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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 |