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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 |