

Track 1	WARM UP Le FREAK								S.E.A.T. 18
Intro	Set Up S.E.A.T. Position, Alt Tap Out								16x
Verse	<u>DBL TAP OUT / SINGLE TAP OUT</u> Alt DBL Tap Out 2 / Alt Tap Out 4 (Arms: Alt dbl disco arms 2 / Alt disco arms 4)								4x
Chorus	<u>SSD HEEL DIG</u> SSD Heel Dig (Arms: Clasp over shoulder SSD 2, slice down SSD 2, punch out side SSD 2, clap SSD 2)								1x
Bridge	<u>V STEP / DBL SHOULDER ROLL</u> V Step 2 / Stationary (Arms: Paddle out out in in 2 / Alt DBL shoulder roll 2)								4x
Finish	Arms Down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 2	POSTURE MANIC MONDAY								S.E.A.T. 17
Intro	March								32x
Verse	<u>MARCH 8 / ROLL</u> March 8 / Stationary (Arms: Reach over head 4 / Roll 4)								4x
Chorus	<u>EXTEND LEG ROW 3 / ABDUCT 2</u> Extend Leg, Lift & Lower 3 / Abduct 2 (Arms: Palms up row 3 / Drop hands to side)								4x
Bridge	<u>MARCH FRONT BACK</u> March Front Back 4 / Stationary (Arms: Drum front back 4 / Alt raise shoulder to ear 4)								2x
Finish	Sit Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 5	MEMORY HELLO I LOVE YOU	S.E.A.T. 18
Intro	March	32X

Verse	<u>ROCK 2 / MARCH 8</u> Rock 2 / March 8 (Arms: Hands fall to the side / Pump the arms)								4x
Chorus	<u>ABDUCT / ROTATE</u> Dbl Abduct 2 / Knee Lift 2 (Arms: Dbl wash window 2 / Clasp hands, torso rotate 2)								4x
Bridge	<u>SLICE DOWN</u> Angled Tap 4 (Arms: Slice down 4)								8x
Finish	Sit Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

*Neuroplasticity Drill - Say a first name and participants say the full name of a famous person (Example: Michael = "Michael Jackson"). This drill is done on the Bridge

Track 6	MOBILITY HAVE YOU EVER SEEN THE RAIN								S.E.A.T. 18
Intro	Hinge Forward to Grab Ball								
Verse	<u>STATIONARY PEC STRETCH</u> Stationary (Arms: With ball in hand, Triple chest opener)								8x
Chorus	<u>HALO & HALF / TRICEPS EXTENSION</u> Stationary (Arms: Circle around head 1 ½ / Triceps extension to front)								4x
Bridge	<u>SSD RUSSIAN ROTATION</u> Alt Knee Lift Single Single Double (Arms: Squeeze ball & rotate over opposite hip SSD)								8x
Finish	Twist								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 7	STRENGTH LISTEN TO THE MUSIC	S.E.A.T. 18
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Intro	Hinge to Get Dumbbells								
Verse	<u>HALO & EXTEND LEG</u> Stationary / Extend Front (Arms: DB held as one, halo around / Woodchop to extended leg)								8x
Chorus	<u>SEATED GOAL POSTS</u> Stationary (Arms: Abduct, lift palms up, abduct, down)								8x
Bridge	<u>SSD BICEPS</u> Stationary (Arms: Single single biceps curl, both extend down)								8x
Finish	Sit Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 8	SIT TO STAND CANDLE IN THE WIND								S.E.A.T. 18
Intro	Hinge to Stand Up								
Verse	<u>HOVER / PUSH OFF</u> Hinge Down, Hover Hold, Stand (Arms: Place hands R/L on seat at hover & push off)								4x
Chorus	<u>STEP OVER PUDDLE 4 / ABDUCT COMBO</u> Step Over Forward 4 / Abduct 3, Quick 2 (Arms: Reach front / Arms to sides)								2x
Bridge	<u>DBL SWAY</u> Stand Tall (Arms: Reach up over head, alt dbl slight lean)								16x
Finish	Stand Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 9	ADLS BIG GIRLS DON'T CRY	S.E.A.T. 18
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Intro	Sit Back Down and Alt Tap Side								16x
Verse	<u>TAP FAST / CRY</u> Tap 8 (3x) / Stationary (Arms: Snap 8 / Wipe eyes)								2x
Chorus	<u>MARCH 4 / FAST JACK 2</u> March 4 / Fast Jack 2 (Arms: Pump / Drop to sides)								8x
Bridge	<u>PULL / DIG</u> Stationary / Hinge Forward (Arms: Alt pull down 8 / Biceps scoops 8)								2x
Finish	Jack Out								
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4

Track 10	FLEXIBILITY WALK WITH ME								S.E.A.T. 18
Intro	Cross Ankle								
Verse	<u>CROSS ANKLE</u> Cross at Shin (Arms: Push pull 2 / Embrace the moon 2)								2x
Chorus	<u>PAINTBRUSH 4 / ROTATE AROUND CHAIR</u> Stationary (Arms: Two arms lift and lower 4 / Grab chair, alt rotate 2)								1x
Bridge	<u>EXTEND LEG / STATIONARY</u> Extend Leg, Point Flex 2 / Stationary (Arms: Hold at sides / Raise and lower the roof)								2x
Finish	Raise the Roof								
V1	C1	B1	V2	C2	B2	V3	C3	B3	