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RHYTHM AWAKENING

C'MON FEEL THE NOISE

RELEASE 1



Intro	March								32
Verse	<u>MARCH / HEEL DIG</u> March 16, Heel Dig 8 (Arms: Fist hands, shoulder roll, patty cake)								2x
Chorus	<u>ABDUCT / MARCH</u> Alt Abduction 4, March 16 (Arms: Hands slice, wrist circles 4)								2x
Bridge	<u>ALT OBLIQUE CRUNCH / CALF RAISE</u> Stationary Calf Raises (Arms: Behind head, elbows wide, open hand reach overhead)								8x
Finish	Patty Cake Hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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SHAKE THE SEAT

THAT'LL BE THE DAY

RELEASE 1



Intro	Hinge to Pick Up 2 Shakers								32
Verse	<u>SLOW V-STEP / V-STEP</u> Slow V Step 4, Fast V Step 4 (Arms: Dbl jab, fast jab)								12x
Chorus	<u>STIR THE POT / BOUNCE</u> Alt Half Circle Slide 3, Bounce 3 (Arms: Alt stir the pot, hammer)								4x
Bridge	<u>ROCK N’ROLL / SHIMMY</u> Rock N’ Roll & Stationary Feet 4, Shimmy 4, Repeat Other Side (Arms: Rock n’roll, small fwd flexion drum roll)								2x
Finish	Hold Jabs Front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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GROOVE AND MOVE

AM I WRONG

RELEASE 1



Intro	Hinge to Return Shakers & Pick Up Sticks								32
Verse	<u>MARCH / ABDUCT</u> March 16, Abduction 4 (Arms: Circle up Dbl click & down Dbl click, shoulder extension swings Dbl click)								2x
Chorus	<u>TEMPO CALF RAISES</u> Calf raises on beat 32 (Arms: Scapula retraction pulses 2, click overhead 2)								1x
Bridge	<u>HALF TEMPO HEEL DIG</u> Heel Dig 8, Repeats on Other Side (Arms: Row Dbl click, repeats on other side)								2x
Finish	Sticks in an X								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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STAND PROUD, BEAT LOUD

ILLUSION

RELEASE 1



Intro	Hinge Return One Stick / Stand Behind Chair								32
Verse	<u>KNEE STRIKE / SLOW SQUAT ROTATION</u> Tap Toe, Drive Knee 8, Squat Rotation 3, move to other side (Arms: Straight, strike chair, circle strike chair)								1x
Chorus	<u>KNEE STRIKE / SLOW SQUAT ROTATION</u> Toe Tap, Knee Drive 8, Squat Rotation 3 (Arms: Straight, strike chair, circle strike chair) Chorus 4- Squats to finish								1x
Bridge	<u>TAP BACK / SLOW DONKEY KICK / CALF RAISE</u> Toe Tap Back 2, Donkey Kick, Calf Raise 4, Repeats Other Side (Arms: Holding chair or strike chair)								2x
Finish	Strike Chair								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



FEEL THE FLOW

PERM

RELEASE 1



Intro	Hinge to Pick Up Scarves								32
Verse	<u>SALSA</u> Slow Salsa step out, in, in 8, Repeats Other Side (Arms: high to low v flick)								4x
Chorus	<u>SALSA HOLD & MARCH</u> Slow Salsa , March 4, Repeats Other Side (Arms: follow salsa and march / repeat L side)								8x
Bridge	<u>SPINE ROTATION / HINGE HEEL / SKATER</u> Rotate 2, Leg Ext, Skater 4, Repeats Other Side (Arms: Paint leg brush 2, high to low)								2x
Finish	Arms in a High V								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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RHYTHM & BREATH

NIGHT FEVER

RELEASE 1



Intro	SIDE BENT TO DROP SCARVES								16x
Verse	<u>KNEE LIFT / FIG 8</u> SGL Knee Lift 4x / Stationary 4x (Arms: DBL Reach Up 4x / alt. FIG 8 4x)								2x
Chorus	<u>SIDE TAP REACH / SNAP & CLAP</u> ALT Side Tap 4x / March 8x (Arms: Opp reach overhead 4x, dlb center clap & snap 4x)								8x
Bridge	<u>ALT DEADBUG & BEATER MARCH</u> ALT Deadbug 2x / March 8x (Arms: Alt "L" reach 2x / "beater" ctr 8x)								8x
Finish	Sit Tall (Arms: sides)								
V1	C1	B1	V2	C2	B2	V3	C3	B3	



STRENGTH TO THE BEAT

LA COPA DE LA VIDA

RELEASE 1



Intro	SIDE BENT TO PICK UP SHAKERS								
Verse	<u>SSD IN-STEP TOUCH</u> SSD In-step Touch (Arms: Opp heel touch)								8x
Chorus	<u>¼ TURN MARCH / ALT KICK</u> ¼ Turn March, Alt Kick 4x (Arms: March pump / DBL FWD & side punch)								4x
Bridge	<u>LEG EXT & HOLD</u> ALT Leg Ext & Hold (Arms: DBL “shake jab” side 2x)								4x
Finish	Push DBLs front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



MEMORY IN MOTION

LET'S GET LOUD

RELEASE 1



Intro	SIDE BENT TO DROP SHAKERS & PICK UP STICKS								
Verse	<u>V-STEP / JUMP ROPE</u> V-Step 3x, Jump Rope 2x (Arms: angle up & ctr click 2x/ jump rope arms)								8x
Chorus	<u>ALT STEP TOUCH + NEURO DRILL</u> ALT Step Touch (Arms: Open close w/ clap to side angle) Neuro Drill: Multi-Word Association <i>"On every clap to R or L, say a word you associate with the theme!"</i>								16x
Bridge	<u>MARCH & CLICK COMBO</u> March 8x (Arms: DBL click to chair-up 4x / click chair-legs-up 4x)								8x
Finish	Sit Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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RHYTHM CELEBRATION

WATERLOO

RELEASE 1



Intro	SIDE BENT TO DROP STICKS & PICK UP SCARVES SIT TO STAND								
Verse	<u>UP REACH / SIDE SWOOP</u> Knee Lift 4x / March 4x to other side of chair (Arms: Reach & lower to knee 4x / marching arms 4x)								2x
Chorus	<u>ALT WAVE / HIP FLOW</u> Hip Shift 8x, Fast Hip Shift 16x (Arms: ALT wave 8x / fast arm swing 16x)								2x
Bridge	<u>SGL LEG SKI + HOLD</u> SGL Leg Ski 7x, Hold 1x (Arms: Opp reach 7x)								2x
Finish	JOYFUL V POSE (Arms: high "V")								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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RESET & RESTORE

LISTEN TO YOUR HEART

RELEASE 1



Intro	RETURN TO CHAIR								
Verse	<u>POINT-HEEL OUT / IN</u> Point-Heel out 4x, Point-Heel in 4x (Arms: wave out/in 8x)								2x
Chorus	<u>LEG EXT W. SPINAL ROTATION</u> SGL Out Leg Ext. Hold 1x (Arms: SGL arm out & cross body twist) 1x								2x
Bridge	<u>SIDE BEND & LIFT</u> Grounded Side Bend (Arms: side lift & overhead reach 1x / chest open 1x)								2x
Finish	SIT TALL, ARMS ANGLE SIDE								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4