

Track 1		WARMUP								Never Gonna Give You Up	
Intro	Jog								16x		
Verse	<u>JOG HEEL 4 / DOUBLE INSTEP 2</u> Jog Heel 4 / Double Instep 2 (Arms: Breaststroke & hold / Reach for Opposite heel)								4x		
Chorus	<u>ANGLE JACK 2 / RUN 3 HOLD 2</u> Angle Jack 2 / Run 3 Hold 2 (Arms: Upright row 2 / Running)								4x		
Bridge	<u>FLICK KICK SSD</u> Flick Kick Single Single Double (Arms: Scoop SSD)								8x		
FINISH		Land Wide & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Track 2		LINEAR								Edge of the Earth	
Intro	Small Kick Back								16x		
Verse	<u>KICK BACK 16 / TRIPLE KICK BACK</u> Alternate Kick Back 16/ Triple Kick Back & Jump Together (Arms: Push forward)								32x		
Chorus	<u>TUCK 2 / KICK 4</u> Tuck Jump 2 TVL Forward / Kick 4 – ¼ Turn (Arms: Paddle / Scoop)								4x		
Bridge	<u>HEEL & TOE 4 / SOCCER KICK 4</u> 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		

Track 3		LATERAL								Glamorous Life	
Intro		Wide Jog								16x	
Verse		WIDE JOG SSD Wide Jog Sing 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 TVL Side / Tuck Jump (Arms: CC sweep / Push down)								4x	
FINISH		Land Wide & Hold									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Track 4		SPEED								Without You	
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		

Track 5		GROUP Your Love is Driving Me Crazy								
Intro		Run, Get Into 2 Lines, Facing Each Other								32x
Verse		<u>RUN 16 / DIVE BACK 4</u> Run 16 TVL To Partner Group / Dive Back 4 TVL Backward (Arms: Running / Reverse sweep)								2x
Chorus		<u>JACK 180 / MOGUL F/B 2</u> Jack & Turn 180 (2) / Mogul Forward & Backward 2 – Lines Should Be Facing Each Other (Arms: Sweep side / Sweep open & close)								2x
Bridge		<u>LEAP SIDE 4</u> Leap Side 4 TVL (Arms: Reach across body & sweep side)								2x
FINISH		Land & Hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 6		SUSPENSION Couldn't be Better								
Intro		Get Into Neutral Position								16x
Verse		<u>SINGLE LEG TUCK 3 / TOUCH DOWN</u> In Neutral Position, Suspend 1 Leg, Lift Other Leg 3, Touch Down (4) (Arms: Scull to maintain control)								4x
Chorus		<u>CROSS COUNTRY CIRCLE</u> Neutral Cross Country – Drawing A Semi-circle (Arms: Maintain control)								16x
Bridge		<u>MOGUL 2 / TUCK & FLUTTER 4</u> Neutral Position, Alternate Mogul 2, Tuck & Flutter 4 (Arms: Maintain buoyancy)								2x
FINISH		Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

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

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

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

Track 9	CORE						Fire		
Intro	Noodle In Hands, Stand Tall								
Verse	<u>STANDING CRUNCH 16</u> Jack & Slight Forward Flexion 16 (Arms: Circle noodle towards hips)								1x
Chorus	<u>DIAMOND CRUNCH 16</u> In Neutral, Lift Feet – In Diamond – Towards Surface & Down 16 (Arms: Maintain control - push noodle down)								1x
Bridge	<u>Mountain Climb 16 / CROSS CLIMB 16</u> 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	

Track 10	FLEXIBILITY						Your Song		
Intro	Open & Close Arms								
Verse	<u>GLUTE / ADDUCTOR / HAMSTRING STRETCH</u> Cross Ankle Over Knee / Abduct Leg / Hamstring (Arms: Figure 8 (3) / Reach under thigh / Sweep leg forward)								2x
Bridge	<u>QUAD / HIP STRETCH</u> Lift Heel Toward Glute / Cross Leg Behind – IT Band (Arms: Open for chest stretch & Reach for foot / Reach up)								2x
Chorus	<u>CALF STRETCH 3 & HUG</u> 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	

Track 11	BONUS (Flotation) Dancing in the Flames							
Intro	Position Noodle In Front, Under Arms							
Verse	<u>2 ANGLED CROSS COUNTRY TUCK</u> 2 Angled Cross Country Tuck – Touch Down First (Arms: Maintain flotation)	4x						
Chorus	<u>SIDE FLUTTER 14</u> In Flotation, Side Flutter 14 TVL – Tuck & Change (Arms: Maintain flotation)	4x						
Bridge	<u>PEDAL PUSHER 3 & HOLD</u> In Flotation, Push Heels Toward Bottom 3 & Hold (Arms: Maintain flotation)	16x						
FINISH	Stand Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 12	BONUS(Christmas) You and Me and Christmas							
Intro	Noodle In Hands, Stand Tall							
Verse	<u>STANDING CRUNCH 16</u> Jack & Slight Forward Flexion 16 (Arms: Circle noodle towards hips)	1x						
Chorus	<u>DIAMOND CRUNCH 16</u> In Neutral, Lift Feet – In Diamond – Towards Surface & Down 16 (Arms: Maintain Flotation - Option: push noodle down)	2x						
Bridge	<u>Mountain Climb 16 / CROSS CLIMB 16</u> 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