

Track 1		WARM-UP PINK CADILLAC							S.E.A.T 19
Intro		Set Up S.E.A.T. Position, March, Introduce Open Curtain							32x
<u>Verse</u>		<u>OPEN CURTAIN / ENERGY BALL</u> March (Arms: Open curtain 2 / Energy ball side to side)							4x
Chorus		<u>WIDE MARCH / HEEL TOE HEEL</u> Wide March 8 / Heel Toe Heel 2 (Arms: Drive the car 8 / Woodchop 2)							4x
Bridge		<u>V-STEP / HEELS 8</u> V Step 4 / Lift Heels 8 (Arms: Paddle out out in in 4 / Choo choo circles 8)							4x
Finish		Woochop, Sit Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 2		POSTURE GIMME ALL YOUR LOVING							S.E.A.T. 19
Intro		Heel Walk, Introduce "W"							32x
Verse		<u>HEEL WALK</u> Heel Walk (Arms: "W" torso rotation, reach up)							8x
Chorus		<u>STEP OUT / CRISSCROSS</u> Step Out / Stationary (Arms: Roll shoulder 4 / Crisscross, reach, pull down)							4x
Bridge		<u>LIFT LEG 4 / STOMP 2</u> Extend Leg, Lift & Lower 4 / Stomp 2 (Arms: Row 4)							4x
Finish		Stomp							
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 3		CARDIO HAVANA							S.E.A.T. 19
Intro		March, Arms Cross Chest							32x
Verse		<u>WALK THE CHAIR</u> Walk The Chair 8 / Alt Heel Dig 4 (Arms: Hands cross chest / Alt punch overhead 4)							4x
Chorus		<u>WASH WINDOW</u> Alternate Abduct 2 (Arms: Wash window , push side)							8x
Bridge		<u>ROCK OUT 4 / SHUFFLE</u> Rock Step 4 / Shuffle Single Single Double 4 (Arms: Hitchhiker / Hands cross at chest)							2x
Finish		Hitchhiker R							
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 4		TOTAL BODY AND BALANCE OFF THE WALL							S.E.A.T. 19
Intro		Hinge Forward to Grab Ball, Place Ball Between Knees							
Verse		<u>DEADBUG</u> Alternate Leg Extend (Arms: Alt punch up 4 / Alt punch forward 4)							2x
Chorus		<u>BALL CURL</u> Stationary (Arms: Ball in hand, Alt elbow flexion 4 / Alt row ball 8)							1x
Bridge		<u>SQUEEZE & EXTEND</u> Squeeze Ball Between Knees 4 / Alt Extend Knee 4 (Arms: Hold at sides)							4x
Finish		Sit Up Tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5	MEMORY EVERYBODY DANCE								S.E.A.T. 19
Intro	Alt Tap Out								16x
Verse	<u>TAP 3 / JACK</u> Tap Out 3 / Jack 2 (Arms: Single external rotation 3 / Double 2)								4x
Chorus	<u>TAP OUT</u> Alt Tap Out (Arms: "V" 2, push up 2, clap 4)								4x
Bridge	<u>MARCH & HOLD</u> March 3 & Hold (Arms: Pump F/B)								16x
Finish	Sit Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

*Neuroplasticity Drill - Name a fruit or vegetable. Participants say if it is grown in a tree or on the ground. This drill is done on the Bridge.

Track 6	MOBILITY SIMPLY IRRESISTIBLE								S.E.A.T. 19
Intro	Extend Hips, Cross Leg at Ankle								
Verse	<u>PETER PAN</u> Slide Top Leg to Neutral 4 (Arms: Slide up the sides of the body)								2x
Chorus	<u>ADDUCTION / HIP OPENER</u> Manually Press Hip 3 / Circle Hip (Arms: Hand to thigh, press 3)								4x
Bridge	<u>HINGED STRETCH / SHOULDER ROLL</u> Extend Leg with Hinge Forward / Stationary (Arms: Fingers reach towards floor / Alt shoulder roll 8)								2x
Finish	Sit Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 7	MOBILITY BORDERLINE								S.E.A.T. 19
Intro	Hinge Forward to Grab Band								
Verse	<u>STATIONARY</u> Stationary (Arms: Hold band at thigh, row 8)								2x
Chorus	<u>WIDE STATIONARY</u> Stationary (Arms: Hold band at chin, extend elbow 8)								2x
Bridge	<u>STATIONARY TOES FORWARD</u> Stationary (Arms: Open band 3, curl towards face)								4x
Finish	Slide-In with Palm Up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 8	SIT TO STAND LADY								S.E.A.T. 19
Intro	Slight Hip Extension								
Verse	<u>LIFT LEG & SWIM</u> Lift Knee (Arms: Breaststroke 4)								4x
Chorus	<u>SIT TO STAND / SUPER SLOW SIT</u> Hinge To Stand / Sit Back Down 4 (Arms: Fist at chest / Arms wide)								4x
Bridge	<u>SLIDING JACKS</u> Feet Slide Front, Jack, Feet Slide Back, Stationary (Arms: Front, out, in, down)								8x
Finish	Sit Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 9	ADL BAD LEROY BROWN								S.E.A.T. 19
Intro	March								32x
Verse	<u>MARCH & ROTATE / PAINTBRUSH</u> March / Extend Leg (Arms: Alt elbow back torso rotation 8 / Paint brush 4)								1x
Chorus	<u>MOGUL & V STEP</u> Mogul 8 / V Step 4 (Arms: Hold chair / Paddle out out in in 4) KING KONG?								2x
Bridge	<u>MARCH & FIREWORKS</u> March (Arms: Raise the roof, jazz hands 2)								8x
Finish	Sit Tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 10	FLEXIBILITY GO YOUR OWN WAY								S.E.A.T. 19
Intro	Hinge Sit to Stand								
Verse	<u>SCISSOR / QUAD STRETCH</u> Stand Tall / Flex Knee - Heel Toward Glutes (Arms: Alt scissor 8 / Reach towards heel)								2x
Chorus	<u>SUPER SLOW CAT & COW</u> Spinal Flexion, Extension (Arms: Hands on thighs)								8x
Bridge	<u>SWEEP FRONT & BACK</u> Sweep Leg Front & Back 3, Hold In Hip Extension (Arms: Hold the chair when needed)								4x
Finish	Inhale arms to heart center								
V1	C1	B1	V2	C2	B2				