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| Track 1 |  WARM-UP China Grove |
| Intro | Jog | 16x |
| Verse | **KNEE & KICK 2 / FLICK KICK 4**Knee & Kick (CanCan) 2 / Flick Kick 4(Arms: Scoop) | 4x |
| Chorus | **JACK 2 / INSTEP 4 / JACK 2 / HEEL TOUCH BACK**Jack 2 / Instep Touch 4 / Jack 2 / Heel Touch Back 4(Arms: Sweep side / Reach to Heels) | 2x |
| Bridge | **JOG HEEL 16 / ANGLE JOG HEEL 16**Jog Heel 16 / Jog Heel 16 – Slight Angle & Wider(Arms: Ski pole) | 4x |
| FINISH | Land Wide |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 2 | POSTURE Bad Leroy Brown |
| Intro | Jack  | 8x |
| Verse | **JACK WITH POSTURE CHECK**Rebound Jack (Arms: Lift elbows, open, close, lower) | 16x |
| Chorus | **TUCK 2 / JUMP ROPE 4**Tuck 2 TVL Forward / Jump Rope 4 TVL Backward(Arms: Paddle / Backward circles) | 4x |
| Bridge | **CROSS COUNTRY 3 / KNEE LIFT**Cross Country 3 / Lift Knee (Arms: Paddle 3 / Fists) | 8x |
| FINISH | Land Wide, Punch Front |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 3 | BALANCE La Copa de La Vida |
| Intro | Run | 16x |
| Verse | **MOGUL F/B/R/L**Mogul Front/Back/Right/Left – Option to move faster(Arms: Sweep open, close, left, right) | 8x |
| Chorus | **RUN RUN HOLD 2 / JOG 4**Run Run Hold 2 / Jog 4(Arms: Overhead / Scoop) | 4x |
| Bridge | **KNEE REPEAT 4**Grounded Stance, Touch Back, Pull Knee Through 4(Arms: Push front palms, pull back with fists) | 4x |
| FINISH | Stand Tall, Arms Overhead |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 4 | COMMUNITY Bridge Over Troubled Water |
| Intro | Get Into Groups of 4-5 |  |
| Verse | **CIRCLE JOG 16**Facing Left, Jog 16 TVL Forward, Turn 180(Arms: Extend right to center) | 2x |
| Chorus | **TWISTS**Twist 4 (Arms: Reach overhead 4 / Sweep underwater 4) | 4x |
| Bridge | **RUN 16 / FLICK KICK 8**Facing Center, Run 16 TVL Backward / Flick Kick 8Run 16 TVL Forward / Flick Kick 8 | 4x |
| FINISH | Face Center, Arms Overhead |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 5 | MEMORY Stranger in Paradise |
| Intro | Set Up Grounded Position |  |
| Verse | **LEG SWING 4 / TAP AROUND 2**Grounded Leg Swing F/B 4 / Tap F/S/B/Together 2(Arms: Clasp hands) | 2x |
| Chorus | **HEEL TOUCH / JACK**Heel Touch / Jack(Arms: Touch OPP heel / Sweep out) | 16x |
| Bridge | **KARATE BACK – MEMORY CHALLENGE**Alternate Rebound Karate Kick Back(Arms: Triceps press back) | 32x |
| FINISH | Land Wide |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

Alphabet – Name letter BEFORE (Round 1), letter AFTER (Round 2), BEFORE & AFTER (Round 3)

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| Track 6 | SPEED Twenty-five Miles |
| Intro | Jog Heel | 16x |
| Verse | **SKATER 8**Skater 8, ¼ Turn Right (4)(Arms: Sweep in OPP) | 1x |
| Chorus | **CROSS COUNTRY 8 / RUN 14**Cross Country 8 / Run 7 TVL Right / Hold(Arms: Paddle / Running) | 2x |
| Bridge | **HEEL DIG 4 / WIDE HEEL DIG 4**Heel Dig 4 (2) / Alternate Wide Flick Kick 4 (2)(Arms: Roll / Push side – open & close fingers) | 2x |
| FINISH | Land Wide, Push Arms Side |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | B4 |

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| Track 7 | MOBILITY Material Girl |
| Intro | Get Into Grounded  |  |
| Verse | **FIGURE 8 (4)**Grounded, Figure 8 (2) / Leg Side – Touch Down(Arms: Hug) | 4x |
| Chorus | **EASY JUMP ROPE 4 / JOG HEEL 4**Jump Rope – Slight Lift Off Bottom(Arms: Shoulder cross 2 / Money) | 4x |
| Bridge | **DIAGONAL EXTENSION 4**Grounded, Diagonal Leg Extension, Knee Lift 4(Arms: Diagonal reach, then into knee) | 4x |
| FINISH | Stand Tall, Money  |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 8 | ADLs I Am Woman |
| Intro | Pendulum | 16x |
| Verse | **SHOVEL 4 / SWEEP 16**Pendulum 4 – TVL Side / Pendulum 16(Arms: Double underwater scoop / Hold a Broom) | 1x |
| Chorus | **JACK** (Arms: Backstroke 16 / Breaststroke 16 - palms down) | 32x |
| Bridge | **POWER WALKING (CC)**Power Cross Country – Focus On Power(Arms: Strong running motion) | 4x |
| FINISH | Land Wide, Shake Hands Out |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

ADLs – BLOCK 1: Shoveling snow / Sweeping the walkway BLOCK 2: Putting sheet on a bed / smoothing out wrinkles BLOCK 3: Power walking

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| Track 9 | CORE Night Fever |
| Intro | Noodle In Hands |  |
| Verse | **KICK OUT / CURL 4**Grounded, Kick Front / Lift Knee & Curl Forward(Arms: Hold at knee / Push down in front of knee) | 2x |
| Chorus | **NIGHT FEVER INSTEP 4**Wide Grounded Stance, Instep 4(Arms: Push noodle end to heel & Disco) | 4x |
| Bridge | **FIGURE 8s**Grounded Stance(Arms: ½ figure 8(4) right, then left / Alternate figure 16) | 1x |
| FINISH | Push Noodle Forward |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 10 | FLEXIBILITY California Dreamin’ |
| Intro | Roll Shoulders |  |
| Verse | **LUNGE & SWAY / HAMSTRING**Lunge Stance, Lift & Lower Back Heel – Calf / Sweep Leg Through To Hamstring Stretch(Arms: Reach overhead & sway / Reach under leg) | 4x |
| Chorus | **FIGURE 4 / HORSE**Cross Foot Over Knee / Step Wide – Horse Stance(Arms: Open to side / Bend elbows) | 4x |
| Bridge | **IT BAND / QUAD STRETCH**Step Behind – Torso / Quad Stretch(Arms: Reach to head / Reach for heel) | 4x |
| FINISH |  |
| V1 | C1 | B1 | V2 | C2 | B2 |  |  |  |