

| 1 WARM UP LOOK AT ME NOW | | WAVE 59 | water motion | | | | | | | |
|------------------------------------|--|---------|---------------------|----|----|----|----|----|----|--|
| 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 | |

| 2 LINEAR ROCK THE CASBAH | | WAVE 59 | water motion | | | | | | | |
|------------------------------------|---|---------|---------------------|----|----|----|----|----|----|--|
| 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 | |

| 3 LATERAL GOOD LUCK | | WAVE 59 | water motion | | | | | | | |
|-------------------------------|---|---------|---------------------|----|----|----|----|----|----|--|
| 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 | |

| 4 SPEED LET THE NIGHT TAKE BLAME | | WAVE 59 | water motion | | | | | | | |
|--|--|---------|---------------------|----|----|----|----|----|----|--|
| 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 | |

| 5 GROUP ANY WAY YOU WANT IT | | WAVE 59 | water motion | | | | | | | |
|---------------------------------------|---|---------|---------------------|----|----|----|----|----|----|--|
| 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 | |

| 6 SUSPENSION 50 WAYS TO SAY GOODBYE | | WAVE 59 | water motion | | | | | | | |
|---|---|---------|---------------------|----|----|----|----|----|----|--|
| 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 | |

| 7 UPPER BODY NO EXCUSES | | WAVE 59 | water motion | | | | | | |
|-----------------------------------|---|---------|--------------|----|----|----|----|-----|--|
| 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 | |

| 8 LOWER BODY TEXAS HOLD 'EM | | WAVE 59 | water motion | | | | | | |
|---------------------------------------|---|---------|--------------|---|---|---|---|-----|---|
| 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 Push Noodle Front | | | | | | | | | |
| C | V | B | C | V | B | C | V | B | C |

| 9 CORE RUN BACK TO YOU | | WAVE 59 | water motion | | | | | | |
|----------------------------------|---|---------|--------------|----|----|----|----|----|--|
| 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 | |

| 10 FLEXIBILITY WILD WORLD | | WAVE 59 | water motion | | | | | | |
|-------------------------------------|---|---------|--------------|----|----|----|----|-----|--|
| 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 | |

| 11 BONUS FOX ON THE RUN | | WAVE 59 | water motion | | | | | | |
|-----------------------------------|--|---------|--------------|----|----|----|----|-----|--|
| Intro | Noodle In Front, Under Arms | | | | | | | | |
| Verse | JACK / ½ CROSS COUNTRY In Flotation, Jack / ½ Cross Country Only (Arms: Maintain flotation) | | | | | | | 16x | |
| Chorus | RUN 8 / TUCK 2 In Neutral, Run 8 – Small TVL Forward / Tuck 2 – TVL Backward (Arms: Hold noodle in hands / Reverse scoop 2) | | | | | | | 4x | |
| Bridge | ANGLE BICYCLE CIRCLE 14 In Flotation, Angle Bicycle 14 – Circle (Arms: Noodle under arms) | | | | | | | 4x | |
| FINISH Tuck & Hold | | | | | | | | | |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | |