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| Track 1 | WARMUP I Was Made(For Loving You)  |
| Intro | Jog | 16x |
| Verse | **JOG 16 / JACK & KNEE TUCK 8**Jog 16 / Jack W/Single Knee Tuck 8(Arms: Scoop / Sweep side & together) | 1x |
| Chorus | **JOG HEEL 16 / JACK & HEEL TOUCH BACK 8**Jog Heel 16 / Jack & Heel Touch Back 8(Arms: Triceps press / Sweep side & touch OPP heel) | 1x |
| Bridge | **JUMP ROPE 2 / MOGUL 1**Jump Rope 2 / Mogul 1 (4)(Arms: Circle 2 / Paddle) |  4x |
| FINISH | Land Wide & Hold |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 2 | LINEAR One of Us  |
| Intro | Cross Country Ski | 16x |
| Verse | **CROSS COUNTRY 4 / ROCKING HORSE 2**Cross Country 4 / Rocking Horse 2 – Knee Lift To Change(Arms: Paddle / Cross & pull back) | 4x |
| Chorus | **HEEL DIG REPEATER 4**Heel Dig Repeater 4 – High To Low Progression(Arms: Punch forward 4, then side 4) | 8x |
| Bridge | **TUCK JUMP 4 / JACK 4**Tuck Jump 4 TVL Forward / Jack 4 / Tuck Jump 4 TVL Backward / Jack 4(Arms: Paddle / Sweep side) |  2x |
| FINISH | Land Wide & Hold |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 3 | LATERAL Play That Song  |
| Intro | Wide Jog | 16x |
| Chorus | **INSTEP TOUCH 2 / DOUBLE JOG**Alternate Instep Touch 2 / Double Jog (Arms: Reach toward OPP foot / Double scoop) | 8x |
| Verse | **JACK / TUCK JUMP**Jack / Tuck Jump(Arms: Sweep across / Push down) | 8x |
| Bridge | **LEAP SIDE 3 / RUN RUN HOLD**Leap Side 3 TVL Right / Run Run Hold(Arms: Extend side / Running) | 4x |
| FINISH | Land Wide |
| C | V | B | C | V | B | C | V | B | C |

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| Track 4 | SPEED Runaway  |
| Intro | Kick Front  | 16x |
| Verse | **KICK FRONT 4 / KICK BACK 4**Alternate Kick Front 4 / Alternate Kick Back 4(Arms: Paddle / Push forward) | 4x |
| Chorus | **RUN 8 / POWER TUCK** Facing Right, Run 8 TVL Forward / Power Tuck 2 – ¼ Turn Left(Arms: Running / Overhead – POWER) | 4x |
| Bridge | **PENDULUM 3 / KARATE 1**Pendulum 3 / Karate1(Arms: Sweep in opposition) |  8x |
| FINISH | Land Wide & Hold |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |

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| Track 5 | GROUP Take It On The Run |
| Intro | Form 2 Lines, Facing Each Other |  |
| Verse | **KARATE BACK 16 / FLICK KICK 16**Alternate Karate Kick Back / Flick Kick 16(Arms: Push forward / Extend side) | 1x |
| Bridge | **LEAP 4** Leap 4 TVL Right, Then Left(Arms: Reach side & sweep) | 4x |
| Chorus | **TAKE IT ON THE RUN AROUND 16**Partner 1 – Run Around Partner 2 (Arms: Running) | 2x |
| FINISH | High Five Partner |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |

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| Track 6 | SUSPENSION Finally Ready |
| Intro | Get Into Neutral Position |  |
| Verse | **JACK / TWIST 2 (3) / KARATE F/B/F/B**Neutral Jack / Twist 2 (3) / Rebound Karate F/B/F/B(Arms: Clasp / Sweep 2 / Clasp) | 2x |
| Bridge | **TUCK 3 & TOUCH**Tuck 3 & Touch Down – Strong Core Engagement(Arms: Move to maintain suspension) | 8x |
| Chorus | **BREASTSTROKE 4 / FLUTTER 16**Suspended Breaststroke TVL Forward / Flutter 16 TVL Backward(Arms: Breaststroke 4 / Scoop 16) | 2x |
| FINISH | Stand Tall |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 | C4 |

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| Track 7 | UPPER BODY We R Who We R |
| Intro | Get Into Grounded Position |  |
| Verse | **COBRA PULSE 3**Single Leg Stance – Lean Forward (4)(Arms: Squeeze palms forward 3, press back hard) | 2x |
| Chorus | **PADDLE 8 / TRICEPS 8**Grounded Narrow Stance(Arms: Paddle out 8 / Triceps press down 8) | 2x |
| Bridge | **POSTURE PRESS** Grounded Wide Stance(Arms: Shoulder press – slow 8 – fast 8 – faster 16) | 1x |
| FINISH | Stand Tall, Arms Wide  |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 8 | LOWER BODY Dance Alone |
| Intro | Get Into Position |  |
| Verse | **FIGURE 8 / HIP EXTENSION 2**Figure 8 (4) / Sweep Leg Back 2(Arms: Clasp hands) | 4x |
| Chorus | **HIP CLAM COMPLEX** Lift, Sweep F, Sweep B, Lower(Arms: Held out to sides) | 4x |
| Bridge | **BATMA 8** Heel Tap 8 To Grounded Leg(Arms: Clasp hands) | 4x |
| FINISH | Stand Tall, Clasp Hands |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 9 | CORE Indestructible |
| Intro | Get Into Position |  |
| Verse | **SIDE STEP 2 / ROTATE 2**Step Side 2 / Wide Knee Lift & Rotate 2(Arms: Clasp & sweep across knee) | 4x |
| Chorus | **PILATES PRESS**Grounded Stance(Arms: Pulse back STRONGLY) | 32x |
| Bridge | **LATERAL BEND 8**Grounded Stance(Arms: Slide down side, other hand at temple) | 2x |
| FINISH | Stand Tall |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 |

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| Track 10 | FLEXIBILITY Dreams |
| Intro | Open & Close Arms |  |
| Verse | **CHEST STRETCH / TRIANGLE**Grounded Stance / Triangle Pose(Arms: Extend side – Chest stretch / Triangle) | 1x |
| Bridge | **KNEE / HAMSTRING / KNEE / STAND**Grounded Stance – Lift Knee / Extend Leg / Knee Lift / Lower Leg(Arms: Reach under knee) | 1x |
| Chorus | **CALF STRETCH / WARRIOR 3**Step Back To Calf Stretch / Warrior 3 Pose – Lift Leg(Arms: Sweep in 4 / Sweep behind) | 1x |
| FINISH | Stand Wide, Lower Arms |
| V1 | B1 | C1 | V2 | B2 | C2 | V3 | B3 | C3 |

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| Track 11 | BONUS(Cardio) Numb  |
| Intro | Run | 16x |
| Verse | **RUN 8 / JACK 2 SQUARE**Run 8 TVL Forward / Jack 2 TVL Right / Run 8 TVL Backward / Jack 2 TVL Left | 4x |
| Chorus | **JACK CROSS 4 / SHUFFLE 8**Fast Jack Cross 4 / Shuffle 8 | 4x |
| Bridge | **ROCKET 4 / TWIST 4**Rocket Jack 4 / Twist 4 |  4x |
| FINISH | Land Wide & Hold |
| V1 | C1 | B1 | V2 | C2 | B2 | V3 | C3 | B3 | C4 |