

## Platinum 25: Quick Reference

Track 1 - WARM-UP Faith									
Intro	Jog								
Verse	RUN Run, Rhythm run 3x hold (Arms: push F open hands)								
Chorus	JOG HEEL Jog heel (Arms: ALT hand reach wide open, close fist, cross on chest open side)								
Bridge	SIDE KICKS ALT side karate kicks R/L, DBL side karate kicks								
FINISH	Wide Stance								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 2 - LINEAR I Second That Emotion									
Intro	Run								
Verse	RUN & KICK Run x3 hold, karate kick F/B								
Chorus	ROCKING HORSE TVL F x3, rocking horse x1 kick through, ALT Kick F TVL B x8								
Bridge	KICK BACK DIAG Kick B DIAG, SS DBL (Arms: double push F)								
FINISH	Wide Stance								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3 - BALANCE Staying Alive									
Intro	Jog Heel								
Verse	JOG HEEL DISCO SS DBL Jog heel (Arms: scoop & rolling)								
Chorus	LEAP & MOGULS Leap x1, moguls x2 L/R, Leap x1, moguls x2 R/L								
Bridge	PENDULUMS ALT pendulums R/L								
FINISH	Step Wide and tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 4 - GROUP Your Song									
Intro	Jog to find a partner								
Verse	JACKS & JUMP JJ, jump F/B								
Chorus	LEAP & TUCK JUMP Leap TRVL R x4, Power tuck jump x4								
Bridge	RUN AROUND Run around, find new partner								
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5 - ANCHORED Never Gonna Give You Up									
Intro	Neutral Position								
Verse	TAP SIDE CROSS Tap side, cross front, tap side, feet together R/L (Arms: move opposite)								
Chorus	ROCKETTE KICKS ALT High front kicks								
Bridge	POWER POSE JUMPING JACKS NUEROPLASTICITY DRILL* Affirmations for Empowerment: I am Strong! – STRONG I AM! I am Love! – LOVE I AM!!								
FINISH	Wide Stance								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 6 - TONING Macarena									
Intro	Stand tall, prepare to begin, barre inspired								
Verse	ARMS & LEGS WORK Knee flex R, flick kick F x8, Triceps press, L Knee flex R ham curl x8, biceps curls, L								
Chorus	SHOULDER CUFFS Neutral stance (Arms: ALT horizontal paddle R/L x3 hold x3, big sweep around R)								
Bridge	CHEST & BACK, Chest fly, lunge R Breaststroke, thumps up, lunge L								
FINISH	Stand up tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 7 - CORE The Only Way Is Up									
Intro	Getting into position								
Verse	ZOMBIE WALK Walk F x2 R/L, walk B x2 L/R (Arms: paddle cross over F leg)								
Bridge	CROSS COUNTRY SKI CC Ski neutral x8, CC Ski suspended x8								
Chorus	DIAMOND TUCK Diamond tuck x2, Alt In-step sweep R/L x2								
FINISH	Push forward								
V1	B1	C1	V2	B2	C2	V3	B3	C3	

Track 8 - FLEXIBILITY With Or Without You									
Intro	Sway side to side								
Verse	STANDING BALANCE Leg ABD L, cross midline, open L x2 (Arms: paddle opposite to leg) Quad stretch to dancer (Arms: reach F)								
Chorus	HIP ROTATION Hip rotation knee in/out x2, (Arms: wave opposite to leg) Figure 4 hold R (Arms: open/close)								
Bridge	LUNGE WARRIOR CALF STRETCH Lunge W1 calf stretch L (Arms: overhead, lean R) Torso flex, knee tuck to chest, hamstring stretch, open torso chest stretches.								
FINISH	Land wide, karate chop side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4