle)								2x
Chorus	<u>ROCKET 3 / KARATE SIDE 4</u> Rocket Jack 3 / Karate Kick Side 4 (Arms: Adduct in front / Fists side)								4x
Bridge	<u>NEUTRAL JACK 32</u> 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	<u>RUN 8 / RUN HEEL 8</u> Run 8 TVL Forward / Run Heel 8 TVL Backward (Arms: Breaststroke / Press front)	4x							
Chorus	<u>ROCKING HORSE 4 & TURN / TUCK 4</u> Rocking Horse – Facing Right - Turn 180 on 4 / Tuck Jump 4 TVL Forward (Arms: Cross & pull back / Double Paddle)	2x							
Bridge	<u>KICK BACK COUNTDOWN</u> 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	<u>JACK 2 / KICK 4</u> Face Front, Run 7 TVL Side / Alternate Flick Kick 4 (Arms: Running / Scoop)	4x							
Chorus	<u>CROSS COUNTRY 8 / RUN BACK 16</u> Face Partner Line, CC 8 TVL F / Run 16 TVL B (Arms: Sweep F/B / Running)	2x							
Bridge	<u>JOG HEEL CIRCLE 8</u> 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	<u>TUCK TOUCH F/B 4 / TUCK TOUCH R/L 4</u> Tuck Touch Front, Tuck Touch Back 4 / Tuck Touch Right, Tuck Touch Left 4 (Arms: Maintain buoyancy)								1x
Chorus	<u>TUCK SHOOT AROUND 4</u> In Suspension, Tuck Around F/R/B/L (Arms: Maintain buoyancy)								4x
Bridge	<u>CROSS COUNTRY 4 / DIAMOND 2</u> 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	<u>CHEST PRESS 8</u> Wide Or Split Stance (Arms: Open and squeeze right side)							2x
Chorus	<u>TRICEPS PULSE 3</u> Narrow Stance (Arms: Triceps press down 3)							8x
Bridge	<u>PUSH UPS</u> 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	<u>HOEDOWN 4</u> Grounded Stance, Lift Knee & Instep Touch 4 (Arms: Hold in front, push to knee, then heel)								4x
Verse	<u>POWER JOG / KICK</u> Power Jog – Slight TVL / Kick Front (Arms: Hold noodle overhead)								16x
Bridge	<u>HEEL TOUCH BACK 8</u> Wide Stance – Heel Lift & Cross Back 8 (Arms: Pull noodle to OPP heel)								2x
FINISH	Push Noodle Front								
C	V	B	C	V	B	C	V	B	C



CORE

RUN BACK TO YOU

WAVE 59



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

10 FLEXIBILITY

WILD WORLD

WAVE 59



Intro	Jog & Shoulder Roll							4x
Verse	<u>MOUNTAIN / GODDESS</u>							16x
Bridge	<u>ROCKING HORSE 2 / QUAD / HAMSTRING</u>							1x
Chorus	<u>FIGURE 4 / EAGLE & HUG</u>							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