

Track 1		<b>WARM-UP GET UP!</b>								S.E.A.T. 17
Intro		Set Up S.E.A.T. Position, Stomp Side								16x
Verse		<b><u>DBL STOMP / UPPER CUT</u></b> Double Stomp 2 / Tap Side 4 (Arms: Press to knee / Upper cut 4)								4x
Chorus		<b><u>SHOULDER RAISE / MARCH</u></b> Stationary / March 4 (Arms: Shoulder raise / Pump arms)								8x
Bridge		<b><u>½ JACK &amp; ABDUCTION 3</u></b> ½ Jack, Abduct 3 (Arms: Backstroke, external rotation 3)								8x
Finish		Wide Jack								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 2		<b>POSTURE BAKER STREET</b>								S.E.A.T. 17
Intro		Heel Walk								32x
Verse		<b><u>PULL DOWN JACK / STAR</u></b> Jack 4 / Star Pose 2 (Arms: Pull down / Angle down 2)								2x
Chorus		<b><u>DEADBUG / HEEL WALK</u></b> Alt Extend Leg 4 / Heel Walk 16 (Arms: Alt Punch front & down 4 / "W" rotate side 4)								2x
Bridge		<b><u>STATIONARY</u></b> Stationary (Arms: Alt Rotate shoulder 4 / Crisscross, reach, pull down)								4x
Finish		Hold Pull Down Arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3		

Track 3		<b>CARDIO WALKING IN MEMPHIS</b>							S.E.A.T. 17
Intro		Walk Front Back							8x
Verse		<b><u>MARCH FRONT BACK / STEP TOUCH</u></b> March Front Back 2 / Dbl Tap Side 2 (Arms: Drum Front Back 2 / Dbl "V")							4x
Chorus		<b><u>JACK 3 / FAST JACK</u></b> Jack 3 / Fast Jack 2 (Arms: Alt Pull Down 3 / Hands to side)							4x
Bridge		<b><u>HEEL TOE HEEL</u></b> Heel Toe Heel 4 / Stationary (Arms: Side, clap 4 / Clasp hands, alt dbl torso rotate 4)							4x
Finish		Hands Side							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 4		<b>TOTAL BODY AND BALANCE LOVE SHACK</b>							S.E.A.T. 17
Intro		Hinge and Grab Ball							
Verse		<b><u>ON TOES / ON HEELS</u></b> Up on Toes 4, Up on Heels 4 (Arms: Curl, transfer ball)							8x
Chorus		<b><u>SHUFFLE SSD HOLD / ABDUCT 4</u></b> Shuffle SSD 4 / Abduct 4 / Abduct 4 (Arms: Hold ball front / Press to thigh / Press to thigh)							2x
Bridge		<b><u>LATERAL FLEXION / ROW</u></b> Stationary (Arms: Alt lateral flexion 8, Alt row 8)							1x
Finish		Sit Up Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 5	<b>MEMORY</b> <b>I'VE GOT MY MIND SET</b>								S.E.A.T. 17
Intro	Alt Tap Out								16x
Verse	<b><u>TAP OUT 3 / HEEL DIG</u></b> Tap Out 3 / Heel Dig 2 (Arms: Wash window 3 / Patty cake 2)								4x
Chorus	<b><u>½ JACK / JUMP ROPE 2</u></b> Alt ½ Jack / Heel Lift 2 (Arms: Alt angle slice 2 / Jump rope hands 2)								8x
Bridge	<b><u>ROCK / LIFT HEELS</u></b> Rock / Lift Heels 2 (Arms: Figure eight R / Arms down)								8x
Finish	Sit Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

\*Neuroplasticity Drill - simple math problems on the Chorus

Track 6	<b>MOBILITY</b> <b>MONDAY MONDAY</b>								S.E.A.T. 17
Intro	Get Into Bow & Arrow Position								
Verse	<b><u>BOW &amp; ARROW 3 / SWIVEL</u></b> Bow & Arrow, Swivel to Transition (Arms: Bow & arrow 3, overhead to transition)								4x
Chorus	<b><u>STRAIGHT LEG OVER</u></b> Straight Leg Up & Over 3 (Arms: At side, shoulder roll)								4x
Bridge	<b><u>ELBOW CLOSE &amp; OPEN</u></b> Stationary (Arms: Hold temple, elbow close and open 3)								4x
Finish	Drop Hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 7	<b>STRENGTH HE'S THE GREATEST DANCER</b>								S.E.A.T. 17
Intro	Hinge to Pick Up Weights								
Verse	<b><u>HINGE FORWARD</u></b> Hinge Forward (Arms: Tricep kickback, row)								8x
Chorus	<b><u>DBL CROSS CURL</u></b> Stationary (Arms: Dbl cross bicep curl 4 / Overhead press 4)								1x
Bridge	<b><u>SLOW ABDUCT</u></b> Alt Slow Abduction (Arms: External rotation)								8x
Finish	Drop Hands and Dumbbells to Side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 8	<b>SIT TO STAND THEN CAME YOU</b>								S.E.A.T. 17
Intro	March								32x
Verse	<b><u>WALK CHAIR / WILD JACK</u></b> Walk The Chair 8 / Jack 2 (Arms: Pump arms / "V")								4x
Chorus	<b><u>MINI WALK / SIT TO STAND</u></b> Fast Walk The Chair 4 / Hinge / Sit To Stand (Arms: Pump / Scoop and dump)								4x
Bridge	<b><u>DBL STOMP / TAP OUT</u></b> Double Stomp 2 / Tap Side 4 (Arms: Press to knee / Upper cut 2 / Hook 2)								4x
Finish	Arms Down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 9	ADL HOOKED ON A FEELING								S.E.A.T. 17
Intro	Hinge & Stand Up								
Verse	<b><u>ABDUCT EXTEND &amp; PUSH BACK &amp; STEP SIDE</u></b> Abduct 2, Hip Extension 2, Push Back 3, Transition (Arms: Hold chair)								2x
Chorus	<b><u>HINGE &amp; SKATE</u></b> Alt Hinge, Hip Extension (Arms: Hold chair)								16x
Bridge	<b><u>STANDING MARCH 12 &amp; TRANSFER</u></b> March (Arms: Reach and hold overhead)								2x
Finish	Arms Down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 10	FLEXIBILITY LEASE ON LIFE								S.E.A.T. 17
Intro	Sit Down								16x
Verse	<b><u>REACH &amp; PAINT BRUSH</u></b> Stationary / Extend Leg (Arms: Alt overhead slice 4 / Paint brush 2)								2x
Chorus	<b><u>HEEL TOE HEEL &amp; STATIONERY</u></b> Heel Toe Heel 2 / Stationary (Arms: Side, clap 2 / Alt shoulder roll 4)								2x
Bridge	<b><u>WARRIOR &amp; WALK AROUND</u></b> Warrior / Walk The Chair (Arms: Reach up / Hold at temple, elbow close & open 4)								2x
Finish	Arms Down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	