

Track 1	WARMUP My Life									
Intro	Jog									16x
Verse	<u>DOUBLE JOG 8 / DOUBLE JOG HEEL 8</u> (Arms: Fists cross, chest press front / Fists cross / push side)									1x
Chorus	<u>TWISTS 4 / JUMP ROPE 4</u> (Arms: Sweep side to side / Circle)									4x
Bridge	<u>ROCK 4 / SINGLE LEG JACK 4</u> (Arms: Figure 8 / Reach side & sweep in)									2x
FINISH	Land Wide & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 2	POSTURE Stumblin' In									
Intro	Jog									16x
Chorus	<u>JOG 4 / RUN 7 & HOLD</u> Jog 4 / Run 7 & Hold (Arms: Scoop / Running)									4x
Verse	<u>JACK 16</u> Jack 16 (Arms: Shoulder, shoulder, reach overhead, shoulder)									1x
Bridge	<u>FLICK KICK 2 / WIDE FLICK 2</u> Flick Kick 2 / Wide Flick 2 (Arms: Scoop / Hold wide)									8x
Finish	Land Wide									
C1	V1	B1	C2	V2	B2	C3	V3	B3	C4	

Track 3	BALANCE Right Back to Where We Started From								
Intro	Jog Heel								16x
Verse	<u>SKATE 8 / SKATE 8 BALANCE</u> (Arms: Sweep to opposite knee / Cross chest)								2x
Chorus	<u>KICK FRONT 8 / MOGUL 8</u> Kick Front 8 TVL Forward / Mogul 8 TVL Backward (Arms: Swim / Scoop to front)								2x
Bridge	<u>LEAP SIDE / HOLD 3 / JUMP TOGETHER</u> (Arms: Open side / Scull)								4x
FINISH	Land Wide & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 4	COMMUNITY Breaking Up Is Hard To Do								
Intro	Find A Partner								
Verse	<u>ANGLED JUMP F/B</u> Angled Jump F/B With Partner (Arms: Sweep open & close)								8x
Bridge	<u>TUCK JUMP 4</u> Tuck Jump 4 TVL Backward / Tuck Jump 4 TVL Forward (Arms: Scoop)								2x
Chorus	<u>CROSS COUNTRY CIRCLE 8</u> Cross Country 8 In A Circle With Partner, Switch Directions (Arms: Cross country)								4x
FINISH	High Five Partner								
V1	B1	C1	V2	B2	C2	V3	B3	C3	B4

Track 5		MEMORY								Roam	
Intro		Get Into Grounded Position, Explain Challenge									
Verse		HIP EXTENSION / CIRCLE AROUND (4) Grounded Stance, Slide Leg Back & Forward / Circle Leg Back To Front (4) (Arms: Clasp)								2x	
Chorus		JUMP ROPE 2 / ½ CROSS COUNTRY Jump Rope 2 / ½ Cross Country (Arms: Circle / Extend F/B)								2x	
Bridge		RUN Run & Perform Memory Drill (Arms: Running)								32x	
FINISH		Land Wide & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

What equation equals ?????? 10 (5+5, 20-10, 2x5)

Track 6		SPEED (FAST TWITCH)								Come and Get Your Love	
Intro		Run								32x	
Verse		RUN 3 & HOLD Run 3 Hold (Arms: Shoulder cross & push)								16x	
Chorus		DBL INSTEP TOUCH 8 / DBL HEEL TOUCH 8 Double Instep Touch 8 / Double Heel Touch Back 8 (Arms: Reach for opposite foot)								1x	
Bridge		LEAP FORWARD 4 / RUN HEEL 16 Alternate Leap Forward 4 TVL Forward / Run Heel 16 TVL Backward (Arms: Breaststroke 4 / Triceps press back)								4x	
FINISH		Land Wide & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Track 7	MOBILITY Step by Step							
Intro	Hold Noodle In Hands							
Verse	HIP OPENER COMBO Grounded Position, Lift Knee, Open, Extend Foot To Noodle End 2, Close, Lower Knee (Arms: Hold noodle at surface)							4x
Chorus	SINGLE CROSS COUNTRY 7 Single Leg Cross Country & Together (Arms: Single extension & pull back)							2x
Bridge	NEUTRAL SYNCHOPATED JACK Neutral Jack – Out, In, Out Then In, Out, In (Arms: Bent elbows – squeeze ends together)							8x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 8	ADLs Lady Soul							
Intro	Noodle In Hands, About 1 Foot From Ends							
Verse	SWING 8 Lunge Stance (Simulate pushing a swing) (Arms: Noodle in arch overhead – Plunge ends, push & pull back)							2x
Chorus	STAINING/SANDING Grounded Stance (Simulate sanding a table or bench) (Arms: Noodle at or slightly below surface of water – Alternate circles 16)							2x
Bridge	RUN 16 Run 16 TVL Forward – ¼ Turn (Arms: Plunge & push noodle – simulate pushing a cart)							4x
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	CORE								Old-fashioned Love Song
Intro	Noodle In Hands								
Verse	<u>HIP EXTEND 4</u> Grounded Stance – Extend Leg Back, Lower / Extend Leg To Angle, Lower 4 (Arms: Hold noodle in front)								2x
Chorus	<u>TUCK / STAND & LUNGE 4</u> Tuck Jump / Stand & Lunge 4 (Arms: Push noodle under water / Sweep across)								2x
Bridge	<u>SHOOT THROUGH F/B</u> Suspended, Tuck / Shoot To Supine / Tuck / Shoot To Prone (Arms: In hands or under arms)								8x
FINISH	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 10	FLEXIBILITY								All Through the Night
Intro	Gently Circle Wrists								
Verse	<u>HAMSTRING STRETCH</u> Lift Leg & Lower – Flex Foot (Arms: Mountain pose to Goddess & lower)								2x
Bridge	<u>CURSTY LUNGE</u> Cross Leg Behind / Lift Knee Side & Lower (Arms: Sweep across / Reach under leg)								2x
Chorus	<u>LUNGE 4 / STAR POSE</u> Wide Stance, Lunge R/L 4 / Star Pose (Arms: Sweep side to side / Extend from shoulders)								2x
FINISH	Stand Tall								
V1	B1	C1	V2	B2	C2	V3	B3	C3	