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| Track 1 |  WARM-UP Break My Heart |
| Intro | Jog Heel  | 16x |
| Verse | **SKATER 8 / FLICK KICK 8**Skater 8 / Alternate Flick Kicks 8(Arms: Sweep across / Scoop) | 2x |
| Chorus | **RUN RUN HOLD / RUN 7 HOLD**Run Run Hold 4 / Run 7 Hold 2(Arms: Running) | 2x |
| Bridge | **TWIST 2 / JACK** Twist 2 / Jack (Arms: Sweep side) | 8x |
| FINISH | Land wide |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 2 | LOWER BODY 1 Black Velvet |
| Intro | 1 Dumbbell, In Hands |  |
| Verse | **KICK 16 / KICK BACK 16** Kick Front 16 / Kick Back 16(Arms: Hold dumbbell overhead / Hold at surface) | 1x |
| Chorus | **ROCKETS 8 / LEG SWING 8**Rocket 8 / Leg Swing 8(Arms: Push dumbbell under water / Hold at surface) | 2x |
| Bridge | **ELVIS ROTATION 8**Grounded stance, Figure 8 Sweep Leg (8)(Arms: Hold dumbbell at surface) | 2x |
| FINISH | Stand Tall |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 3 | UPPER BODY 1 Bad Mama Jama |
| Intro | 1 Dumbbell, In Left Hand |  |
| Verse | **BICEPS SCOOPS 16**Split Stance(Arms: Biceps scoop with free hand) | 2x |
| Chorus | **ROW & ROTATE 8**Grounded Stance (Arms: Pull dumbbell to ribs / External rotation) | 2x |
| Bridge | **LAT SWEEP DOWN** Grounded Stance, Extend Leg 8(Arms: Pull dumbbell to side – change on 2) | 16x |
| FINISH |  |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 4 | UPPER BODY Love Changes Everything |
| Intro | 1 Dumbbell In Hands |  |
| Verse | **DIAMOND CRUNCH**In Neutral, Pull Heels Toward Torso & Push Down(Arms: Push dumbbell toward heels) | 16x |
| Chorus | **DOUBLE SIDE BEND 2**Grounded Stance, Lateral pulse 2 – Slight Twist(Arms: Push dumbbell behind glute 2) | 2x |
| Bridge | **HIP FLEX & EXTEND 4**Grounded Stance, Lift Knee & Extend Leg Back 4(Arms: Dumbbell to knee & push front) | 2x |
| FINISH | Push Dumbbell Front |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 5 | ACTIVE RECOVERY 1 Every Breath(You Take) |
| Intro | Put Dumbbells Aside, Small Kick Back  | 8x |
| Verse | **KICK BACK 3 / POWER JUMP**Kick Back 3 / Power Jump(Arms: Single push front / Overhead) | 2x |
| Chorus | **JACK TUCK / HOLD 3**Jack Tuck / Hold 3(Arms: Sweep side / Maintain suspension) | 8x |
| Bridge | **KICK 2 / INSTEP 2**Alternate Kick Front 2 / Instep Touch 2(Arms: Scoop / Reach for heel 2) | 8x |
| FINISH | Land Wide |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 6 | LOWER BODY 2 Can’t Dance |
| Intro | 2 Dumbbells |  |
| Verse | **KARATE BACK 4 / TUCK 2**Alternate Karate Kick Back 4 / Tuck 2(Arms: Dumbbells at shoulders / Push down) | 4x |
| Chorus | **JACK 2 / CROSS COUNTRY 4**Jack 2 / Cross Country 4(Arms: Sweep underwater / Punch) | 2x |
| Bridge | **PIVOT 8**Rebound, Pivot 4 & Turn, Pivot 4 & Reverse(Arms: Small push side) | 2x |
| FINISH |  |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 7 | UPPER BODY 2 One Thing Right |
| Intro | 2 Dumbbell In Hands |  |
| Verse | **CHEST PRESS COMBO**Grounded Stance(Arms: Single single double) | 8x |
| Chorus | **TRICEPS & BICPES SWEEP**Grounded Stance(Arms: At shoulders, straighten & bend elbows – alternate 16, then double 8) | 1x |
| Bridge | **CIRCLES HI & LOW 4**Grounded Stance(Arms: Circle back 4 / Lower 4) | 4x |
| FINISH | Push Dumbbell Front |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 8 | CORE 2 Permission to Dance |
| Intro | 2 Dumbbells, Crossed, In Right Hand |  |
| Verse | **FALLING STAR** Grounded Stance Lean Right, Lift Left Leg – Slow(Arms: Push CROSSED Dumbbells down, then back to start) | 2x |
| Bridge | **FIGURE 8** Grounded Stance, Lift Right Knee 4(Arms: Sweep dumbbells over right knee) | x |
| Chorus | **MOUNTAIN CLIMB 3**Legs Angle Back Or Float, Triple Mountain Climb(Arms: Push dumbbells under shoulders) | 16x |
| FINISH |   |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 |

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| Track 9 | ACTIVE RECOVERY 2 Love Runs Out |
| Intro | Put Dumbbells Aside |  |
| Verse | **LEAP 4 / KICK 8**Leap Right 4 TVL Forward / Alternate Kick Front 8 TVL Backward(Arms: Breaststroke / Scoop) | 2x |
| Chorus | **RUN COUNT DOWN**Run 8 / Wide Run 8 / Run 4 / Wide Run 4 (2) / Run 2 / Wide Run 2 (8)(Arms: Running) | 1x |
| Bridge | **ANGLE KICK BACK 4 / SHUFFLE 8**Angle Kick Back 4 / Shuffle 8(Arms: Sweep in OPP / Running) |  8x |
| FINISH | Hold Shuffle |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 10 | FLEXIBILITY Brave Honest Beautiful |
| Intro | Gentle Sweep Under Water |  |
| Verse |  **CALF & CIRCLE ARMS 2**Step Back – Calf Stretch(Arms: Circle overhead & reverse) | 2x |
| Bridge | **ANGLE LEG 2 / HAMSTRING** Angle Leg – Sweep In & Out 3 / Hamstring Stretch(Arms: Scull / Reach under leg) | 2x |
| Chorus | **MOUNTAIN POSE / QUAD STRETCH**Lift Heel To Glute(Arms: Prayer hands, reach overhead, reach for heel) | 2x |
| FINISH | Muscle Arms  |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 |