



WARM UP

I WAS MADE (FOR LOVING YOU)

WAVE 60



Intro	Jog								16x
Verse	<u>JOG 16 / JACK & KNEE TUCK 8</u> Jog 16 / Jack W/Single Knee Tuck 8 (Arms: Scoop / Sweep side & together)								1x
Chorus	<u>JOG HEEL 16 / JACK & HEEL TOUCH BACK 8</u> Jog Heel 16 / Jack & Heel Touch Back 8 (Arms: Triceps press / Sweep side & touch OPP heel)								1x
Bridge	<u>JUMP ROPE 2 / MOGUL 1</u> Jump Rope 2 / Mogul 1 (4) (Arms: Circle 2 / Paddle)								2x
FINISH	Land Wide & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



LINEAR

ONE OF US

WAVE 60



Intro	Cross Country Ski								16x
Verse	<u>CROSS COUNTRY 4 / ROCKING HORSE 2</u> Cross Country 4 / Rocking Horse 2 – Knee Lift To Change (Arms: Paddle / Cross & pull back)								4x
Chorus	<u>HEEL DIG REPEATER 4</u> Heel Dig Repeater 4 – High To Low Progression (Arms: Punch forward 4, then side 4)								8x
Bridge	<u>TUCK JUMP 4 / JACK 4</u> Tuck Jump 4 TVL Forward / Jack 4 / Tuck Jump 4 TVL Backward / Jack 4 (Arms: Paddle / Sweep side)								2x
FINISH	Land Wide & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



LATERAL

PLAY THAT SONG

WAVE 60



Intro	Wide Jog								16x
Chorus	<u>INSTEP TOUCH 2 / DOUBLE JOG</u> Alternate Instep Touch 2 / Double Jog (Arms: Reach toward OPP foot / Double scoop)								8x
Verse	<u>JACK / TUCK JUMP</u> Jack / Tuck Jump (Arms: Sweep across / Push down)								8x
Bridge	<u>LEAP SIDE 3 / RUN RUN HOLD</u> Leap Side 3 TVL Right / Run Run Hold (Arms: Extend side / Running)								4x
FINISH	Superstar!								
C	V	B	C	V	B	C	V	B	C



SPEED

RUNAWAY

WAVE 60



Intro	Kick Front								16x
Verse	<u>KICK FRONT 4 / KICK BACK 4</u> Alternate Kick Front 4 / Alternate Kick Back 4 (Arms: Scoop / Push forward)								4x
Chorus	<u>RUN 8 / POWER TUCK</u> Facing Right, Run 8 TVL Forward / Power Tuck 2 – ½ Turn Left (Arms: Running / Overhead – POWER)								4x
Bridge	<u>PENDULUM 3 / KARATE 1</u> Pendulum 3 / Karate1 (Arms: Sweep in opposition)								8x
FINISH	Land, Feet Together, Arms Overhead								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



GROUP

TAKE IT ON THE RUN

WAVE 60



Intro	Form 2 Lines, Facing Each Other								
Verse	<u>KARATE BACK 16 / FLICK KICK 16</u> Alternate Karate Kick Back / Flick Kick 16 (Arms: Push forward / Extend side)								1x
Bridge	<u>LEAP 4</u> Leap 4 TVL Right, Then Left (Arms: Reach side & sweep)								4x
Chorus	<u>TAKE IT ON THE RUN AROUND 16</u> Partner 1 – Run Around Partner 2 (Arms: Running)								2x
FINISH	High Five Partner								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



SUSPENSION

FINALLY READY

WAVE 60



Intro	Get Into Neutral Position								
Verse	<u>JACK / TWIST 2 (4)</u> Neutral Jack / Twist 2 (4) (Arms: Clasp / Sweep 2 / Clasp)								2x
Bridge	<u>TUCK 3 & TOUCH</u> Tuck 3 & Touch Down – Strong Core Engagement (Arms: Move to maintain suspension)								8x
Chorus	<u>BREASTSTROKE 4 / FLUTTER 16</u> Suspended Breaststroke TVL Forward / Flutter 16 TVL Backward (Arms: Breaststroke 4 / Scoop 16)								2x
FINISH	Stand Tall								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



UPPER BODY

WE R WHO WE R

WAVE 60



Intro	Get Into Grounded Position							
Verse	<u>COBRA PULSE 3</u> Single Leg Stance – Lean Forward (4) (Arms: Squeeze palms forward 3, press back hard)							2x
Chorus	<u>PADDLE 8 / TRICEPS 8</u> Grounded Narrow Stance (Arms: Paddle out 8 / Triceps press down 8)							2x
Bridge	<u>POSTURE PRESS</u> Grounded Wide Stance (Arms: Shoulder press – slow 8 – fast 8 – faster 16)							1x
FINISH	Stand Tall, Arms Wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3



LOWER BODY

DANCE ALONE

WAVE 60



Intro	Get Into Position							
Verse	<u>FIGURE 8 / HIP EXTENSION 2</u> Figure 8 (4) / Sweep Leg Back 2 (Arms: Clasp hands)							4x
Chorus	<u>HIP CLAM COMPLEX</u> Lift, Sweep F, Sweep B, Lower (Arms: Held out to sides)							4x
Bridge	<u>BATMA 7</u> Heel Tap 7 To Grounded Leg (Arms: Clasp hands)							4x
FINISH	Stand Tall, Clasp Hands							
V1	C1	B1	V2	C2	B2	V3	C3	B3



CORE
INDESTRUCTIBLE

WAVE 60

**waterⁱⁿ
motion®**

Intro	Get Into Position							
Verse	JACK 2 / ROTATE 2 Neutral Jack 2 / Wide Knee Lift & Rotate 2 (Arms: Clasp & sweep across knee)							4x
Chorus	PILATES PRESS Grounded Stance (Arms: Pulse back STRONGLY)							32x
Bridge	LATERAL BEND 8 Grounded Stance (Arms: Slide down side, other hand at temple)							2x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3



FLEXIBILITY
DREAMS

WAVE 60

**waterⁱⁿ
motion®**

Intro	Open & Close Arms							
Verse	CHEST STRETCH / TRIANGLE Grounded Stance / Triangle Pose (Arms: Extend side – Chest stretch / Triangle)							2x
Bridge	KNEE / HAMSTRING / KNEE / STAND Grounded Stance – Lift Knee / Extend Leg / Knee Lift / Lower Leg (Arms: Reach under knee)							2x
Chorus	CALF STRETCH / WARRIOR 3 Step Back To Calf Stretch / Warrior 3 Pose – Lift Leg (Arms: Sweep forward 4 / Sweep behind)							2x
FINISH	Stand Wide, Lower Arms							
V1	B1	C1	V2	B2	C2	V3	B3	C3



(BONUS) FLOTATION

NUMB

WAVE 60



Intro		Run							16x
Verse		<u>RUN 8 / JACK 2 SQUARE</u> Run 8 TVL Forward / Jack 2 TVL Right / Run 8 TVL Backward / Jack 2 TVL Left							4x
Chorus		<u>JACK CROSS 4 / SHUFFLE 8</u> Fast Jack Cross 4 / Shuffle 8 (Arms: Lateral side lift / Running)							4x
Bridge		<u>ROCKET 4 / TWIST 4</u> Rocket Jack 4 / Twist 4							4x
FINISH		Land Wide & Hold							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4