

Track 1		WARM-UP								Follow You	
Intro		Jog heel								16x	
Verse		<u>JOG HEEL 16 / JOG 16</u> Jog Heel 16 / Jog 16 (Arms: Push side 4 / Push down 4)								2x	
Chorus		<u>NEUTRAL JACK 4 / REBOUND JACK 4</u> Neutral Jack 4 / Rebound Jack 4 (Arms: Bend elbows – lift & lower / Side sweep)								4x	
Bridge		<u>ROCK 2 / EASY SKATE 4</u> Rocking Horse 2 / Skate 4 (Arms: Thumbs up / Sweep)								4x	
FINISH		Land wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Track 2		LOWER BODY 1								Rain on Me	
Intro		2 Dumbbells, Crossed, At Chest									
Verse		<u>FLEXXED FLUTTERS 8 / FAST FLUTTERS 16</u> Side Flotation, Flex Feet, Flutter 8 / Point Toes, Fast Flutter 16 – Some TVL (Arms: Hug dumbbells)								2x	
Chorus		<u>DIAMOND JUMPS</u> Neutral Or Suspended, Diamond Jumps (Arms: Small push down on dumbbells)								16x	
Bridge		<u>KARATE BACK KICKS</u> Alternate Karate Kicks Back (Arms: Hug dumbbells)								16x	
FINISH		Land wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Track 3	UPPER BODY 1 Love Will Save the Day							
Intro	2 Dumbbells, In Each Hand							
Verse	<u>ROTATING PUNCHES</u> Grounded Lunge Stance (Arms: Extend right – palm down & bend left – palm up)							32x
Bridge	<u>TRICEPS PRESS BACK</u> Grounded Lunge Stance (Arms: Press both dumbbells back)							16x
Chorus	<u>FRONT RAISE & OPEN 8</u> Grounded Stance, Lift 1 Knee (Arms: Lift front, open side, close, lower)							2x
FINISH	Relax Hands & Shake Shoulders							
V1	B1	C1	V2	B2	C2	V3	B3	C3

Track 4	CORE 1 Walking On A Dream							
Intro	2 Dumbbells, Crossed, Underwater							
Verse	<u>DUMBBELL PULLDOWN</u> In Diagonal Position – Legs Back (Arms: Pull dumbbell toward thighs – straight elbows)							16x
Chorus	<u>DIAGONAL KNEE CRUNCH</u> Alternate Knee lift Outside Dumbbell (Arms: Hold dumbbell under shoulders)							16x
Bridge	<u>WASHING MACHINE</u> Grounded Stance (Arms: Strongly sweep dumbbell hip to center)							16x
Finish	Stand wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 5	ACTIVE RECOVERY 1 Don't You Want Me								
Intro	Put Dumbbells Aside								
Verse	<u>JACK SWEEP 3</u> Jack, Alternate Sweep Legs 3 (Arms: Sweep Side, sweep to opposite foot)								8x
Bridge	<u>PENDULUM / KARATE SIDE 3</u> Pendulum / Karate Side Kick 3 (Arms: Sweep opposite / Fists in front)								2x
Chorus	<u>KICK FRONT 4 / KICK BACK 4</u> Kick Front 4 / Kick Back 4 (Arms: Scoop)								4x
FINISH	Land Wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 6	LOWER BODY 2 Burnin' Up								
Intro	1 Dumbbell, In Left Hand								32x
Verse	<u>ANGLED ROCKING KARATE B/F 7</u> On Angle, Rebound Rocking Karate Back/Front 7 (Arms: Angled punch & pull)								2x
Bridge	<u>JACK & UPRIGHT ROW</u> Jack (Arms: Push dumbbell down & return to chest)								16x
Chorus	<u>TIRE RUN 2 / RUN 7 HOLD</u> Tire Run 2 / Run 7 Hold TVL Side (Arms: Hold dumbbell at chest / Extend Right)								4x
FINISH	Land Wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 9		ACTIVE RECOVERY Castle on the Hill							
Intro		Put Dumbbells Aside, Jog							16x
Verse		<u>ROCK 2 / JACK 2</u> Rocking Horse 2 / Jack 2 (Arms: Push palms front / Push side)							4x
Bridge		<u>CROSS COUNTRY 7 / 180 TURN</u> Cross Country 7 / 180 Turn To Back Of Pool (Arms: Sweep forward & backward)							4x
Chorus		<u>BARREL JUMP 2 / RUN 7 HOLD</u> Barrel Jump 2 TVL Side / Run 7 Hold – Outside Foot (Arms: Reach & sweep / Running)							4x
FINISH		Land wide							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 10		FLEXIBILITY Crazy Love							
Intro		Prayer Push							
Verse		<u>MOUNTAIN / HAMSTRING / QUAD</u> Lift Leg / Sweep Heel To Glute (Arms: Prayer to mountain / Open chest / Clasp)							2x
Chorus		<u>WARRIOR 2</u> Alternate Warrior 2 (Arms: Warrior 2 to heart)							8x
Bridge		<u>GLUTE STRETCH</u> Figure 4 – Cross Ankle Over Knee (Arms: Eagle or prayer)							2x
FINISH		Stand Tall, Punch Front							
V1	C1	B1	V2	C2	B2	V3	C3	B3	

NOTE: Final Bridge does NOT have words!