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WAVE 12 CHOREOGRAPHY

1 WARM UP
LISTEN TO THE MUSIC — WAVE 12

Intro	Jog	16x
Verse	**JOG 4 / ROCKING HORSE 1** Jog 4 / Rocking Horse 1 (Arms: Scoop / Cross front, pull back)	4x
Chorus	**SINGLE LEG JACK 4 / JACK 4** Jack Leg 4 / Jack 4 (Arms: Single reverse breaststroke / Sweep to side)	2x
Bridge	**KARATE KICK BACK 16 / JOG HEEL 16** Alternate Karate Kick Back 16 / Jog Heel 16 (Arms: Open & close fists / Press side)	1x
Finish	Land Wide	

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

2 LOWER BODY 1
CHINA GROOVE — WAVE 12

Intro	1 Dumbbell, Hold in Both Hands	
Verse	**DIAMOND JUMP 4 / ALTERNATE INSTEP 8** Rebound Diamond Jump 4 / Alternate Instep Sweep 8 (Arms: Push down to feet / Reach for OPP foot)	2x
Chorus	**NEUTRAL JACK 16** Neutral Jack 16 (Arms: Stir the pot 8)	1x
Bridge	**LATERAL ROCKING HORSE 8** Rebound Side Rocking Horse 8 (Arms: Push dumbbell down to front knee, pull back)	2x
Finish	Land Wide, Push Dumbbell Front	

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

3 UPPER BODY 1
BORDERLINE — WAVE 12

Intro	1 Dumbbell in Hands	
Verse	**TRICEPS PRESS HOLD / PRESS 2** Grounded Wide Stance (Arms: Triceps press & hold / Press 2)	8x
Chorus	**CHEST PRESS 16** Grounded Wide Stance (Arms: Free hand chest press 16)	2x
Bridge	**SWEEP BACK / LAT PULLDOWN / LIFT / SWEEP FRONT** Grounded Narrow Or Wide Stance (Arms: Alternate sweep dumbbell back, down, up, front)	8x
Finish	Relax Fingers & Shoulders	

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

4 CORE 1
KISS ON MY LIST — WAVE 12

Intro	1 Dumbbell In Hands	
Verse	**DUMBBELL KNEE TUCK** Small Tuck Jump 16 (Option To Alternate Knee Lift) (Arms: Push dumbbell under knees – transfer dumbbell)	16x
Chorus	**BAT & SWIVEL 8** Grounded Narrow Or Wide Stance (Arms: NEW! Swing dumbbell forward & reset – Like swinging a bat)	2x
Bridge	**SIDE BEND – LEG ABDUCTION 8** Abduct & Adduct Leg 8 (Arms: Slide dumbbell through water & pull down to side)	2x
Finish	Stand Tall, Relax Hands	

V1	C1	B1	V2	C2	B2	V3	C3	B3

5 ACTIVE RECOVERY 1
HIGH AND LOW — WAVE 12

Intro	Jack	8x
Verse	**JACK 4 / RUN 16 SQUARE** Jack 4 TVL Right / Run 16 TVL Forward / Jack 4 TVL Left / Run 16 TVL Back (Arms: Sweep to sides / Running)	1x
Chorus	**JOG 8 / FLICK 8 / HIGH LOW JOG FLICK 8** Jog 8 / Flick Kick 8 / Jog & Flick Kick 8 (Arms: Scoop)	1x
Bridge	**KICK BACK SSD** Kick Back Single Single Double (Arms: Alternate push front / Double push front)	8x
Finish	Land Wide	

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

6 LOWER BODY 2
WILDEST DREAMS — WAVE 12

Intro	2 Dumbbells, Hold At Shoulders	
Verse	**BICYCLE 8** Grounded Bicycle 8 (Arms: Dumbbells held in front of shoulders)	1x
Chorus	**SHUFFLE 3 / HOLD** Neutral Shuffle 3 / Hold (Arms: Extend dumbbells to angle / Pull in on hold)	8x
Bridge	**KARATE BACK 4 / SOCCER KICK 2** Rebound Alternate Karate Back 4 / Soccer Kick 2 (Arms: Push front / Hold at shoulders)	4x
Finish	Hold Final Shuffle	

V1	C1	B1	V2	C2	B2	V3	C3	B3

7 UPPER BODY 2
WATER UNDER THE BRIDGE — WAVE 12

Intro	2 Dumbbells in Hands	
Verse	**SKI ROLL 32** Grounded Lunge Right (Arms: Alternate circles forward)	1x
Bridge	**SINGLE REVERSE ROLL 32** Grounded Lunge Left (Arms: Alternate circles backward)	1x
Chorus	**EXTERNAL SHOULDER SQUEEZE** Neutral Position - Both Feet Behind (Arms: Squeeze rear deltoid, relax)	16x
Finish	Stand Tall	

V1	B1	C1	V2	B2	C2	V3	B3	C3

8 CORE 2
REWRITE THE STARS — WAVE 12

Intro	1 Dumbbell in Hands (Option 2 Crossed)	
Verse	**HIP EXTENSION** Alternate Grounded Leg Extension (Arms: Push dumbbell forward & backward)	16x
Chorus	**BAT & SWIVEL 4** Neutral Spin in Circle 4 (Arms: Swing dumbbell like a bat)	2x
Bridge	**V-KICK OUT 1 / WIDE KNEE CRUNCH 2** V-Kick Out 1 / Neutral Wide Knee Crunch 2 (Arms: Push dumbbell down between legs)	8x
Finish	Stand Tall	

V1	C1	B1	V2	C2	B2	V3	C3	B3

9 ACTIVE RECOVERY 2
LIMITLESS — WAVE 12

Intro	Rebound Cross Country	16x
Verse	**JACK / CROSS COUNTRY** Jack / Cross Country (Arms: Sweep to side / Paddle)	8x
Chorus	**JUMP ROPE 2 / JOG HEEL 2** Jump Rope 2 / Jog Heel 2 (Arms: Circle / Push to side)	8x
Bridge	**KICK AROUND THE WORLD** Kick Front 2 / Kick Angle 2 / Pendulum 2 / Kick Back 2 (Arms: Reach front / Reach to angle / Pray hands)	4x
Finish	Land Wide	

V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

10 FLEXIBILITY
WALK WITH ME — WAVE 12

Intro	Step touch – Wave Arms Side	
Verse	**STEP CROSS / STAR POSE** Step Cross Front 2 Travel Right / Star Pose Right (Arms: Single wave right on step cross / Extend from shoulders on Star Pose-shake, reach up)	2x
Chorus	**QUAD STRETCH / KNEE LIFT 3** Step To Quad Stretch Left / Lift Knee Front 3 (Arms: Reach back for foot / Under knee)	2x
Bridge	**WARRIOR 1 / GLUTE STRETCH** Warrior 1 - Step Forward / Glute Stretch (Arms: Warrior 1 / Cactus w/ palms forward, Scoop)	2x
Finish	Step wide, open arms	

V1	C1	B1	V2	C2	B2	V3	C3	B3