



# WARM UP

I WAS MADE (FOR LOVING YOU)

WAVE 60

water<sup>in</sup>  
motion®

|        |                                                                                                                                                           |    |    |    |    |    |    |    |    |     |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|----|-----|
| Intro  | Jog                                                                                                                                                       |    |    |    |    |    |    |    |    | 16x |
| Verse  | <b><u>JOG 16 / JACK &amp; KNEE TUCK 8</u></b><br>Jog 16 / Jack W/Single Knee Tuck 8<br>(Arms: Scoop / Sweep side & together)                              |    |    |    |    |    |    |    |    | 1x  |
| Chorus | <b><u>JOG HEEL 16 / JACK &amp; HEEL TOUCH BACK 8</u></b><br>Jog Heel 16 / Jack & Heel Touch Back 8<br>(Arms: Triceps press / Sweep side & touch OPP heel) |    |    |    |    |    |    |    |    | 1x  |
| Bridge | <b><u>JUMP ROPE 2 / MOGUL 1</u></b><br>Jump Rope 2 / Mogul 1 (4)<br>(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**

**water<sup>in</sup>  
motion®**

|        |                                                                                                                                                  |    |    |    |    |    |    |    |     |
|--------|--------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|-----|
| Intro  | Cross Country Ski                                                                                                                                |    |    |    |    |    |    |    | 16x |
| Verse  | <b><u>CROSS COUNTRY 4 / ROCKING HORSE 2</u></b><br>Cross Country 4 / Rocking Horse 2 – Knee Lift To Change<br>(Arms: Paddle / Cross & pull back) |    |    |    |    |    |    |    | 4x  |
| Chorus | <b><u>HEEL DIG REPEATER 4</u></b><br>Heel Dig Repeater 4 – High To Low Progression<br>(Arms: Punch forward 4, then side 4)                       |    |    |    |    |    |    |    | 8x  |
| Bridge | <b><u>TUCK JUMP 4 / JACK 4</u></b><br>Tuck Jump 4 TVL Forward / Jack 4 / Tuck Jump 4 TVL<br>Backward / Jack 4<br>(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 | <b><u>INSTEP TOUCH 2 / DOUBLE JOG</u></b><br>Alternate Instep Touch 2 / Double Jog<br>(Arms: Reach toward OPP foot / Double scoop) |   |   |   |   |   |   |   | 8x  |
| Verse  | <b><u>JACK / TUCK JUMP</u></b><br>Jack / Tuck Jump<br>(Arms: Sweep across / Push down)                                             |   |   |   |   |   |   |   | 8x  |
| Bridge | <b><u>LEAP SIDE 3 / RUN RUN HOLD</u></b><br>Leap Side 3 TVL Right / Run Run Hold<br>(Arms: Extend side / Running)                  |   |   |   |   |   |   |   | 4x  |
| FINISH | Superstar!                                                                                                                         |   |   |   |   |   |   |   |     |
| C      | V                                                                                                                                  | B | C | V | B | C | V | B | C   |



**SPEED**  
**RUNAWAY**

**WAVE 60**

**water**<sup>in</sup>  
**motion**<sup>®</sup>

|        |                                                                                                                                        |    |    |    |    |    |    |    |     |
|--------|----------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|-----|
| Intro  | Kick Front                                                                                                                             |    |    |    |    |    |    |    | 16x |
| Verse  | <b><u>KICK FRONT 4 / KICK BACK 4</u></b><br>Alternate Kick Front 4 / Alternate Kick Back 4<br>(Arms: Scoop / Push forward)             |    |    |    |    |    |    |    | 4x  |
| Chorus | <b><u>RUN 8 / POWER TUCK</u></b><br>Facing Right, Run 8 TVL Forward / Power Tuck 2 – ½ Turn Left<br>(Arms: Running / Overhead – POWER) |    |    |    |    |    |    |    | 4x  |
| Bridge | <b><u>PENDULUM 3 / KARATE 1</u></b><br>Pendulum 3 / Karate1<br>(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  | <b><u>KARATE BACK 16 / FLICK KICK 16</u></b><br>Alternate Karate Kick Back / Flick Kick 16<br>(Arms: Push forward / Extend side) |    |    |    |    |    |    |    | 1x |
| Bridge | <b><u>LEAP 4</u></b><br>Leap 4 TVL Right, Then Left<br>(Arms: Reach side & sweep)                                                |    |    |    |    |    |    |    | 4x |
| Chorus | <b><u>TAKE IT ON THE RUN AROUND 16</u></b><br>Partner 1 – Run Around Partner 2<br>(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  | <b><u>JACK / TWIST 2 (4)</u></b><br>Neutral Jack / Twist 2 (4)<br>(Arms: Clasp / Sweep 2 / Clasp)                                                 |    |    |    |    |    |    |    | 2x |
| Bridge | <b><u>TUCK 3 &amp; TOUCH</u></b><br>Tuck 3 & Touch Down – Strong Core Engagement<br>(Arms: Move to maintain suspension)                           |    |    |    |    |    |    |    | 8x |
| Chorus | <b><u>BREASTSTROKE 4 / FLUTTER 16</u></b><br>Suspended Breaststroke TVL Forward / Flutter 16 TVL<br>Backward<br>(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  | <b><u>COBRA PULSE 3</u></b><br>Single Leg Stance – Lean Forward (4)<br>(Arms: Squeeze palms forward 3, press back hard) |    |    |    |    |    |    | 2x |
| Chorus | <b><u>PADDLE 8 / TRICEPS 8</u></b><br>Grounded Narrow Stance<br>(Arms: Paddle out 8 / Triceps press down 8)             |    |    |    |    |    |    | 2x |
| Bridge | <b><u>POSTURE PRESS</u></b><br>Grounded Wide Stance<br>(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  | <b><u>FIGURE 8 / HIP EXTENSION 2</u></b><br>Figure 8 (4) / Sweep Leg Back 2<br>(Arms: Clasp hands) |    |    |    |    |    |    | 4x |
| Chorus | <b><u>HIP CLAM COMPLEX</u></b><br>Lift, Sweep F, Sweep B, Lower<br>(Arms: Held out to sides)       |    |    |    |    |    |    | 4x |
| Bridge | <b><u>BATMA 7</u></b><br>Heel Tap 7 To Grounded Leg<br>(Arms: Clasp hands)                         |    |    |    |    |    |    | 4x |
| FINISH | Stand Tall, Clasp Hands                                                                            |    |    |    |    |    |    |    |
| V1     | C1                                                                                                 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |



**CORE**  
INDESTRUCTIBLE

**WAVE 60**



|        |                                                                                                                    |    |    |    |    |    |    |     |
|--------|--------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|-----|
| Intro  | Get Into Position                                                                                                  |    |    |    |    |    |    |     |
| Verse  | <b><u>JACK 2 / ROTATE 2</u></b><br>Neutral Jack 2 / Wide Knee Lift & Rotate 2<br>(Arms: Clasp & sweep across knee) |    |    |    |    |    |    | 4x  |
| Chorus | <b><u>PILATES PRESS</u></b><br>Grounded Stance<br>(Arms: Pulse back STRONGLY)                                      |    |    |    |    |    |    | 32x |
| Bridge | <b><u>LATERAL BEND 8</u></b><br>Grounded Stance<br>(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



|        |                                                                                                                                               |    |    |    |    |    |    |    |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|
| Intro  | Open & Close Arms                                                                                                                             |    |    |    |    |    |    |    |
| Verse  | <b><u>CHEST STRETCH / TRIANGLE</u></b><br>Grounded Stance / Triangle Pose<br>(Arms: Extend side – Chest stretch / Triangle)                   |    |    |    |    |    |    | 2x |
| Bridge | <b><u>KNEE / HAMSTRING / KNEE / STAND</u></b><br>Grounded Stance – Lift Knee / Extend Leg / Knee Lift / Lower Leg<br>(Arms: Reach under knee) |    |    |    |    |    |    | 2x |
| Chorus | <b><u>CALF STRETCH / WARRIOR 3</u></b><br>Step Back To Calf Stretch / Warrior 3 Pose – Lift Leg<br>(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  |    | <b><u>RUN 8 / JACK 2 SQUARE</u></b><br>Run 8 TVL Forward / Jack 2 TVL Right / Run 8 TVL Backward / Jack 2 TVL Left |    |    |    |    |    |    |    | 4x  |
| Chorus |    | <b><u>JACK CROSS 4 / SHUFFLE 8</u></b><br>Fast Jack Cross 4 / Shuffle 8<br>(Arms: Lateral side lift / Running)     |    |    |    |    |    |    |    | 4x  |
| Bridge |    | <b><u>ROCKET 4 / TWIST 4</u></b><br>Rocket Jack 4 / Twist 4                                                        |    |    |    |    |    |    |    | 4x  |
| FINISH |    | Land Wide & Hold                                                                                                   |    |    |    |    |    |    |    |     |
| V1     | C1 | B1                                                                                                                 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |     |