

1 WARM UP NEVER GONNA GIVE YOU UP WAVE 61 water motion										
Intro	Jog									16x
Verse	JOG HEEL 4 / DOUBLE INSTEP 2 Jog Heel 4 / Double Instep 2 (Arms: Breaststroke & hold / Reach for Opposite heel)									4x
Chorus	ANGLE JACK 2 / RUN 3 HOLD Angle Jack 2 / Run 3 Hold (2) (Arms: Upright row 2 / Running)									4x
Bridge	FLICK KICK SSD Flick Kick Single Double (Arms: Scoop SSD)									8x
FINISH	Land Wide & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

2 LINEAR EDGE OF THE EARTH WAVE 61 water motion										
Intro	Small Kick Back									16x
Verse	KICK BACK 8 / TRIPLE KICK BACK Alternate Kick Back 8 / Triple Kick Back & Jump Together (Arms: Push forward)									2x
Chorus	TUCK 2 / KICK 4 Tuck Jump 2 TVL Forward / Kick 4 – ¼ Turn (Arms: Paddle / Scoop)									4x
Bridge	HEEL & TOE 4 / SOCCER KICK 4 Heel & Toe 4 / Alternate Soccer Kick 4 (Arms: Punch down & fist back / Cross & pull back)									2x
FINISH	Land Wide & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

3 LATERAL GLAMOROUS LIFE WAVE 61 water motion										
Intro	Wide Jog									16x
Verse	WIDE JOG SSD Wide Jog - Single Double (Arms: Sweep over opposite knee)									8x
Chorus	JACK / JACK CROSS 2 Jack / Fast Jack Cross 2 (Arms: Open side / Bend elbows)									8x
Bridge	CROSS COUNTRY 6 / TUCK Cross Country 6 - Travel Side / Tuck Jump (Arms: CC sweep / Push down)									4x
FINISH	Land Wide & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

4 SPEED WITHOUT YOU WAVE 61 water motion										
Intro	Run									32x
Verse	RUN BACK 8 / MOGUL 4 Run 8 TVL Backward / Mogul 4 TVL Forward (Arms: Running / Paddles)									4x
Chorus	SKATE 4 / RUN HEEL 8 (Arms: Sweep side / Running)									4x
Bridge	FUNKY JACK 4 / SHUFFLE 8 (Arms: Bent elbows / Running)									4x
FINISH	Land Wide & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

5 GROUP YOUR LOVE IS DRIVING ME CRAZY WAVE 61 water motion										
Intro	Run, Get Into 2 Lines, Facing Each Other									32x
Verse	RUN 16 / DIVE BACK 4 Run 16 TVL To Partner Group / Dive Back 4 – Travel Backward (Arms: Running / Reverse sweep)									2x
Chorus	JACK 180 / MOGUL F/B 2 Jack & Turn 180 (2) / Mogul Forward & Backward 2 – Lines Should Be Facing Each Other (Arms: Sweep side / Sweep open & close)									2x
Bridge	LEAP SIDE 4 Face Front(Instructor) Leap Side 4 - Travel (Arms: Reach across body & sweep side)									2x
FINISH	Land & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

6 SUSPENSION COULDN'T BE BETTER WAVE 61 water motion										
Intro	Get Into Neutral Position									16x
Verse	SINGLE LEG TUCK 3 / TOUCH DOWN In Neutral Position, Suspend 1 Leg, Lift Other Leg 3, Touch Down (Arms: Scull to maintain control)									8x
Chorus	CROSS COUNTRY CIRCLE Neutral Cross Country – Drawing A Semi-circle (Arms: Maintain control)									16x
Bridge	SHOOT THROUGH CIRCLE Suspension, Tuck & Shoot, ¼ Turn Right (4) (Arms: Maintain buoyancy)									2x
FINISH	Stand Tall									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

7 UPPER BODY HYPNOTIZED WAVE 61 water motion										
Intro	Straddle Noodle									
Verse	BICEPS SCOOPS 16 / BREASTSTROKE 4 In Flotation (Arms: Biceps scoops TVL backward / Breaststroke 4 TVL forward)									2x
Chorus	TRICEPS 16 / REVERSE BREASTSTROKE 4 In Flotation (Arms: Triceps press TVL forward / Reverse breaststroke 4 TVL backward)									2x
Bridge	LAT EXTENSION 3 & SWEEP DOWN In Flotation (Arms: Lift in wide "W" 3 & sweep down 1)									8x
FINISH										
V1	C1	B1	V2	C2	B2	V3	C3	B3		

8 LOWER BODY TIME AFTER TIME WAVE 61 water motion										
Intro	Position Noodle In Back, Under Arms									
Verse	SINGLE LEG V-SIT 4 / ADDUCTOR CROSS 8 In Flotation, Alternate Leg Sweep Out & In 4 / Fast Leg Cross 8 (Arms: Squeeze noodle to maintain upright posture)									2x
Chorus	BICYCLE 8 / SEATED KICK 8 In Flotation, Single Bicycle 8 TVL Forward / Single Seated Kick 8 TVL Backward (Arms: Squeeze noodle to maintain upright position)									2x
Bridge	CROSS COUNTRY 8 / ANGLED DOLPHIN 4 In Flotation, Cross Country Center 8 / Angled Dolphin Kick 4 (Arms: Squeeze noodle to maintain upright)									2x
FINISH	Stand Tall									
V1	C1	B1	V2	C2	B2	V3	C3	B3		

REMIND PARTICIPANTS TO SIT TALL, LEGS AT 90 DEGREES, KEEPING LATS ENGAGED

9 CORE FIRE WAVE 61 water motion								
Intro	Noodle In Hands, Stand Tall							
Verse	STANDING CRUNCH 16 Jack & Slight Forward Flexion 16 (Arms: Circle noodle towards hips)							1x
Chorus	DIAMOND CRUNCH 16 In Neutral, Lift Feet – In Diamond – Towards Surface & Down 16 (Arms: Maintain control - push noodle down)							1x
Bridge	Mountain Climb 16 / CROSS CLIMB 16 In Neutral, Angle Legs Back & Touch Bottom – Knee To Same Arm 16 / Cross Knee To Opposite Arm 16 (Arms: Submerge noodle UNDER shoulders & hold)							1x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

10 FLEXIBILITY YOUR SONG WAVE 61 water motion								
Intro	Open & Close Arms							
Verse	GLUTE / ADDUCTOR / HAMSTRING STRETCH Cross Ankle Over Knee / Abduct Leg / Hamstring (Arms: Figure 8 (3) / Reach under thigh / Sweep leg forward)							2x
Bridge	QUAD / HIP STRETCH Lift Heel Toward Glute / Cross Leg Behind – IT Band (Arms: Open for chest stretch & Reach for foot / Reach up)							2x
Chorus	CALE STRETCH 3 & HUG Step Back To Calf Stretch / Step Back Foot Forward (Arms: Soft block 3 / Hug around body)							2x
FINISH	Stand Wide, Lower Arms							
V1	B1	C1	V2	B2	C2	V3	B3	C3

11 (BONUS) FLOTATION DANCING IN THE FLAMES WAVE 61 water motion								
Intro	Position Noodle In Back, Under Arms							
Verse	2 ANGLED CROSS COUNTRY TUCK 2 Angled Cross Country Tuck – Touch Down First (Arms: Maintain flotation)							4x
Chorus	SIDE FLUTTER 12 In Flotation, Side Flutter 12 TVL – Tuck & Change (Arms: Maintain flotation)							4x
Bridge	PEDAL PUSHER 3 & HOLD In Flotation, Push Heels Toward Bottom 3 & Hold (Arms: Maintain flotation)							16x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

12 (BONUS) CHRISTMAS YOU AND ME AND CHRISTMAS WAVE 61 water motion								
Intro	Noodle In Hands, Stand Tall							
Verse	STANDING CRUNCH 16 Jack & Slight Forward Flexion 16 (Arms: Circle noodle towards hips)							1x
Chorus	DIAMOND CRUNCH 16 In Neutral, Lift Feet – In Diamond – Towards Surface & Down 16 (Arms: Maintain Flotation - Option: push noodle down)							2x
Bridge	Mountain Climb 16 / CROSS CLIMB 16 In Neutral, Angle Legs Back & Touch Bottom – Knee To Same Arm 16 / Cross Knee To Opposite Arm 16 (Arms: Submerge noodle UNDER shoulders & hold)							1x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

IF USING THIS CHRISTMAS SONG, IT CAN BE SUBSTITUTED FOR TRACK 9