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| Track 1 | | WARM-UP Taking Care of Business | | | | | | | | | |
| Intro | | Jog | | | | | | | | 16x | |
| Verse | | **ANGLED ROCKING HORSE 4 / JACK 4**  Angled Rocking Horse 4 / Jack 4  (Arms: Push front, rotate fists back / Sweep side) | | | | | | | | 2x | |
| Chorus | | **JUMP ROPE 6 / TWIST 2**  Jump Rope 6 / Twist 2  (Arms: Open palm circles / Overhead) | | | | | | | | 4x | |
| Bridge | | **JOG 8 / WIDE JOG 8**  Jog 8 / Wide Jog 8  (Arms: Scoop / Sweep side to side) | | | | | | | | 2x | |
| FINISH | | Land Wide, Arms Overhead | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 2 | | POSTURE Sister Golden Hair | | | | | | | | | |
| Intro | | Jog | | | | | | | | 16x | |
| Verse | | **JOG 8 / KICK 8**  Jog 8 TVL Forward / Kick 8 TVL Backward  (Arms: Fingers to temple, elbows wide / Extend side) | | | | | | | | 2x | |
| Chorus | | **JACK KNEE 8 / JACK TUCK 8**  Jack – Alternate Knee Lift 8 / Jack Tuck 8  (Arms: Clasp hands / Sweep side & push down) | | | | | | | | 1x | |
| Bridge | | **CROSS COUNTRY / PENDULUM**  ½ Cross Country / ½ Pendulum  (Arms: Paddle / Sweep to OPP side) | | | | | | | | 1x | |
| FINISH | | Land Wide, Fingers To Temples | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 3 | | BALANCE Run Around | | | | | | | | |
| Intro | | Run | | | | | | | | 32x |
| Verse | | **SKATER 2 / RUN HEEL 3**  Skater 2 / Run Heel 3  (Arms: Sweep across / Running) | | | | | | | | 8x |
| Bridge | | **LEAP & PULL KNEE THROUGH**  Alternate Leap & Pull Knee Through  (Arms: Push & Pull) | | | | | | | | 16x |
| Chorus | | **RUN AROUND 12 / RUN 3**  Run In Circle 12 / Run 3  (Arms: Running) | | | | | | | | 4x |
| FINISH | | Land Wide | | | | | | | | |
| V1 | B1 | | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |

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| Track 4 | | COMMUNITY A Horse With No Name | | | | | | | | | |
| Intro | | Jog | | | | | | | | 16x | |
| Verse | | **JOG**  Jog – Move Into A Semi-circle  (Arms: Single figure 8(2) / Figure 8) | | | | | | | | 32x | |
| Chorus | | **ROCKING HORSE 4 / KICK 8**  Rocking Horse 4 TVL Forward / Kick Front 8 TVL Backward  (Arms: Push & pull / Scoop) | | | | | | | | 2x | |
| Bridge | | **ANGLE BACK KICK SSD 8 / ANGLE BACK KICK 16**  Angle Back Kick SSD 8 / Alternate Angle Back Kick 16  (Arms: Push to angle SSD / Push across – splash) | | | | | | | | 1x | |
| FINISH | | Land Wide | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 5 | | MEMORY Don’t Worry Baby | | | | | | | | | |
| Intro | | Get Into Grounded Position | | | | | | | |  | |
| Verse | | **BICYCLE 4 / SKATEBOARD 4**  Grounded Stance, Bicycle 4 / Skateboard 4  (Arms: Sculling) | | | | | | | | 2x | |
| Chorus | | **WIDE JOG**  Rebound Wide Jog – Explain Memory Activity  (Arms: Sweep side to side) | | | | | | | | 32x | |
| Bridge | | **MEMORY BLOCK: JACK OR CROSS COUNTRY**  Jack – Odd / Cross Country – Even  (Arms: Jack or cross country) | | | | | | | | 1x | |
| FINISH | | Land Wide, Sweep Across | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

Odd/Even Numbers: Jack or Ski & say Odd or Even

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| Track 6 | | SPEED Beat It | | | | | | | | | |
| Intro | | Position Noodle In Straddle Position | | | | | | | |  | |
| Verse | | **CYCLE COMBO 16**  Bicycle 16 TVL Forward / Wide Bicycle 16 / Seated Kick 16 TVL Backward / Wide Bicycle 16  (Arms: Sculling) | | | | | | | | 1x | |
| Chorus | | **PUNCH 16 / TRICEPS 16**  Wide Tuck  (Arms: Punch front 16 / Triceps press down 16 | | | | | | | | 4x | |
| Bridge | | **CROSS COUNTRY 3 / HOLD**  In Flotation, Cross Country 3 / Hold  (Arms: Paddle) | | | | | | | | 4x | |
| FINISH | | Stand Up | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 7 | | MOBILITY I Will Survive | | | | | | | | |
| Intro | | Noodle In Hands, Stand Tall | | | | | | |  | |
| Verse | | **H2O MACK RAISE 8**  Grounded Stance  (Arms: With hands at end of noodle, pull right down straight, left pull down with bent elbow) | | | | | | | 2x | |
| Chorus | | **KICK BACK 16 / KICKSTAND 8**  Alternate Rebound Kick Back 16 / Kickstand 8 R/L  (Arms: Push noodle forward & backward / Hold) | | | | | | | 1x | |
| Bridge | | **KNEE LIFT & CURTSY 7**  Grounded Stance, Knee Lift & Curtsy 7  (Arms: Squeeze noodle ends together on curtsy) | | | | | | | 2x | |
| FINISH | | Stand Tall, Push Noodle Front | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | | B3 |

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| Track 8 | | ADLs Heaven Must Have Sent You | | | | | | | | |
| Intro | | Noodle In Hands | | | | | | |  | |
| Verse | | **GOLFER’S PUTT 4**  Grounded Stance  (Arms: Push noodle down, small swing right, center, stand) | | | | | | | 2x | |
| Chorus | | **KAYAK 16**  Grounded Split Stance  (Arms: Kayak) | | | | | | | 2x | |
| Bridge | | **SHUFFLEBOARD(BOWLER’S) LUNGE 8**  Grounded Stance, Lunge Step Forward & Back To Set  (Arms: Under, over – push under hand forward) | | | | | | | 2x | |
| FINISH | | Stand Tall | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | | B3 |

Leisure activities

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| Track 9 | | CORE SOS | | | | | | | | |
| Intro | | Straddle Noodle | | | | | | |  | |
| Verse | | **SIDE CRUNCH 8**  In Seated Flotation  (Arms: Reach toward ankles) | | | | | | | 4x | |
| Chorus | | **SEATED COBRA SQUEEZE**  Wide Seated Flotation  (Arms: Extend arms to sides, squeeze forward) | | | | | | | x | |
| Bridge | | **EXTEND & TUCK**  In Seated Flotation, Bring Heels To Glutes, Then Back To Tuck Position  (Arms: Sculling) | | | | | | | 4x | |
| FINISH | | Tuck & Hold | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | | B3 |

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| Track 10 | | FLEXIBILITY Something About the Way | | | | | | | | |
| Intro | | Cross Arms In & Out | | | | | | | | 2x |
| Verse | | **FIGURE 4 / HAMSTRING STRETCH**  Figure 4 / Leg Lift Wide, Sweep Front To Hamstring  (Arms: Sweep in & out 2 / Reach under leg) | | | | | | | | 2x |
| Bridge | | **STAR POSE / CALF STRETCH**  Star Pose / Angle Calf Stretch  (Arms: Open / Press forward & sweep open) | | | | | | | | 2x |
| Chorus | | **QUAD STRETCH / WARRIOR 1**  Lift Heel Back / Lunge To Warrior 1  (Arms: Open side / Reach overhead, then to temples) | | | | | | | | 2x |
| FINISH | | Lower Arms | | | | | | | | |
| V1 | B1 | | C1 | V2 | B2 | C2 | V3 | B3 | C3 | |