

Song	Equipment	Song lyric	Exercise	Count	Time
Levitating	None		Introduction and preparation Ballet foot second Arms Bras Bas	16 count intro	
		If you wanna run away with me	Arms through 2nd to 5th and back	2/2 x 4	0.14
			Arms through 2nd to 5th and back	1/1 x 8	
		I got you, moonlight, you're my starlight	Alternating side lean, arms to 4th open	2/2 x 4	0.44
			Alternating side lean, arms to 4th open	1/1 x 8	
			Arms through 2nd to bras bas and back to 5th with Demi plie	2/2 x 4	
			Arms through 2nd to bras bas and back to 5th with Demi plie	1/1 x 8	
			Demi plie hold, alternating side lean arms to 4th crossed	2/2 x 4	
		You can fly away with me tonight	Demi plie extend and down Alternating side lean arms to 4th crossed	1/1 x 8	1.58
			Leg crossed to long 4th Back heel lower and lift Arms 2nf to 5th	2/2 x 4	
			Leg crossed to long 4th Back heel lower and lift Arms 2nf to 5th	1/1 x 8	
		You want me, I want you baby	Leg crossed long 4th Full Port De Bras forward	8 counts x 1	2.44
			Leg crossed long 4th Full Port De Bras forward	4 counts x 2	

			Leg crossed to long 4th Back heel lower and lift Arms 2nd to 5th	2/2 x 4	
			Leg crossed to long 4th Back heel lower and lift Arms 2nd to 5th	1/1 x 8	
			Leg crossed long 4th Full Port De Bras forward	8 counts x 1	
			Leg crossed long 4th Full Port De Bras forward	4 counts x 2	
		Come on baby, take you for a ride	Down to floor side lunge	16 counts x 1	3.44
			Down to floor side lunge	16 counts x 1	
			Bring feet to second Body in to centre Roll up through spine		

Song	Equipment	Song lyric	Exercise	Count	Time
Put Your Records On	Barre		Parallel Two hands on Barre	16 count intro	
			Rise	2/2 x 4	
		Three little birds	Rise	1/1 x 8	0.30
			Rise	Half Tempo x 16	
		Girl put your records on	Plie	2/2 x 4	1.00
			Plie	1/1 x 8	
		Blue as the sky	Step back lunge	2/2 x 4	1.30

			Step back lunge	1/1 x 8	
			Lunge hold and pulse	Pulse x 16	
		You're gonna find yourself some way	Lunge hold Front heel rise	1/1 x 8	2.16
			Lunge hold and pulse Front heel lifted	Pulse x 16	
		Girl put your records on	Step back lunge	2/2 x 4	2.44
			Step back lunge	1/1 x 8	
			Lunge hold and pulse	Pulse x 16	
			Lunge hold Front heel rise	1/1 x 8	3.30
			Lunge hold and pulse Front heel lifted	Pulse x 16	
			Release back into parallel		

Song	Equipment	Song lyric	Exercise	Count	Time
Right Back	Barre Hand weight		Ballet first with feet, arm in 2nd	16 count intro	
			Arm 1st to 2nd	2/2 x 4	
		Should we bring it right back?	Arm 1st to 2nd	1/1 x 8	0.30
			Arm arabesque to 2nd	2/2 x 4	
		Maybe soon by the way things go	Arm arabesque to 2nd	1/1 x 8	1.00

			Arm arabesque to 2nd, tendu derriere to plie in second	1/1 x 8	
			Arabesque tilt and lift	1/1 x 8	
			Arabesque hold and arm pulse	Pulse x 16	
				BREAK FOR 16	2.00
			Arm 1st to 2nd	2/2 x 4	
			Arm 1st to 2nd	1/1 x 8	
		We don't gotta take it too fast	Arm arabesque to 2nd	2/2 x 4	2.45
			Arm arabesque to 2nd	1/1 x 8	
			Arm arabesque to 2nd, tendu derriere to plie in second	1/1 x 8	
			Arabesque tilt and lift	1/1 x 8	3.30
			Arabesque hold and arm pulse	Pulse x 16	

Song	Equipment	Song lyric	Exercise	Count	Time
Willow	Barre Hand weight		Feet in parallel, one hand on Barre Hand weight under shoulder	16 count intro	
			Lean forward with tricep push back	2/2 x 4	
		I'm like the water when your ship rolled in at night	Lean forward with tricep push back	1/1 x 8	0.30
			Lean forward with tricep push back pulse	Pulse x 16	
			Step O/S leg back to lunge Arm opens to side and back again	2/2 x 4	

		Life was a willow and it bent right to your wind	Step O/S leg back to lunge Arm opens to side and back again	1/1 x 8	1.15
			O/S leg back at lunge Side arm pulse	Pulse x 16	
			O/S leg back in parallel battement lift Side arm pulse	Pulse x 16	
		Life was a willow and it bent right to your wind		BREAK FOR 16	2.00
			Lean forward with tricep push back	2/2 x 4	
			Lean forward with tricep push back	1/1 x 8	
		The more that you say the less I know	Lean forward with tricep push back pulse	Pulse x 16	2.45
		That's my man	Step O/S leg back to lunge Arm opens to side and back again	2/2 x 4	3.00
			Step O/S leg back to lunge Arm opens to side and back again	1/1 x 8	
			O/S leg back at lunge Side arm pulse	Pulse x 16	3.30
			O/S leg back in parallel battement lift Side arm pulse	Pulse x 16	

Song	Equipment	Song lyric	Exercise	Count	Time
Beautiful Mistakes	Barre Hand weight		Heels in first position Arms at half bicep curl	16 count intro	
			Open out to side and in	1/1 x 8	
		It's beautiful, it's bittersweet	Extend the arm to 2nd (palms up) and back	1/1 x 8	0.30
			Mini circles backwards	X 16	

		Beautiful mistakes	Mini circles backwards (alternating a slow rise on each foot)	X 16	1.00
			Mini circles forwards	X 16	
		It's pitiful, I can't believe how everyday gets worse for me	Mini circles forwards (alternating a slow rise on each foot)	X 16	1.30
			Alternating twist and wrap with the arms around the waist	2/2 x 4	
		Beautiful mistakes	Alternating twist and wrap with the arms around the waist - option to add knee bend	1/1 x 8	2.00
			R leg step to side lunge and wrap with opposite arm	1/1 x 8	
		You did me wrong because I let you	Lower L arm, palm up, and lift - optional heel lift	1/1 x 8	2.30
			Hold L arm lifted, palm up, and pulse	Pulse x 16	
		Bet you miss my love	Alternating twist and wrap with the arms around the waist	2/2 x 4	3.00
			Alternating twist and wrap with the arms around the waist - option to add knee bend	1/1 x 8	
			L leg step to side lunge and wrap with opposite arm	1/1 x 8	
		Nah nah nah (in my head)	Lower R arm, palm up, and lift - optional heel lift	1/1 x 8	3.45
			Hold R arm lifted, palm up, and pulse	Pulse x 16	
			Feet in second, arm circles back	X 4	4.14
			Feet in second, arm circles forward	X 4	

			Feet in second, arm circles back	X 4	
			Feet in second, arm circles forward	X 4	

Song	Equipment	Song lyric	Exercise	Count	Time
Skin			Heels in second position Hands on hips	16 count intro	
			Full plie	4/4 x 2	
		You can try to get under my, under my	Full plie	2/2 x 4	0.30
			Full plie	1/1 x 8	
		<i>Music change</i>	Full plie pulse	Pulse x 16	1.00
			Alternating rises in full plie	1/1 x 8	
			Both heel rises in full plie	1/1 x 8	
			Full plie pulse (heels on or off floor)	Pulse x 16	
		You can try to get under my, under my		BREAK FOR 16	2.00
			Full plie with full PDB	4/4 x 2	
			Full plie with full PDB	2/2 x 4	2.30
			Full plie, arms hold in 2nd	1/1 x 8	
		I just hope that one day	Alternating rises in full plie, arms 1st to 2nd	1/1 x 8	3.15
			Alternating rises in full plie, arms 1st to 2nd	1/1 x 8	
			Both heel rises in full plie, arms 5th to 2nd	1/1 x 8	

			Full plie hold (heels on or off floor)	Hold for 16	
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Song	Equipment	Song lyric	Exercise	Count	Time
Cardigan	Barre Hand weight		Heels in first position O/S foot tendu derrière	16 count intro	
		Sequin smile, black lipstick	Attitude to tendu, arm 5th to bras bas	2/2 x 4	0.15
			Attitude to tendu, arm 5th to bras bas	1/1 x 8	
			Attitude pulse, arm 5th	Pulse x 16	
		And then when I felt like I was an old cardigan	Side crunch to attitude derrière	2/2 x 4	1.00
			Side crunch to attitude derrière	1/1 x 8	
			Side crunch pulse	Pulse x 16	
		And then when I felt like I was an old cardigan	Side crunch pulse, arm 5th - option to rise on I/S foot	Pulse x 16	1.45
				BREAK FOR 16	
		I knew you, playing hide and seek	Attitude to tendu, arm 5th to bras bas	2/2 x 4	2.15
			Attitude to tendu, arm 5th to bras bas	1/1 x 8	
		I knew you, playing hide and seek	Attitude pulse, arm 5th	Pulse x 16	2.45
			Side crunch to attitude derrière	2/2 x 4	
			Side crunch to attitude derrière	1/1 x 8	
			Side crunch pulse	Pulse x 16	3.30

			Side crunch pulse, arm 5th - option to rise on l/S foot	Pulse x 16	
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Song	Equipment	Song lyric	Exercise	Count	Time
Borderline	Barre Resistance Loop		Feet in parallel One hand on Barre	16 count intro	
		Something in the way you love me won't let me be	Battement a la seconde, arm 2nd to bras bas	2/2 x 4	0.15
			Battement a la seconde, arm 2nd to bras bas	1/1 x 8	
		Just try to understand	Battement a la seconde pulse, arm 2nd	Pulse x 16	0.45
			Battement a la seconde en fendu*, arm 5th to 2nd	1/1 x 8	
		Borderline	Battement a la seconde en fendu pulse, arm 5th	Pulse x 16	1.10
			Ron de jambe** en fendu	8 counts x 2	
			Ron de jambe en fendu	4 counts x 3	
		Something in your eyes is making such a fool of me	Battement derrière en fendu pulse, arm 2nd	Pulse x 16	1.55
				BREAK FOR 16	
		Just try to understand	Battement a la seconde, arm 2nd to bras bas	2/2 x 4	2.25
			Battement a la seconde, arm 2nd to bras bas	1/1 x 8	
			Battement a la seconde pulse, arm 2nd	Pulse x 16	

		Keep on pushing me baby	Battement a la seconde en fendu, arm 5th to 2nd	1/1 x 8	3.05
			Battement a la seconde en fendu pulse, arm 5th	Pulse x 16	
			Ron de jambe en fendu	8 counts x 2	
			Ron de jambe en fendu	4 counts x 3	
		La la la la la	Battement derrière en fendu pulse, arm 2nd	Pulse x 16	4.00
			*Fendu - a plie on one leg		
			**Ron de jambe - round of the leg - a circle of one leg around the other		

Song	Equipment	Song lyric	Exercise	Count	Time
Diamonds	Barre Exercise Mat		Feet in parallel with heels on Barre Lying on mat	16 count intro	
			Bridge on Barre	4/4 x 2	
		Have it all, rip our memories off the wall	Bridge on Barre	2/2 x 4	0.30
			Bridge on Barre	1/1 x 8	
			Bridge on Barre	Pulse x 16	
		Diamonds, diamonds, diamonds		BREAK FOR 16	1.15
			One leg on Barre, single leg lift, arms 1st to 5th	2/2 x 4	
		Take all the money you want from me	One leg on Barre, single leg lift, arms 1st to 5th	1/1 x 8	1.45

			One leg on Barre, single leg pulse, arms 1st	Pulse x 16	
		Diamonds, diamonds, diamonds	One leg on Barre, single leg lift, arms 1st to 5th	2/2 x 4	2.15
			One leg on Barre, single leg lift, arms 1st to 5th	1/1 x 8	
			One leg on Barre, single leg pulse, arms 1st	Pulse x 16	
		Diamonds, diamonds, diamonds	Diagonal angle leg extensions, arms 1st to 2nd	2/2 x 4	3.00
			Diagonal angle leg extensions, arms 1st to 2nd	1/1 x 8	
			Holding Barre v-sit leg extensions	2/2 x 4	
			Holding Barre v-sit leg extensions	1/1 x 8	

Song	Equipment	Song lyric	Exercise	Count	Time
Diamonds	Exercise Mat		Lying on mat, legs in tent position	16 count intro	
			Glute bridge	4/4 x 2	
		Have it all, rip our memories off the wall	Glute bridge	2/2 x 4	0.30
			Hip thrust	1/1 x 8	
			Bridge on Barre	Pulse x 16	
		Diamonds, diamonds, diamonds		BREAK FOR 16	1.15
			One leg on flat on floor, single leg lift, arms 1st to 5th	2/2 x 4	

		Take all the money you want from me	One leg on flat on floor, single leg lift, arms 1st to 5th	1/1 x 8	1.45
			One leg flat on floor single leg pulse, arms 1st	Pulse x 16	
		Diamonds, diamonds, diamonds	One leg on flat on floor, single leg lift, arms 1st to 5th	2/2 x 4	2.15
			One leg on flat on floor, single leg lift, arms 1st to 5th	1/1 x 8	
			One leg flat on floor single leg pulse, arms 1st	Pulse x 16	
		Diamonds, diamonds, diamonds	Diagonal angle leg extensions, arms 1st to 2nd	2/2 x 4	3.00
			Diagonal angle leg extensions, arms 1st to 2nd	1/1 x 8	
			Leaning on elbow v-sit leg extensions	2/2 x 4	
			Leaning on elbow v-sit leg extensions	1/1 x 8	

Song	Equipment	Song lyric	Exercise	Count	Time
Ice Cream	Exercise Mat Weight Bangles		Seated with legs extended in front Hands behind back on floor	16 count intro	
			R leg lifts	2/2 x 4	
		So good yeah look so sweet	R leg lifts	1/1 x 8	0.30
			R leg lift pulses - optional arms in 2nd	Pulse x 16	
		Ice cream chillin' chillin'	R leg diagonal extension and fold across, arms arabesque to fold across	2/2 x 4	1.00

			R leg diagonal extension and fold across, arms arabesque to fold across	1/1 x 8	
		Get it, flip it, scoop it	R leg diagonal extension pulse, arms arabesque hold	Pulse x 16	1.30
			Hip opening stretch	16 counts	
		So good yeah look so sweet	L leg lifts	2/2 x 4	2.00
			L leg lifts	1/1 x 8	
			L leg lift pulses - optional arms in 2nd	Pulse x 16	
		Na na na na na	L leg diagonal extension and fold across, arms arabesque to fold across	2/2 x 4	2.45
			L leg diagonal extension and fold across, arms arabesque to fold across	1/1 x 8	
			L leg diagonal extension pulse, arms arabesque hold	Pulse x 16	3.15
			Hip opening stretch	16 counts	

Song	Equipment	Song lyric	Exercise	Count	Time
Drivers Licence	Exercise Mat Resistance Loop		Lying on mat, legs in tent position	16 count intro	
		I got my drivers licence last week	Bent leg lifts	2/2 x 4	0.15
			Bent leg lifts	1/1 x 8	
		And you're probably with that blonde girl	Bent leg lifts hold with toe drops	X 16	0.45
			Bent leg lifts hold crunches, arms in 1st	Single time	

		And I just can't imagine how you could be so okay now that I'm gone	Crunch with hand press down	Single time	1.30
			Crunch hold with fast hand presses	Pulse x 16	
				BREAK FOR 16	2.00
		Today I drove through the suburbs	Alternating single leg lower with extension	4/4 x 2	2.15
			Alternating single leg lower with extension	2/2 x 4	
			Alternating single leg lower with extension	1/1 x 8	
		I guess you didn't mean what you wrote in that song about me	Bent knee half lowered push outs	X 8	3.00
			Straight knee half lowered push outs	X 8	

Song	Equipment	Song lyric	Exercise	Count	Time
Lost Keys	Exercise Mat		Lying on mat, legs in tent position	16 count intro	
		Eyes on the ceiling, chasing a feeling	Single knee hold	8 counts	0.20
			Single leg extension	8 counts	
			Single leg extension, extended supporting leg	8 counts	
		Touch me, talk to me	Single leg extension, bounce	X 8	0.40
			Single leg extension, flexed foot	X 8	
			Lying on mat, legs in tent position	16 counts	
		Nobody's talking, standing or falling	Single knee hold	8 counts	1.15

			Single leg extension	8 counts	
			Single leg extension, extended supporting leg	8 counts	
		Pretty lights, lost keys	Single leg extension, bounce	X 8	1.35
			Single leg extension, flexed foot	X 8	
		I don't wait for nothing	Lying frog stretch	X 16 counts	2.00
		Tonight wasn't supposed to be about you	Move to side with hips and shoulders stacked, hands placed together	X 8 counts	2.30
			Thoracic rainbow	8 counts x 2	
			Move to side with hips and shoulders stacked, hands placed together		
			Thoracic rainbow	8 counts x 2	3.20

Song	Equipment	Song lyric	Exercise	Count	Time
Fall	Barre		Standing quad stretch	16 counts	
			Dancer pose	16 counts	
			Standing hamstring stretch, arm in 5th	8 counts	
		Can we fall in love again	Standing glute stretch	16 counts	0.55
			Feet together, pulling away side lean	8 counts	
		Now you're fading, need you more	Standing tricep stretch	8 counts	1.30
			Lifted hand to Barre and twisted lat stretch	8 counts	

			Standing quad stretch	16 counts	
			Dancer pose	16 counts	
		Can we fall in love again	Standing hamstring stretch, arm in 5th	8 counts	2.35
			Standing glute stretch	16 counts	
			Feet together, pulling away side lean	8 counts	3.20
			Standing tricep stretch	8 counts	
			Lifted hand to Barre and twisted lat stretch	8 counts	
			Reverence		