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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 |