

1 Warm-Up Happy										#5	SEAT	
Intro	Heel Dig Open Hands									16x		
Verse	<b>HEEL DIG SSD &amp; BICEP</b> Heel Dig Single-Single-Double, Bicep Curl S-S-D (Arms: Bicep curl fist x4 & open hands x4)									8x		
Chorus	<b>REACH ACROSS &amp; RAISE THE ROOF</b> Tap Side Punch Across x4 & Heels Up and Down x8 (Arms: Punch across x4, sweep wide overhead & push down)									4x		
Bridge	<b>SLIDE OUT &amp; DBL KNEE</b> Slide Leg x3, Double Knee Lift (Arms: Ext. / Int. rotation-slice open & press down x2)									4x		
Finish	Open Hands at Side											
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4			

2 Posture You Keep Me Hanging On										#5	SEAT	
Intro	Walk the Heels									8x		
Verse	<b>HEEL WALK</b> Heel Walk (Arms: Slice up biceps, Open hands, Press back x2)									8x		
Chorus	<b>BOW &amp; ARROW SLIDE</b> Bow & Arrow Slide Right x4, Left x4 & Reach Pull (Arms: Straight arms side open hands, Pull bow with fist)									4x		
Bridge	<b>MARCH SHOULDER ROLLS</b> March Heel-Toe & Shoulder Rolls Both x2, Single x4 (Arms: Shoulder rolls both x2, Single x4)									8x		
Finish	Hands Up											
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4			

3 Cardio Over the Rainbow										#5	SEAT	
Intro	Tap Out Hold Fists Up									16x		
Verse	<b>TAP OUT PUNCH ACROSS &amp; HEEL DIG</b> Tap Out Punch, Heel Dig Crossing Wrist (Arms: Punch acr. x4, press front crossing wrists x4)									4x		
Chorus	<b>DBL RAINBOW JACKS &amp; WALK</b> Double Rainbow Jacks RL x2, Walk Side x7 (Arms: Double diagonal reach RL, pump with fist)									4x		
Bridge	<b>V STEP &amp; FAST JACK</b> V Step x2 & Fast Jack x4 (Arms: Reach out-out-in-in x2, hold chair x4)									4x		
Finish	Land Wide											
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4			

4 Total Body & Balance Dancing on the Ceiling										#5	SEAT	
Intro	Place Soft Ball Slightly Above Knees											
Verse	<b>KNEE EXTENSION</b> Knee Extension with Ball Above Knees x4 R, L (Arms: Arms bent palms down, Extend elbows)									4x		
Chorus	<b>OVERHEAD LAT FLEXION &amp; BALL ROLL</b> Lift Ball Overhead, Alternate Side Bend, Lower Ball to Chest, Roll x2 (Arms: Up, side, side, down, & roll x2)									8x		
Bridge	<b>STAR POSE &amp; SQUEEZE ARMS</b> Hold Star Pose, Squeeze Arms Together x2 (Arms: Hold the ball, squeeze arms x2)									4x		
Finish	Ball Front											
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4			

5 Memory Dr. Beat										#5	SEAT	
Intro	Extend Legs Cross Ankle Over Shin									16x		
Verse	<b>PETER PAN &amp; ROW</b> Slide Ankle Up Shin x8, Row Arms (Arms: Pull elbows back opening & closing fists)									16x		
Chorus	<b>PLAY DRUMS &amp; STEP IN-OUT</b> Step Out-Out-In-In, Arms Drum Out-Out- In-In, Explain brain Game (Arms: Hands in fists to pretend drumming)									32x		
Bridge	<b>MARCH IN PLACE &amp; BRAIN GAME</b> March While Playing Number Double Challenge (Arms: Pump arms and slice fingers)									32x		
Finish	Open Wide to the Side											
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4			

6 Strength Billie Jean										#5	SEAT	
Intro	Pick Up Weights (w/end pointing to floor)									16x		
Verse	<b>HINGE ROW &amp; KICKBACK</b> Hinge Hips, Row & Kickback (Arms: Pull elbows back & extend arms back)									8x		
Chorus	<b>ABDUCT SIDE 2 &amp; OPEN HIP 2</b> Slide Leg Open x2, Lift Hip & Circle Leg Out x2 (Arms: Weights rest on thighs)									4x		
Bridge	<b>CURL &amp; SHOULDER PRESS</b> Biceps Curl & Press Overhead (Arms: Biceps curl & press overhead, pull elbows down & Straighten arms)									8x		
Finish	Arms at Side											
V1	C1	B1	V2	C2	B2	V3	C3	B3				

7 Sit-To-Stand Perm										#5	SEAT	
Intro	Extend Hips, Squeeze Glutes, & Lift Fists									16x		
Verse	<b>STRAIGHT LEG LIFT &amp; CHEST FLY</b> Straight Leg Lift R x4, L x4, R x2, L x2, R x1, L x1 (Arms: Raise & bend elbows, make fist, open chest)									4x		
Chorus	<b>BREASTSTROKE &amp; BACKSTROKE &amp; STAND</b> Jack w/ Breaststroke, Jack w/Backstroke & Sit to Stand (Arms: Open & pull in, curl up, press down)									4x		
Bridge	<b>STEP TOUCH &amp; SHOULDER PRESS</b> Tap Out Alt. Legs, Chest Fly & Sng. Arm Overhead Press (Arms: Open & close, & alternate overhead press w/fist)									8x		
Finish	Stay Seated											
V1	C1	B1	V2	C2	B2	V3	C3	B3				

8 Flexibility When We Were Young										#5	SEAT	
Intro	Circle Right Twice, Then L											
Verse	<b>HAMSTRING STRETCH</b> Hamstring Stretch with Flexed Foot x2 (Arms: Reach front to toe, sweep up, front, elbow back)									4x		
Chorus	<b>CIRCLE HANDS UP &amp; TWIST</b> Circle Hands Up/Out-Down/In & Twist R, Look Back, Front (Arms: Rotate wrists-lifting front, rotate the other way opening & lowering side)									4x		
Bridge	<b>LUNGE WARRIOR 2</b> Lunge Warrior 2, Push Front-Side, Pull Elbow Back x3, Circle Up & Around, Repeat L (Arms: Push-pull x3, circle up & around to transition on 4)									8x		
Finish	Prayer Pose											
V1	C1	B1	V2	C2	B2	V3	C3	B3				