

SEAT Original

SEAT 21 BLUE TEAM

Track	Purpose	Song	LEAD	BACK-UP
1	WU	September	Ann	Jackie
2	Posture	Hello I Love You	Jackie	Tani
3	Cardio	Dancing in the Dark	Kristine	Jackie
4	Balance	Hereos	Tani	Kristine
5	Memory	Horse With No Name	Ann	Kristine
6	Mobility	Don't Worry Baby	Sara	Tani
7	Strength	Titanium	Jackie	Tani
8	Sit to Stand	She Drive Me Crazy	Kristine	Tani
9	ADL	Everybody Dance	Ann	Jackie
10	Flex	Sunshine Reggae	Sara	Tani

Directors: Ann & Sara

Rehearse/Film: 1,5,9,6,10,4,2,7,3,8

SEAT 22 BLUE TEAM

Track	Purpose	Song	Lead	Back-Up
1	WU	Taking Care of Business	Ann	Jackie
2	Posture	Hang on Sloopy	Jackie	Tani
3	Cardio	Do Ya	Kristine	Jackie
4	Balance	Caribbean Queen	Tani	Kristine
5	Memory	Spinning Wheel	Ann	Kristine
6	Mobility	Gypsy	Sara	Tani
7	Strength	Let Your Love Flow	Jackie	Tani
8	Sit to Stand	I will Survive	Kristine	Tani
9	ADL	Walk on By	Ann	Jackie
10	Flex	Something About the Way	Sara	Tani

Directors: Ann & Sara

Rehearse/Film: 1,5,9,6,10,4,2,7,3,8

SEAT Original

SEAT 23 BLUE TEAM

Track	Purpose	Song	Lead	Back-Up
1	WU	Bridge Over Troubled	Ann	Jackie
2	Posture	Where Did Our Love Go	Jackie	Tani
3	Cardio	Feel This Moment	Kristine	Jackie
4	Balance	Then Came You	Tani	Kristine
5	Memory	Material Girl	Ann	Kristine
6	Mobility	Shallow	Sara	Tani
7	Strength	Shining Star	Jackie	Tani
8	Sit to Stand	I am Woman	Kristine	Tani
9	ADL	Night Fever	Ann	Jackie
10	Flex	You're the Inspiration	Sara	Tani

Directors: Ann & Sara

Rehearse/Film: 1,5,9,6,10,4,2,7,3,8

SEAT 24 BLUE TEAM

Track	Purpose	Song	Lead	Back-Up
1	WU	China Grove	Ann	Jackie
2	Posture	Believe	Jackie	Tani
3	Cardio	Cruel Summer	Kristine	Jackie
4	Balance	Be Near Me	Tani	Kristine
5	Memory	How Will I know	Ann	Kristine
6	Mobility	The Promise	Sara	Tani
7	Strength	Magic	Jackie	Tani
8	Sit to Stand	Mr. Tamborine MAN	Kristine	Tani
9	ADL	Take Me Home Tonight	Ann	Jackie
10	Flex	California Dreaming	Sara	Tani

Directors: Ann & Sara

Rehearse/Film: 1,5,9,6,10,4,2,7,3,8