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| Track 1 | | WARMUP Look at Me Now | | | | | | | | |
| Intro | | Flick Kick | | | | | | | | 16x |
| Verse | | **FLICK 4 COMBO**  Flick 4 / Wide Flick 4 / Kick Back 4 / Skater 4  (Arms: Scoop / Scoop / Push front / Sweep across) | | | | | | | | 4x |
| Bridge | | **JUMP ROPE**  Jump Rope – Ankle & Calves  (Arms: Circle 2, Criss cross) | | | | | | | | 8x |
| Chorus | | **BOW JACK 8 / SINGLE JACK 8**  Single Leg Jack / Jack | | | | | | | | 1x |
| FINISH | | Bow Jack | | | | | | | | |
| V1 | B1 | | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |

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| Track 2 | | LINEAR Rock the Casbah | | | | | | | | | |
| Intro | | Low Kick Front | | | | | | | | 16x | |
| Verse | | **KICK AROUND 8**  Kick Front 8 TVL Forward, ¼ Turn Right (4)  (Arms: Swim) | | | | | | | | 1x | |
| Chorus | | **RUN RUN HOLD 2 / ROCK 2**  Run Run Hold 2 / Rocking Horse 2  (Arms: Running / Cross & pull back) | | | | | | | | 4x | |
| Bridge | | **DOUBLE KARATE BACK**  Alternate Double Karate Kick Back  (Arms: Push front) | | | | | | | | 4x | |
| FINISH | | Land Wide, Fist Overhead | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 3 | | LATERAL Good Luck | | | | | | | | | |
| Intro | | Pendulum | | | | | | | | 8x | |
| Verse | | **PENDULUM SSD 2 / MOGUL 8**  Pendulum Single Single Double / Mogul 8  (Arms: Sweep in OPP / Paddle | | | | | | | | 2x | |
| Chorus | | **ROCKET 3 / KARATE SIDE 4**  Rocket Jack 3 / Karate Kick Side 4  (Arms: Adduct in front / Fists side) | | | | | | | | 4x | |
| Bridge | | **NEUTRAL JACK 32**  Neutral Position – Abduct Fast 32  (Arms: Clasp in front) | | | | | | | | 1x | |
| FINISH | | Land Wide | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 4 | | SPEED Let the Night Take the Blame | | | | | | | | | |
| Intro | | Run | | | | | | | | 16x | |
| Verse | | **RUN 8 / RUN HEEL 8**  Run 8 TVL Forward / Run Heel 8 TVL Backward  (Arms: Breaststroke / Press front) | | | | | | | | 4x | |
| Chorus | | **ROCKING HORSE 4 & TURN / TUCK 4**  Rocking Horse – Facing Right - Turn 180 on 4 / Tuck Jump 4 TVL Forward  (Arms: Cross & pull back / Double Paddle) | | | | | | | | 2x | |
| Bridge | | **KICK BACK COUNTDOWN**  Kick Back 4 (4), 2 (4), Alternate 8  (Arms: Double scoop, Push front) | | | | | | | | 1x | |
| FINISH | |  | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 5 | | GROUP Any Way You Want It | | | | | | | | | |
| Intro | | Two Lines, Facing Front, Run | | | | | | | | 8x | |
| Verse | | **JACK 2 / KICK 4**  Face Front, Run 7 TVL Side / Alternate Flick Kick 4  (Arms: Running / Scoop) | | | | | | | | 4x | |
| Chorus | | **CROSS COUNTRY 8 / RUN BACK 16**  Face Partner Line, CC 8 TVL F / Run 16 TVL B  (Arms: Sweep F/B / Running) | | | | | | | | 2x | |
| Bridge | | **JOG HEEL CIRCLE 8**  Jog Heel Circle 8  (Arms: Breaststroke) | | | | | | | | 4x | |
| FINISH | |  | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 6 | | SUSPENSION 50 Ways To Say Goodbye | | | | | | | | | |
| Intro | | Get Into Neutral Position | | | | | | | |  | |
| Verse | | **TUCK TOUCH F/B 4 / TUCK TOUCH R/L 4**  Tuck Touch Front, Tuck Touch Back 4 / Tuck Touch Right, Tuck Touch Left 4  (Arms: Maintain buoyancy) | | | | | | | | 1x | |
| Chorus | | **TUCK SHOOT AROUND 4**  In Suspension, Tuck Around F/R/B/L  (Arms: Maintain buoyancy) | | | | | | | | 4x | |
| Bridge | | **CROSS COUNTRY 4 / DIAMOND 2**  Neutral CC 4 / Suspended Diamond Kick 2  (Arms: Maintain buoyancy) | | | | | | | | 1x | |
| FINISH | |  | | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | B3 | | C4 |

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| Track 7 | | UPPER BODY No Excuses | | | | | | | | |
| Intro | | Noodle In Front, Between Arms(Like a Ball) | | | | | | |  | |
| Verse | | **CHEST PRESS 8**  Wide Or Split Stance  (Arms: Open and squeeze right side) | | | | | | | 2x | |
| Chorus | | **TRICEPS PULSE 3**  Narrow Stance  (Arms: Triceps press down 3) | | | | | | | 8x | |
| Bridge | | **PUSH UPS**  Angle Legs Back  (Arms: Noodle up to chest, press down) | | | | | | | 14x | |
| FINISH | |  | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | | B3 |

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| Track 8 | | LOWER BODY Texas Hold ‘Em | | | | | | | | |
| Intro | | Noodle In Hands | | | | | | | |  |
| Chorus | | **HOEDOWN 4**  Grounded Stance, Lift Knee & Instep Touch 4  (Arms: Hold in front, push to knee, then heel) | | | | | | | | 4x |
| Verse | | **POWER JOG / KICK**  Power Jog – Slight TVL / Kick Front  (Arms: Hold noodle overhead) | | | | | | | | 16x |
| Bridge | | **HEEL TOUCH BACK 8**  Wide Stance – Heel Lift & Cross Back 8  (Arms: Pull noodle to OPP heel) | | | | | | | | 2x |
| FINISH | | Push Noodle Front | | | | | | | | |
| C | V | | B | C | V | B | C | V | B | C |

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| Track 9 | | | | CORE | | | | | | | | | |
| Intro | | | | | Noodle In Back, Under Arms | | | | | | |  | |
| Verse | | | | | **DOUBLE SHOOT SIDE**  In Flotation, Double Shoot Side  (Arms: Maintain posture) | | | | | | | 4x | |
| Chorus | | | **RUNNING MAN 7**  In Upright Flotation, Running Man 7, Hold  (Arms: Maintain Flotation) | | | | | | | | | 4x | |
| Bridge | | | **SUPINE TAP DOWN**  In Supine Flotation, Alternate Toe Tap Down  (Arms: Maintain Flotation) | | | | | | | | | 4x | |
| FINISH | | Sit Up Tall | | | | | | | | | | | |
| V1 | C1 | | | | | B1 | V2 | C2 | B2 | V3 | C3 | | B3 |

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| Track 10 | | FLEXIBILITY Wild World | | | | | | | | | |
| Intro | | Jog & Shoulder Roll | | | | | | | | | 4x |
| Verse | | **MOUNTAIN / GODDESS** | | | | | | | | | 16x |
| Bridge | | **ROCKING HORSE 2 / QUAD / HAMSTRING** | | | | | | | | 1x | |
| Chorus | | **FIGURE 4 / EAGLE & HUG** | | | | | | | | 4x | |
| FINISH | |  | | | | | | | | | |
| V1 | B1 | | C1 | V2 | B2 | C2 | V3 | B3 | C3 | | |

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| Track 11 | | BONUS(Flotation) Fox on the Run | | | | | | | | |
| Intro | | Noodle In Front, Under Arms | | | | | | |  | |
| Verse | | **JACK / ½ CROSS COUNTRY**  In Flotation, Jack / ½ Cross Country Only  (Arms: Maintain flotation) | | | | | | | 16x | |
| Chorus | | **RUN 8 / TUCK 2**  In Neutral, Run 8 – Small TVL Forward / Tuck 2 – TVL Backward  (Arms: Hold noodle in hands / Reverse scoop 2) | | | | | | | 4x | |
| Bridge | | **ANGLE BICYCLE CIRCLE 14**  In Flotation, Angle Bicycle 14 – Circle  (Arms: Noodle under arms) | | | | | | | 4x | |
| FINISH | | Tuck & Hold | | | | | | | | |
| V1 | C1 | | B1 | V2 | C2 | B2 | V3 | C3 | | B3 |