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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 |