

Track 1		WARMUP								It's Not Right, But It's Ok									
Intro		Jog								16x									
Verse		<u>RUN 8 / JOG 4</u> Run 8 / Jog 4 (Arms: Running / Double scoop)								4x									
Chorus		<u>ANGLE JACK / JACK / ANGLE JACK / JACK</u> Angle Jack / Jack / Angle Jack / Jack (Arms: "You're safe" signal / Thumbs up)								4x									
Bridge		<u>RUN HEEL 8 / JOG HEEL 4</u> Run Heel 8 – Heel To Glute / Jog Heel 4 (Arms: Running / Double scoop)								8x									
FINISH		Land Wide & Hold																	
V1		C1		B1		V2		C2		B2		V3		C3		B3		C4	

Track 2		POSTURE								Got to be Love	
Intro		Flick Kick								16x	
Verse		<u>FLICK KICK SSD 4 / KICK 16</u> Flick Kick Single Single Double 4 / Kick Front 16 (Arms: Scoop / Power Pose)								2x	
Chorus		<u>CROSS COUNTRY 7 / JUMP TOGETHER</u> Rebound Cross Country 7 / Jump Together (Arms: Lateral elbow raise / Fists together)								4x	
Bridge		<u>JOG HEEL SSD 4 / KICK BACK 16</u> Jog Heel Single Single Double 4 / Kick Back 16 (Arms: Scoop / Chest press)								2x	
FINISH		Land Wide & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Track 3		BALANCE Do Ya							
Intro		Jog							16x
Verse		<u>ROCKING HORSE 4 / HEEL TOUCH BACK 8</u> Rocking Horse 4 / Alternate Heel Touch Back (Arms: Figure 8 / Lateral sweep back to heel)							4x
Chorus		<u>RUN 3 HOLD / SIDE SOCCER KICK 4</u> Run 3 Hold (4) / Side Soccer Kick 4 (Arms: Running)							4x
Bridge		<u>STEP SIDE & DRAG</u> Step Side & Drag – STRONG ADDUCTION (Arms: Sweep side)							16x
FINISH		Land Wide & Hold							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 4		COMMUNITY Baker Street							
Intro		Form Two Lines, Facing Instructor (Assign 1 & 2)							
Verse		<u>KARATE FRONT/BACK 4</u> Karate Kick Front/Back – Face Instructor (Arms: Fists)							4x
Chorus		<u>RUN 16 / KICK FRONT 8</u> Run 16 – Around Partner / Kick Front 8 TVL Backward – Lines Face Each Other (Arms: / Scoop)							4x
Bridge		<u>POWER PENDULUMS</u> Power Pendulums – Create BIG White Water! (Arms: BIG sweeps)							8x
FINISH		Land Wide & Hold							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5		MEMORY Gonna Get Along Without You Now								
Intro		Get Into Grounded Position							16x	
Verse		<u>TAP SIDE & SWEEP 8</u> Grounded Stance, Tap Foot Side & Sweep Across 8 (Arms: Lift elbows side / Shimmy shoulders)							2x	
Chorus		<u>JACK</u> Rebound Jack – Explain Memory Drill (Arms: Alternate Breaststroke)							16x	
Bridge		<u>JOG HEEL</u> Alternate Rebound Jog Heel (Arms: Scoop)							32x	
FINISH		Land Wide & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Never Have I Ever... Never or Maybe

Track 6		SPEED (Fast Twitch Caribbean Queen								
Intro		Get Into Grounded Stance								
Verse		<u>BICEPS/TRICEPS 16</u> Grounded Stance, Knee Lift (Arms: Alternate biceps & triceps press back)								2x
Bridge		<u>STEP SIDE 2 / SHUFFLE 8</u> Neutral Step Side 2 TVL / Shuffle 8 (Arms: Sweep side / Running)								4x
Chorus		<u>TAP SIDE 4 / FAST JACK CROSS 4</u> Rebound, Tap Side 4 (R/L) / Fast Jack Cross 8 (Arms: Maintain control)								2x
FINISH		Stand Tall								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	

Track 7	MOBILITY Walk On By							
Intro	Jog							16x
Verse	<u>JOG 8</u> Jog 8 (Arms: Roll shoulders / Press behind - fast)							2x
Chorus	<u>STARJACK / JACK</u> Star Jack / Jack (Arms: Star & reset / Pec Dec)							8x
Bridge	<u>KICKSTAND 8</u> Grounded Stance, Pull Heel To Glute 8 (Arms: Scull or scoop)							4x
FINISH								
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 8	ADLs Without You							
Intro	Twist							
Verse	<u>JACK & KNEE TWIST 4</u> Jack & Twist 4 (Arms: Angled reach & cross – simulate buckling a seatbelt)							4x
Chorus	<u>ANKLE MOBILITY (DRIVE AWAY) 8</u> Grounded Stance – Simulate Pushing Gas & Brake (Arms: Steering wheel)							2x
Bridge	<u>PENDULUM 14 / DOUBLE PENDULUM</u> Rebound Pendulum 14 – Simulate Moving Boxes (Arms: Reach side & sweep across front)							2x
FINISH	Stand Tall, Wave							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	CORE Heat of the Moment							
Intro	Get Into Grounded Position							
Verse	<u>INFINITY SWEEPS</u> Wide Grounded Stance (Arms: Clasp & extend – Big white water!)							1x
Chorus	<u>HIP CIRCLE PULSE 3</u> Grounded Stance – Lift Knee, Open, Back & Pulse 3 (Arms: Open to side, tall posture)							4x
Bridge	<u>MOGUL 16 / POWER MOGUL 16</u> Neutral Mogul 16 / Power Mogul 16 (Arms: Paddle side to side)							1x
FINISH								
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 10	FLEXIBILITY Rise Up							
Intro	Stand Tall & Sweep Arms In Figure 8							4x
Verse	<u>LUNGE BACK / KNEE LIFT & EXTEND 2</u> Step Back To Lunge / Lift Knee - Extend & Bend 2 (Arms: Figure 8 sweep 2 / Reach under knee)							2x
Chorus	<u>MOUNTAIN POSE / QUAD STRETCH</u> Mountain Pose / Quad Stretch – Heel To Glutes (Arms: Reach overhead / Open elbows / Clasp behind)							2x
Bridge	<u>FIGURE 4 / LUNGE & SWAY 4</u> Cross Ankle Over Knee / Lunge Side & Sway 4 (Arms: Hold side / Sweep underwater 4)							2x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3