

1 WARM UP CAN'T STOP THE FEELING		RELEASE 10 SEAT. SUPPORTED COURSE FOR ADULTS 18+	
Intro	March		
Verse	<b>JACK TAP OUT 2</b> Jack Tap Out R L 2 (Arms: Snap up, out R, Snap up & out, Clap center)	8x	
Chorus	<b>HALF JACK</b> Half Jack R L , Leg Press 4 (Arms: Backstroke, Snap side 4)	4x	
Bridge	<b>HEEL WALK /HEEL DIG</b> Heel Walk / Heel Dig (Arms: Raise hands over head, press down, Raise hands with palms open, drop down/DBL press forward with open hands)	2x	
Finish	Hands to Thighs		
V1	C1	B1	V2 C2 B2 V3 C3 B3 C4

2 POSTURE MACARENA		RELEASE 10 SEAT. SUPPORTED COURSE FOR ADULTS 18+	
Intro	Heel Walk		
Verse	<b>HEEL WALK</b> Heel Walk (Arms: Press forward R L, Rest on thighs 2 , "W" rotation R L 2)	4x	
Chorus	<b>TOE HEEL /STABILIZE</b> Push Toe to Heel 4, Stabilize (Arms: Shrug F B / Trap both ears, down)	2x	
Bridge	<b>STRAIGHT LEG LIFT</b> Straight Leg Lift 3 , Stabilize (Arms: Two arm row 3/ "V" reach overhead)	4x	
Finish	Arms Down to Side		
V1	C1	B1	V2 C2 B2 V3 C3 B3

3 CARDIO SUMMER NIGHTS		RELEASE 10 SEAT. SUPPORTED COURSE FOR ADULTS 18+	
Intro	V step		
Verse	<b>V STEP 2 / JUMP ROPE 4</b> V Step R L 2, Jump Rope 4 (Arms: V arms R L, Hands circle at thighs)	4x	
Chorus	<b>WALK THE CHAIR</b> March Side 4, Leg Press Side Extending Leg 2 (Arms: Marching Arms with hitch hiker, Push out front 2)	8x	
Bridge	<b>PUNCH ACROSS &amp; WALK FB</b> Punch Across R L 8, Walk Front & Back (Arms: Punch across the body 8, Arms pump RL )	2x	
Finish	Thumb Up Right		
V1	C1	B1	V2 C2 B2 V3 C3 B3 C4

4 TOTAL BODY BALANCE WALKING ON BROKEN GLASS		RELEASE 10 SEAT. SUPPORTED COURSE FOR ADULTS 18+	
Intro	Angle to Side, Extend Right Leg		
Verse	<b>SINGLE LEG LIFT / LATERAL FLEXION</b> Leg Lift 3 / Lateral Flexion (Arms: Single arm row)	4x	
Chorus	<b>POWER DEADBUG/ CRUNCH</b> Left Leg & Arm in Opposition Hold, Lift Knee to Single Leg Crunch, Power the Leg Lift (Arms: Fisted hand up, grab under knee, fisted hand up)	4x	
Bridge	<b>WASH WINDOWS</b> Tap out, Slide in R 4, L 4 (Arms: Small circle with palms forward, Large circles with palms forward)	4x	
Finish	Land Wide		
V1	C1	B1	V2 C2 B2 V3 C3 B3 C4

9 ADL AND WE DANCED		RELEASE 10 SEAT. SUPPORTED COURSE FOR ADULTS 18+	
Intro	Drag the Suitcase		
Verse	<b>MARCH UP STEPS &amp; BALANCE R L</b> Slow March R L / Swing Arms R L to Balance 8 (Arms: Hold one arm front and one arm back, Switch / Alt the arms to tempo)	4x	
Chorus	<b>SCOOP THE BABY &amp; ROCK THE BABY</b> Wide Leg (Arms: Scoop up the baby to the left shoulder, Pat the baby , Rock the baby R L)	4x	
Bridge	<b>BOUNCE &amp; PEEK-A-BOO</b> Stomp 3, Stop to Play Peek-A-Boo (Arms: Tap knee 3, Open & close palms in & out)	4x	
Finish	End Wide		
V1	C1	B1	V2 C2 B2 V3 C3 B3

5 MEMORY HO HEY		RELEASE 10 SEAT. SUPPORTED COURSE FOR ADULTS 18+	
Intro	Wide March		
Verse	<b>WIDE MARCH/ TAP LEG 2</b> March Wide R L, Tap Toes Twice Each Side R, March Wide L R, Tap Toes Twice Each Side (Arms: Slice, tap shins 2, Slice arms)	4x	
Chorus	<b>MARCH NARROW/ TOE RAISE</b> March Narrow 8, Raise Heels (Arms: DBL scoop 4, Cross chest)	4x	
Bridge	<b>MARCHING FLOWER CHALLENGE</b> March Narrow & Wide (Arms: Slice)	32x	
Finish	Sit Tall		
V1	C1	B1	V2 C2 B2 V3 C3 B3

6 MOBILITY BLAME IT ON THE BOSSA NOVA		RELEASE 10 SEAT. SUPPORTED COURSE FOR ADULTS 18+	
Intro	Hinge Forward to Grab Ball		
Verse	<b>DBL ROTATION / EXTEND ROW THROUGH LEGS</b> Rotate the Spine R 2, L 2, Drop & Row the Ball Upward (Arms: Hold ball top and bottom, Drop the ball & row)	1x	
Chorus	<b>FIGURE FOUR</b> Slide the Leg up to Shin & Hold (Arms: Gently press the soft ball to open the hip)	4x	
Bridge	<b>ROTATE &amp; FALL TO SIDE</b> Rotate Side to Side 4, Fall to Side & Open Shoulders (Arms: Hold ball in palms, rotate from side to side, drop hand toward floor holding ball in the air)	4x	
Finish	Push Ball Forward		
V1	C1	B1	V2 C2 B2 V3 C3 B3 C4

7 STRENGTH PYT		RELEASE 10 SEAT. SUPPORTED COURSE FOR ADULTS 18+	
Intro	Hinge to Grab DB		
Verse	<b>ROW &amp; KICKBACK</b> Hinge, DBL DB Row & DBL DB Kickback (Arms: Arms row to the side, Arms kickback)	8x	
Chorus	<b>SLIDE &amp; STOMP</b> Slide Out & In 3, Stomp Out 3, Slide In R L (Arms: Punch R/L, Pull R/L, Circle Arms to Stand, Reach for chair sitting down)	4x	
Bridge	<b>CROSS CHEST &amp; CURL PRESS</b> Cross Chest Biceps Curl / Biceps Curl & Press Overhead (Arms: DBL Cross chest, cross Chest, biceps curl & press overhead)	1x	
Finish	Hold DB at Thighs		
V1	C1	B1	V2 C2 B2 V3 C3 B3

8 SIT TO STAND YOUR LOVE LIFTS ME HIGHER		RELEASE 10 SEAT. SUPPORTED COURSE FOR ADULTS 18+	
Intro	Fists Front		
Verse	<b>PUNCH &amp; STAND</b> Punch R L 4, Stand & Sit (Arms: Punch R L, Cross chest when lowering to chair)	4x	
Chorus	<b>HEEL TOE HEEL &amp; V STEP</b> Tap Heel-Toe-Heel R L , Tap Out "V" Press R L (Arms: Hold "W", Clap to transition, "V" R L)	4x	
Bridge	<b>DBL ROCK &amp; SSD SHUFFLE</b> Rock Down 2 , Rock up 2, Shuffle F B Single-Single-Double 2 (Arms: Extend arms back with hitch hiker, Curl arms up with hitch hiker, Hold arms at side)	4x	
Finish	End Wide		
V1	C1	B1	V2 C2 B2 V3 C3 B3

10 FLEXIBILITY & MOBILITY TAKE ON ME		RELEASE 10 SEAT. SUPPORTED COURSE FOR ADULTS 18+	
Intro	Roll Toes & Heels, Palms Up & Down		
Verse	<b>WIDE-WIDE, ROLL / IN-IN, ROLL</b> Step Wide-Wide, Hold, Step In-In, Hold (Arms: Hands on knees, Roll down-up)	4x	
Chorus	<b>HAMSTRING, REACH, SWING</b> Extend Heel Forward to Hamstring Stretch (Arms: Reach front palm up, Swing back & around to thigh)	4x	
Bridge	<b>TWIST - 1 2 Hold</b> Twist Knees Side to Side 1,2, Hold (Arms: Lift up overhead, side-to-side 1, 2, hold)	4x	
Finish	Hands on Thighs		
V1	C1	B1	V2 C2 B2 V3 C3 B3 C4





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