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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 8  Run 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 |  |  | |  |