



1 Warm-Up Free Woman		Wave 52	water motion
Intro	Run	32x	
Verse	RUN RUN HOLD Run Run Hold (Arms: Running arms / Stop sign on hold)	16x	
Bridge	ALTERNATE SINGLE LEG JACK Alternate Single Leg Jack (Arms: Alternate punch side)	16x	
Chorus	JOG HEEL SSD Jog heel – Single, Single, Double (Arms: Breaststroke on single heel / DBL biceps curl on DBL heel)	16x	
Finish	Jack wide, punch side		
V1	B1 C1 V2 B2 C2 V3 B3 C3 B4		

2 Linear Wild Things		Wave 52	water motion
Intro	Ski Cross Country (Rebound)	16x	
Verse	SKI CROSS COUNTRY 2 / JACK 1 Cross Country R, L / Jumping Jack 1 (Arms: Paddle / Open side)	8x	
Bridge	KICK AROUND THE WORLD Kick Front 4 / Angle 4 / Side 4 / Back 4 (Arms: Reach front / Side / Guard / Guard)	2x	
Chorus	TUCK 4 QUARTER TURN Tuck Quarter Turn 4 – Front, Side, Back, Side (Arms: Scoop down)	1x	
Finish	Land Wide		
V1	B1 C1 V2 B2 C2 V3 B3 C3 B4		

3 Lateral Travel Love Is Religion		Wave 52	water motion
Intro	Jumping Jack	8x	
Verse	JACK 2 / ROCKETS 4 Jack 2 / Rocket Jack 4 (Arms: Reach over head on jacks / Underwater on rockets)	4x	
Chorus	TWIST TRAVEL 4 Rebound Twist - Travel Right 4 / Travel Left 4 (Arms: Reach overhead on right / In the water on left)	2x	
Bridge	ALT. KARATE SIDE 4 / ANGLE BACK 4 Alternate Karate Side 4 / Alternate Angle Back Karate 4 (Arms: Alternate triceps punch side / Punch diagonal back)	4x	
Finish	Twist & Reach Overhead		
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4		

4 Speed She Bangs		Wave 52	water motion
Intro	Jumping Jacks	8x	
Verse	SYNCHOPATED JACKS Jumping Jack : Out In Out / In Out In (Arms: Elbows bent: Up down up / Down up down)	8x	
Bridge	RUN 8 / SPEEDBAG JACKS 4 Run 8 travel Front, Jumping Jacks 4 / Run 8 Back, Jacks 4 (Arms: Running arms / Speedbag)	2x	
Chorus	JUMP THE BARREL 4 Up & Over the Barrel: 4 Right, / 4 Left (Arms: Reach side, & sweep across)	2x	
Finish	Land Wide, Push Side		
V1	B1 C1 V2 B2 C2 V3 B3 C3 C4		

5 Group Can't Help Me Now		Wave 52	water motion
Intro	Form 2 Lines, Face Each Other		
Verse	TUCK / FLICK KICK 2 Tuck / Flick Kick 2 (Arms: Push down scoop / Reach low)	8x	
Chorus	KICK 8 / TURN & RUN 16 Kick Travel Front 8 / Turn 180 & Run Front Travel Back 16 (Arms: Swim on kicks / Running arms)	2x	
Bridge	LEAP SIDE 4 Leap Side: Travel Right 4 / Leap Side Travel Left 4 (Arms: Reach side, sweep across)	2x	
Finish	Land Wide		
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4		

6 Suspension Change		Wave 52	water motion
Intro	Lower to Neutral Position		
Verse	STEP SIDE 2 / CIRCLE FRONT-BACK Neutral Step Side 2 Travel Right / Neutral Leg Circle F, B / Neutral Step Side 2 Travel Left / Neutral Leg Circle F, B (Arms: Sweep side / Clasp hands)	4x	
Chorus	TUCK SHOOT: FRONT TO BACK / SIDE TO SIDE Tuck Shoot : Front To Back 2 / Right To Left 2 (Arms: Maintain suspension)	2x	
Bridge	SUSPENDED CROSS COUNTRY 8 / LEG SWING 4 Suspend Cross Country 8 / Grounded Leg Swing R 8 Suspend Cross Country 8 / Grounded Leg Swing L 8 (Arms: Maintain suspension)	2x	
Finish	Stand Tall		
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4		

7 Upper Body Higher Power		Wave 52	water motion
Intro	Noodle – Set Up a Straddle		
Verse	BICEPS TRICEPS SSD / DOUBLES 8 Float (Arms: Elbows single single double 8 / Both in & out)	8x	
Bridge	SHOULDER CIRCLE 4 / LAT PULLDOWN 4 Float (Arms: Circle back 4 / Pull down to hips 4)	8x	
Chorus	PADDLES AROUND Float in Square – 8 Front, 8 Right, 8 Back, 8 Left (Arms: Swim Front in water)	1x	
Finish	Hold Tuck & Biceps Sweep		
V1	B1 C1 V2 B2 C2 V3 B3 C3		

8 Lower Body Country Girl (Shake It For Me)		Wave 52	water motion
Intro	Noodle – Hold In Front at Surface		
Verse	WIDE V KICKS 8 / FLICK KICKS 8 Alternate Wide V Kicks 8 / Alternate Flick Kick Forward 8 (Arms: Hold noodle in front)	2x	
Chorus	STEP SIDE SLAP 4 / SHAKE IT Step Side Slap 4 – Strong Leg Adduction (Arms: Shake the noodle with travel)	2x	
Bridge	KICK BACK 2 / COUNTRY BOOT TAP 2 Kick Back 2 / Boot Tap 2 (Arms: Push noodle front / Touch noodle to toe)	8x	
Finish	Land Wide, Push Noodle Forward		
V1	C1 B1 V2 C2 B2 V3 C3 B3		

9 Core I Need Help!		Wave 52	water motion
Intro	Noodle – hold in front at surface		
Verse	CIRCLE CRUNCH Circle Noodle to Thighs – Resisted Standing Crunch (Arms: Push noodle to thighs, drag noodle to surface)	16x	
Chorus	LUMBERJACK 8 R, L Lunge Left - Sweep Noodle Front, Back on Open Hip 8 Lunge Right - Sweep Noodle Front, Back on Open Hip 8 (Arms: Sweep noodle through water, arms straight)	1x	
Bridge	TRIPLE TUCK CRUNCH Tuck Crunch 3, Open Knees Wide on 3rd Tuck (Arms: Push noodle to knees)	8x	
Finish	Land wide, push forward		
V1	C1 B1 V2 C2 B2 V3 C3 B3		

10 Flexibility Walk With Me		Wave 52	water motion
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-Paddle, Open)	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 Right / Glute Stretch Right (Arms: Warrior 1, Rhythm Reach 4 / Palms face front, hands underwater on glute stretch)	2x	
Finish	Step wide, open arms		
V1	C1 B1 V2 C2 B2 V3 C3 B3		

11 Bonus - Cardio Here Comes the Rain Again		Wave 52	water motion
Intro	Jog	32x	
Verse	JUMP ROPE 4 / STAR JACK R, L Jump Rope 4 / Star Jack R, L (Arms: Circle with paddle hands / Extend angle, cross chest)	4x	
Chorus	RUN 7 / RUN 3 Run 7, Hold 8 / Run 3, Hold 4 – Small Travel Side (Arms: Running arms)	1x	
Bridge	SKATER 4 / KARATE BACK 4 Alternate Skater 4 / Alternate Karate Back 4 (Arms: Sweep side / Tricep push fists back)	4x	
Finish	Land Wide & Rain Down with Hands		
V1	C1 B1 V2 C2 B2 V3 C3 B3		

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