



**Lesson 6 Winter 2021**  
**WARRIOR Rhythm Choreography Notes ©**

**Warm-Up**

**I Got You 110bpm 3:33**

- :09 *I got a feeling deep* Cat-Cow 4x =32  
:28 *so we can love deeper* Spinal Balance 4x alternating =32  
:49 *Ch baby I got you* Table Top Down Dog flow x3, Step in =32  
1:08 *oooh baby baby* single Squats 8x =32  
  
1:27 *so we can love deeper* Double Squat Walk R,L =32  
1:46 *Ch baby I got you* alt Lunges =32  
2:05 *instra fan to TT* =16  
  
2:15 *take me I'm yours* Cat-Cow 4x =32  
2:34 *so we can love deeper* Spinal Balance 4x alternating =32  
2:53 *Ch baby I got you* **Table Top Down Dog flow 8x =64**

**SS1**

**To Die For -Blinkie Remix 127bpm 3:32**

- :08 *I look for you* Fan Fold to Locust =32  
:24 *as I wander down* Pushup Plank to DD =16  
:31 *CH pink lemonade* R SLD Knee to Nose 4x =32  
:47 *to die for* Side Plank =32  
1:02 *die for...* **Table to Down Dog x3, Step in =32**  
1:18 *I long for you* Fan Fold to Cobra =32  
1:33 *as I wander* Pushup, Plank to Down Dog (hold) =32  
1:49 *Chorus pink lemonade* L SLD Knee to nose 4x =32  
2:04 *to die for* Side plank =32  
2:19 *down down down,* **Table to Down Dog x1, step in =16**  
2:28 *Chorus pink lemonade* Fan Fold to UD =32  
2:43 *to die for* Pushup, Plank to Down Dog (hold) =32  
2:57 *die for (outro)* R Rocking LL to Ham =32  
3:15 *die for (outro)* L Rocking LL to Ham =32

## LIFT 1

### Head Shoulders Knees 125bpm 2:35 (KB/DB)

:02 *I feel it in my* Lateral Lunge singles 8x =32 (A)  
:17 *I've been praying to a thousand* Deadlift 2/2 4x =32 (B)  
:32 *my life will never* Calf Raises double-time =16  
:40 *Ch I feel it* Lateral Lunge singles 8x =32 (A)  
:56 *instra you keep me* Deadlift 2/2 4x =32 (B)  
1:11 *let me breathe you deep* LL, DL Combo 2x =32 (C)  
1:26 *my life will never* Calf Raises double-time =16  
1:34 *Ch I feel it* Lateral Lunge singles 8x =32 (A)  
1:49 *instra you keep me* Deadlift 2/2 4x =32 (B)  
2:04 *I feel it in my* COMBO: Lateral Lunge alt R,L + Deadlift 2x =32 (C)  
2:20 *instra you keep me* COMBO Lateral Lunge alt R,L + Deadlift + Calves 2x =32 (D)

## LIFT 2

### Warrior Stand Up 131bpm 3:12 (KB/DB)

:00 *I'm a warrior* **Squat Holds 1.5x, Up SLOW**  
:17 *solid as a rock* Upright Row 8x =32  
:31 *throw me to the wolves* Reverse Lunge 8x =32  
:48 *I'm gonna stand up* Reverse Lunge add Halo 4x  
1:02 *I'm gonna stand up* single Squats x8 =32  
1:15 *I'm a warrior* Upright Row 8x =32  
1:30 **pause =2**  
1:32 *I know my every strength* Reverse Lunge 8x =32  
1:47 *Just look in my eyes* Reverse Lunge add Halo 4x  
2:01 *don't matter how much blood* (transition time) KB Swings or DB Swings  
2:25 **Pause (KB to floor)**  
2:29 *I'm a warrior* Clean and Snatch (Teaching TIP: Students may try these at their own pace)  
2:59 **pause I'm a warrior**

## HIIT 1

### Boss' Daughter 174bpm 3:25

:17 *that girl* R Sprinter Knee =32 (\*double time)  
:27 *she walks* L Sprinter Knee =32 \*  
:38 *oh what she does* Half time Squat Hops =32  
:49 *Chorus she's hell on heels* Stance Jacks =64 plus **extra 8 counts recovery**  
  
1:14 *that girl* R Sprinter Knee =32 \*  
1:25 *she walks* L Sprinter Knee =32 \*  
1:36 *oh what she does* Half time Squat Hops =32  
1:47 *Chorus she's hell on heels* Stance Jacks =64  
  
2:09 *I love* R Sprinter Knee =32 \*  
2:20 *I'm just another guy* L Sprinter Knee =32 \* **2:31 extra 16 counts recovery**  
2:37 *Chorus she's hell on heels* Stance Jacks =128

## SS2

### BURN 113bpm 3:29 Sun and Moon Salutations Yoga Block Optional

:09 *you look familiar* Sun Sal to Upward Dog, SLDD =32  
:26 *you're dancing like nobody's watching* Knee Sweeps 2x =16  
:34 *chorus oh all the way* W1, W2, RevW, W2 =32 (Signature WARRIOR Flow)  
:51 *you're on fire* Pulsing Right Angle, Low Lunge, Step in =32  
1:08 *we got familiar* Sun Sal to Upward Dog, SLDD =32  
1:25 *let's do it like nobody else* Knee Sweeps 2x =16  
1:34 *chorus oh all the way* W1, W2, RevW, W2 =32 (Signature WARRIOR Flow)  
1:51 *you're on fire* Pulsing Right Angle, Low Lunge, Step in =32  
2:08 *we can go* Goddess x2, High Lunge R x2 =32  
2:24 *instra you're on fire* Standing Splits, Half Moon =32  
2:41 *you're on fire* Goddess x2, High Lunge L x2 =32  
3:00 *chorus oh all the way* Standing Splits, Half Moon =32  
3:17 outro

## Build A

**Ritual 3:50 114bpm R (start :17) Template 32x1, 16x2, 16x2, 8x1, 8x1, 8x1, 8x1**

**Funny 3:21 115bpm L (start :00)**

- Side Bend
- W1 bow and Arrow
- W2 peace
- Triangle

**Build B** (Teaching Tip: Lead leg in front on LL)

**Resilient 128bpm R 3:19 start (start :16)**

**He Don't Love me 125bpm 3:43 (start :23)**

- LL to SLD
- FT hold (Side Plank modification)
- FT to FF (Gorilla option)
- Dynamic Half Lift

## SS3 Lovely 116bpm 3:20

:05 *instra* Tree R  
:21 *thought I found a way out* SS =32  
:38 *someday* alt Knee to Nose, Ankle Connect 4x =64  
1:11 *isn't it lovely* WARRIOR FLOW to FF  
1:30 *walking out of town* SS =32  
1:59 *someday I'll make it out* alt Knee to Nose, Ankle Connect 4x =64  
2:22 *isn't it lovely* WARRIOR FLOW to FF  
2:39 *Khalid*. SS =32  
2:56 *violin* Tree L

## FLOW

**Enter Sandman (start :16) Template 16x1, 8x1, 8x1, 8x1 R, L**

- Side Bend
- W1 Bow and Arrow
- W2
- Triangle
- LL to SLD
- FT hold (side plank modification)
- FT to FF (gorilla option)
- Dynamic Half Lift

### On the ground and off the ground options:

Side Bend	Side Bend
W1 Bow and Arrow	W1 Bow and Arrow
W2	W2
Triangle	Triangle
LL to SLD	HL to Warrior 3
FT hold (Side Plank modification)	Pyramid
FT to FF (Gorilla option)	FF supported
Dynamic Half Lift	Dynamic Half Lift

## HIIT 2

### Wild Life 150bpm 2:33

:02 *we were born to love* Little Bounce  
 :15 *beat drop* Sprinter Knee\* 32 R, 32 L =64\*  
 :41 Recover, move to the floor start Push-Ups  
 1:20 *born to love* Down Dog Step in  
 1:26 *beat back* Wide Tires R =32  
 1:38 *beat* Wide Tires L =32  
 1:52 Sprinter Knee\* 32 R =32  
 2:04 *beat drop* Sprinter Knee\* 32 R =32

## CORE

### In the Wild 170 bpm 3:22

:12 *ah-oooo* Plank Rock and Roll =32  
 :24 *don't see the danger* alternating Hand Lift =32  
 :36 *if you're not the hunter* alternating Toe Lift =32  
 :44 **pause =2**  
 :49 *Chorus We're in the wild now* Crawl side to side =32  
 :59 *nowhere to run* Crawl Front to back =32  
 1:11 *ooooooooo running for cover* **transition to Seated =16**  
 1:17 *Running for cover* Rock and Roll (blocks optional) =32  
 1:29 *Nothing you image* Rock and Roll to Inverted Table =32  
 1:40 *nothing here is safe* **hold Table =16**  
 1:48 *Chorus We're in the wild now* Inverted Crawl side to side =32  
 1:59 *nowhere to run* Inverted Crawl Front to back =32  
 2:11 *how far* Supine Hip Rolls =64  
 2:34 *we're on the outside looking in* Bridge =48  
 2:51 *Chorus we're in the wild* Bridge March =32  
 3:03 =

## COOL DOWN

### Kin 5:24