

Wave 44: Quick Reference

Track 1 - WARM-UP Nice To Meet Ya									
Intro	Jog x16								
Verse	JOG 4 KICK 4: Jog x4, Flick kick x4								
Bridge	HOPSCOTCH JACK: JJ out, ALT Jog heel								
Chorus	JOG HEEL SHAKE: Jog heel x4, Jog wide x4 (Arms: Reach F "Shake", touch OPP foot on wide)								
FINISH	Land wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 2 - LINEAR Love Runs Out									
Intro	Kick x16								
Verse	KICK 4 FRONT: Kick x4, Kick B x4								
Chorus	JOG FORWARD: Jog TVL F x8, Run TVL B x16 (Arms: Point to temples/F/sweep down)								
Bridge	SUSPENDED CROSS COUNTRY SUSP CC x16, Rocket CC x16								
FINISH	Land wide, point to temples								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3 - LATERAL TRAVEL Senorita									
Intro	Jog Heel								
Verse	SIDE SOCCER ALT Side soccer kick x2, ALT Skater heel x4 (Arms: Sweep open x2, swing)								
Chorus	JACK TRAVEL: JJ x4 TVL R, Repeat L (Arms: Out/in x2, L circle sweep, R reach)								
Bridge	MAMBO: Jog x12 (feet RF, LB, RB, LF), Run x7								
FINISH	Land wide, sweep arm across								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 4 - SPEED The Power									
Intro	Run								
Verse	RUN OUT & IN: Run out out in in x2, JJ x2								
Chorus	POWER JACK IN Power JJ in x2, JJ out/ALT cross kick x2								
Bridge	KARATE BACK Karate kick B x4, DBL Karate B face R/L								
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5 - GROUP All Over the World									
Intro	Jog, identify 2 targets								
Verse	TAG THE TARGET: Run								
Bridge	PENDULUM 3: ALT Pendulum x3 F, Power hop								
Chorus	LEAP SQUARE: ALT Leap hop F x4, turn R								
FINISH	Land wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 6 - SUSPENSION Lucky Strike									
Intro	Lunge, brace core, practice facing corners								
Verse	LUNGE AND PUSH: Lunge R corner x2 L x2 Karate B R x2, Karate B L x2								
Chorus	CROSS COUNTRY CORNER 3 SUSP CC R to R corner x3/tuck, Repeat L								
Bridge	TUCK EGGBEATER: Touch/tuck, Eggbeaters x6								
FINISH	V-sit								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 7 - UPPER BODY Teeth									
Intro	Lunge R, noodle in hands								
Verse	PUSH PULL: Lunge R (Arms: Push/Pull slow x1, fast x2)								
Bridge	BICEPS CURL Biceps curl R x4, L x4, Triceps press x8								
Chorus	LAT PULL DOWN: Tuck/touch (Arms: Pull straight arm down sides to feet)								
FINISH	Push forward								
V1	B1	C1	V2	B2	C2	V3	B3	C3	

Track 8 - LOWER BODY One Thing Right									
Intro	Position noodle in back under arms								
Verse	SWEEP OUT SLOW & FAST ALT ABD/ADD slow x1, fast x2								
Chorus	1-LEG KICK CURL Kick/Curl x3, Kick x1, Run heel x2								
Bridge	JACKIE CHAN Tuck/Karate side R x8								
FINISH	Land wide, karate chop side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 9 - MUSCLE 3 (CORE) Sayonara									
Intro	Noodle stays around back								
Verse	TWIST & KNEE CIRCLE Standing Knee twist/circle (up/out/down) x8								
Chorus	RECLINE & TUCK: ALT EXT/FLEX w/Tuck (Arms: reach R/L Ankle on tuck)								
Bridge	STRAIGHT LEG REACH SUSP ALT Straight leg crunch								
FINISH	Stand								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 10 - FLEXIBILITY TRAINING Spirit									
Intro	Chest press x2, sweep open								
Verse	CURL 3: Knee flexion x3, Airplane (Arms: Scoop)								
Bridge	SIT BACK HAMSTRING STRETCH Heel down hamstring stretch 1-2, rise up 3-4 (Arms: DBL chest press/EXT ROT sweep open)								
Chorus	ARM UP: Arm circle 1-4, Step wide sway R/L 5-8, Lunge, upper body ROT R (1-4), ROT F step in, L								
FINISH	Sweep forward								
V1	B1	C1	V2	B2	C2	V3	B3	C3	

BONUS - FLOTATION Naturally									
Intro	Noodle around back, lower to SUSP								
Verse	CROSS COUNTRY FORWARD SUSP CC TVL F x8, Seated kick fast TVL B x16								
Chorus	SHOOT THROUGH: Tuck/ALT Shoot through x8 ALT CC shoot through/tuck x8								
Bridge	V-SIT: V-sit x8, Fast v-sit x16								
FINISH	Stand								
V1	C1	B1	V2	C2	B2	V3	C3	B3	