

| Track 1 |    | WARMUP Cherish                                                                                                                        |    |    |    |    |    |    |     |
|---------|----|---------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|-----|
| Intro   |    | Jog                                                                                                                                   |    |    |    |    |    |    | 16x |
| Verse   |    | <b><u>WIDE JOG 4 / WIDE FLICK KICK 4</u></b><br>Wide Jog 4 / Wide Flick Kick 4<br>(Arms: Sweep to opposite knee / Scoop)              |    |    |    |    |    |    | 4x  |
| Chorus  |    | <b><u>SIDE LEAP &amp; RESET 4 / JACK 4</u></b><br>Side Leap & Reset 4 / Jack 4<br>(Arms: Extend from shoulders & cross heart / Sweep) |    |    |    |    |    |    | 2x  |
| Bridge  |    | <b><u>RUN HEEL 3 / RUN 8</u></b><br>Run Heel 3 (4) / Run 8<br>(Arms: Overhead wave 3 / Running)                                       |    |    |    |    |    |    | 2x  |
| FINISH  |    | Land Wide & Hold                                                                                                                      |    |    |    |    |    |    |     |
| V1      | C1 | B1                                                                                                                                    | V2 | C2 | B2 | V3 | C3 | B3 | C4  |

| Track 2 |    | LINEAR                                                                                                                                                  |    |    |    |    |    |    |    | Lighter |  |
|---------|----|---------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|---------|--|
| Intro   |    | Kick Front                                                                                                                                              |    |    |    |    |    |    |    | 16x     |  |
| Verse   |    | <b><u>KICK COMBO 2</u></b><br>Kick Front 4 / Kick Diagonal 4 / Kick Back 4 / Kick Diagonal Back 4<br>(Arms: Scoop / Hold wide / Push F / Push across)   |    |    |    |    |    |    |    | 2x      |  |
| Chorus  |    | <b><u>CROSS COUNTRY 8 / SEATED KICK 16</u></b><br>Cross Country 8 TVL Forward / Seated Kick 16 TVL Backward – Option To Touch<br>(Arms: Paddle / Scoop) |    |    |    |    |    |    |    | 4x      |  |
| Bridge  |    | <b><u>JUMP ROPE 2 / TUCK</u></b><br>(Arms: Circle 2 / Push down)                                                                                        |    |    |    |    |    |    |    | 8x      |  |
| FINISH  |    | Land Wide & Hold                                                                                                                                        |    |    |    |    |    |    |    |         |  |
| V1      | C1 | B1                                                                                                                                                      | V2 | C2 | B2 | V3 | C3 | B3 | C4 |         |  |

| Track 3 |    | WARMUP It's a Feeling                                                                                               |    |    |    |    |    |    |    |
|---------|----|---------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|
| Intro   |    | Jack                                                                                                                |    |    |    |    |    |    | 8x |
| Verse   |    | <b><u>PENDULUM 4 / DOUBLE PENDULUM 2</u></b><br>Pendulum 4 / Double Pendulum 2<br>(Arms: Sweep in opposition)       |    |    |    |    |    |    | 4x |
| Chorus  |    | <b><u>KARATE SIDE SSD</u></b><br>Karate Side Single Single Double<br>(Arms: Triceps side - fists)                   |    |    |    |    |    |    | 8x |
| Bridge  |    | <b><u>BARREL JUMP 2 / JACK 2</u></b><br>Barrel Jump 2 TVL / Jack 2<br>(Arms: Reach side & sweep across / Open side) |    |    |    |    |    |    | 4x |
| FINISH  |    | Land Wide & Hold                                                                                                    |    |    |    |    |    |    |    |
| V1      | C1 | B1                                                                                                                  | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

| Track 4 |    | SPEED When Doves Cry                                                                                                                    |    |    |    |    |    |    |     |
|---------|----|-----------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|-----|
| Intro   |    | Run                                                                                                                                     |    |    |    |    |    |    | 32x |
| Verse   |    | <b><u>RAPID ROCKER 4 / FUNKY TWIST 8</u></b><br>Rocking Horse 4 - Small & Fast / Funky Twist 8<br>(Arms: Push pull push / Funky)        |    |    |    |    |    |    | 2x  |
| Chorus  |    | <b><u>RUN 7 F/B/R/L</u></b><br>Run 7 TVL Forward / Run 7 TVL Backward / Run 7<br>TVL Right / Run 7 TVL Left<br>(Arms: Running)          |    |    |    |    |    |    | 2x  |
| Bridge  |    | <b><u>ROCKET JACK 8 / NEUTRAL JACKS 8</u></b><br>Rocket Jack 8 / Neutral Jack 8<br>(Arms: Sweep palms in front / Bent elbows out & out) |    |    |    |    |    |    | 2x  |
| FINISH  |    | Land Wide & Hold                                                                                                                        |    |    |    |    |    |    |     |
| V1      | C1 | B1                                                                                                                                      | V2 | C2 | B2 | V3 | C3 | B3 | C4  |

| Track 5 | GROUP The Edge of Saturday Night                                                                                                                       |    |    |    |    |    |    |    |    |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|----|
| Intro   | Form Circles Of 4-6 Participants                                                                                                                       |    |    |    |    |    |    |    |    |
| Verse   | <b><u>CIRCLE JOG 8 / FLICK KICK 8</u></b><br>Turn Right, Jog 8 / Turn Center, Flick Kick 8 – Switch<br>(Arms: Extend left to center of circle / Scoop) |    |    |    |    |    |    |    | 2x |
| Chorus  | <b><u>DOUBLE KARATE KICK BACK 8 / SINGLE 16</u></b><br>Facing Center, Double Karate Kick Back<br>(Arms: Double chest press front / Roll)               |    |    |    |    |    |    |    | 1x |
| Bridge  | <b><u>BATTLE ROPE 8 / CROSS COUNTRY 8</u></b><br>Grounded Stance / Cross Country 8<br>(Arms: Battle rope – STRONGLY lift & lower / Paddle)             |    |    |    |    |    |    |    | 2x |
| FINISH  | High Five Partners                                                                                                                                     |    |    |    |    |    |    |    |    |
| V1      | C1                                                                                                                                                     | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

| Track 6 | SUSPENSION Nobody                                                                                                                                                                  |    |    |    |    |    |    |    |    |
|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|----|
| Intro   | Get Into Position                                                                                                                                                                  |    |    |    |    |    |    |    |    |
| Verse   | <b><u>STEP SIDE 2 / Abductor 2</u></b><br>Grounded Stance, Step Side 2 / Abductor Sweep 2<br>(Arms: Sweep side / Clasp)                                                            |    |    |    |    |    |    |    | 4x |
| Bridge  | <b><u>DIVE FORWARD 2 / DIVE BACKWARD 2</u></b><br>Dive Forward – Pull Knees To Chest / Dive Backward<br>– Pull Knees To Chest<br>(Arms: Breaststroke / Reverse breaststroke sweep) |    |    |    |    |    |    |    | 4x |
| Chorus  | <b><u>NEUTRAL SEATED KICK 8 / SUSPENDED KICK 16</u></b><br>In Neutral, Seated Kick 8 / Suspended Seated Kick 16<br>(Arms: Maintain control & buoyancy)                             |    |    |    |    |    |    |    | 2x |
| FINISH  | Stand Tall                                                                                                                                                                         |    |    |    |    |    |    |    |    |
| V1      | B1                                                                                                                                                                                 | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |

| Track 7 |    | UPPER BODY                                                                                                                                                                                    |    |    |    |    |    |    | Together Again |    |  |
|---------|----|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----------------|----|--|
| Intro   |    | Get Into Position                                                                                                                                                                             |    |    |    |    |    |    |                |    |  |
| Verse   |    | <b><u>DIAGONAL REACH 2 / SWEEP OPEN &amp; DROP</u></b><br>Grounded Stance<br>(Arms: Diagonal reach across body R/L / Sweep open & Lower to hips)                                              |    |    |    |    |    |    |                | 8x |  |
| Bridge  |    | <b><u>TRIPLE BICEPS SWEEP &amp; PRESS BACK</u></b><br>Grounded Stance – Triple Biceps Sweep & Press Back<br>4 – Slow for 4, Then Speed Up<br>(Arms: Biceps sweep 3 – open hands & press back) |    |    |    |    |    |    |                | 1x |  |
| Chorus  |    | <b><u>WINDSHIELD WIPERS 16 &amp; REVERSE 16</u></b><br>Grounded Stance<br>(Arms: Alternate circle out 16 & reverse 16)                                                                        |    |    |    |    |    |    |                | 1x |  |
| FINISH  |    | Stand Wide, Lower Arms                                                                                                                                                                        |    |    |    |    |    |    |                |    |  |
| V1      | B1 | C1                                                                                                                                                                                            | V2 | B2 | C2 | V3 | B3 | C3 |                |    |  |

| Track 8 |    | LOWER BODY                                                                                                                               |    |    |    |    |    |    | Bad Dreams |  |
|---------|----|------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|------------|--|
| Intro   |    | Get Into Position                                                                                                                        |    |    |    |    |    |    |            |  |
| Verse   |    | <b><u>KARATE SIDE KICK 8 / KICKSTAND 7</u></b><br>Grounded Stance, Karate Kick Side 8 / Kickstand 7<br>(Arms: Clasp hands)               |    |    |    |    |    |    | 2x         |  |
| Chorus  |    | <b><u>CROSS COUNTRY 4 &amp; SLIDE TOGETHER</u></b><br>Neutral Stance, Cross Country 3 & Slide Together (4)<br>(Arms: Paddle & clasp)     |    |    |    |    |    |    | 4x         |  |
| Bridge  |    | <b><u>HIP OPENER / FIGURE 8 (2)</u></b><br>Grounded Stance, Lift Knee - Open, Close, Lower /<br>Figure 8 – In & Out (2)<br>(Arms: Clasp) |    |    |    |    |    |    | 4x         |  |
| FINISH  |    | Stand Tall                                                                                                                               |    |    |    |    |    |    |            |  |
| V1      | C1 | B1                                                                                                                                       | V2 | C2 | B2 | V3 | C3 | B3 |            |  |

| Track 9 | CORE Set Fire to the Rain                                                                                                                                                      |    |    |    |    |    |    |    |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|
| Intro   | Get Into Position                                                                                                                                                              |    |    |    |    |    |    |    |
| Verse   | <b><u>SIDE BEND / KNEE LIFT &amp; SLIDE</u></b><br>Grounded Stance, Lateral Bend / Lift Knee (8)<br>(Arms: Reach toward knee / Reach under knee)                               |    |    |    |    |    |    | 2x |
| Bridge  | <b><u>FORWARD FLEX / KNEE LIFT &amp; SLIDE</u></b><br>Grounded Stance, Bend Forward / Lift & Extend (8)<br>(Arms: Fingers at temple – elbows wide / Slide under opposite knee) |    |    |    |    |    |    | 2x |
| Chorus  | <b><u>TUCK AROUND</u></b><br>In Neutral, Touch & Tuck Front/Right/Back/Left –<br>Option To Suspend After 2 Rounds<br>(Arms: Assist in movement & control)                      |    |    |    |    |    |    | 2x |
| FINISH  | Stand Tall                                                                                                                                                                     |    |    |    |    |    |    |    |
| V1      | B1                                                                                                                                                                             | C1 | V2 | B2 | C2 | V3 | B3 | C3 |

| Track 10 | FLEXIBILITY One Call Away                                                                                                                                |    |    |    |    |    |    |    |    |
|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|----|
| Intro    | Shoulder Rolls                                                                                                                                           |    |    |    |    |    |    |    |    |
| Verse    | <b><u>POSTURE CHECK / FALLING STAR</u></b><br>Grounded Stance / Falling Star<br>(Arms: Open chest - Phone call / Lateral bend)                           |    |    |    |    |    |    |    | 2x |
| Chorus   | <b><u>SUPERMAN / WARRIOR 1</u></b><br>Grounded Stance / Warrior 1 – Calf Stretch<br>(Arms: Sweep forward & open shirt / Reach Overhead & down to chest ) |    |    |    |    |    |    |    | 2x |
| Bridge   | <b><u>HIP STRETCH / HAMSTRING</u></b><br>Extend Heel Forward & Flex Foot / Lift Leg<br>(Arms: Extend back / Support leg)                                 |    |    |    |    |    |    |    | 2x |
| FINISH   | Stand Tall, Lower Arms                                                                                                                                   |    |    |    |    |    |    |    |    |
| V1       | C1                                                                                                                                                       | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

|          |                                                                                                                                     |    |    |    |    |    |    |    |     |
|----------|-------------------------------------------------------------------------------------------------------------------------------------|----|----|----|----|----|----|----|-----|
| Track 11 | BONUS(Cardio) I Can Do it With a Broken Heart                                                                                       |    |    |    |    |    |    |    |     |
| Intro    | Kick Front                                                                                                                          |    |    |    |    |    |    |    | 16x |
| Verse    | <b><u>PENDULUM 3 / KARATE SIDE</u></b><br>Pendulum 3 / Karate Kick Side<br>(Arms: Sweep in opposition / Fists)                      |    |    |    |    |    |    |    | 8x  |
| Bridge   | <b><u>STRAIGHT LEG ROCK 7</u></b><br>Rocking Horse W/Straight Legs – Knee To Change<br>(Arms: Punch down & slide back)              |    |    |    |    |    |    |    | 2x  |
| Chorus   | <b><u>JACK KNEE TUCK 4 / TUCK 4</u></b><br>Jack Knee Tuck 4 / Tuck Jump 4 TVL Forward & Reverse<br>(Arms: Sweep side & in / Paddle) |    |    |    |    |    |    |    | 2x  |
| FINISH   | Land Wide                                                                                                                           |    |    |    |    |    |    |    |     |
| V1       | B1                                                                                                                                  | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4  |