



10

Choreography by:
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Video Presentation by: Emma Barry & Lee Parore

TITLE	ARTIST	DURATION
In The Air Tonight	Phil Collins	5:30
Boom Boom Ba	Metisse	5:25
Why Does My Heart Feel So Bad	Moby	4:30
Fever	Elvis Presley	4:55
Love... Thy Will Be Done	Martika	4:20
American Pie	Madonna	4:45
Venus	The Feelers	4:55
So Amazing	Clark Anderson	4:35
I'll Stand By You	Pretenders	4:00
Mystic Voyage	Deuter	7:45

Welcome to BODYBALANCE 10

BODYBALANCE 10 includes elements of Tai Chi, Dance, Pilates, Yoga and traditional fitness. The opening Tai Chi Warmup unites breath, mind and body.

The Sun Salutations gently open the body.

The Standing Strength track has a power yoga feel and the Balance is a unique balance of dance and hand therapy.

The Core tracks are intense and lively – enjoy the playful abdominal rolls.

The Twists and Forward Bends are done standing this time; more closed chain work is always good. We finish by heading down to the floor for relaxation.

Key

1. As a general rule, Les Mills Instructors lead off 'Instructor Left' (Participant Right) and the notes and video are presented accordingly.
2. Teaching Tips have been added to highlight main points.

R&L	right and left
F&B	forward and back
Pose	positions as explained in the BODYBALANCE Manual
Rep 2x	repeat movement or sequence twice

Introduction to Tai Chi

Tai Chi is an ancient Martial Art considered by many to be 'meditation in motion'. It is enjoying an enormous growth in popularity across all ages and backgrounds. The nature of the art stimulates blood circulation, loosens and limbers up joints and promotes mental relaxation.

Basic concepts:

- natural belly breaths
- relaxed, upright, level body
- legs absorbing bodyweight
- bodyweight rarely equally distributed ('heavy' and 'light' leg)
- feet turn in direction of movement (knees over 2nd and 3rd toe)
- move slowly and continuously
- eyes follow outstretched hand
- rotate from belly (Chi center)

Tai Chi provides a pathway to patience, perseverance, tolerance, discipline and confidence.

Track Number / Type: 1 Tai Chi Warmup
Song Title: 'In The Air Tonight'

Duration: 5:30

Benefits: *Connects Body, Mind and Breath – loosens and limbers up body. Promotes mental relaxation and readiness for class. (Draws from Tai Chi)*

Cue (when to do it)	Cts	Description (what to do)	Teaching Tips
Intro	4x8 2x8	Set up 'Horse Stance' 'Belly Breath' Rep 2x	Feet shoulder width and parallel – start our 'inner dance'. Sink into feet. Soften face. Shoulders fall away, weight on your tailbone. Hear your body.
Bigger Intro	4x8	Tai Chi breath Rep 4x Lift up with wrists, slide hands down imaginary wall	Keep soft through joints – flow like water. Shoulder height.
'I can feel it...'	4x8	'Sequence 1' L 'Chi Ball' (1x4) – Revolve (1x4) Push (1x8) Sweep back (1x8) Circle arms L&R (1x8)	Nipple and navel – Revolve from belly. Push it out. Be slow and flowing, slowly sweep back. Keep circling. Top hand stays there.
'Can you feel it...'	4x8	Sequence 1 R	Feel the weight transfer and 'push against a mountain'.
'Well you told me...'	4x8	Sequence 1 L	One heavy leg one light leg. Put some intent there.
'Well I was there...'	4x8	Sequence 1 R	Allow the breath to come naturally 'wipe on–wipe off'.
'I can feel it...'	4x8	'Sequence 2' L Weight transfer – Revolve – Step – Look (1x8) Heel – Squat – Lunge (1x8) Sweep hand – Circle toe (1x8) Flap wings (1x8)	One heavy leg. One light leg. Stroke the horse's mane. Flow back. Circles in the sand. Express energy with the hands.
'I can feel it...'	4x8	Sequence 2 R	
'Hold on...'	2x8	Tai Chi breath Rep 2x	Sink and settle.
'Well I remember...'	4x8	Sequence 1 L	Back to Chi Ball. Feel the stretch. Keep focus on hand.

'But I know the reason...'	4x8	Sequence 1 R Tai Chi breath last (1x4)	Bring the legs in more. Use music accent to draw more Chi.
'I can feel it...'	4x8	Sequence 2 L	Deep leg work.
'I can feel it...'	4x8	Sequence 2 R	Be flowing.
'I can feel it...'	4x8	Sequence 2 L	Sweep big and beautiful.
'I can feel it...'	4x8	Sequence 2 R	Deep through – soften back.
'I can feel it...'	2x8	Tai Chi breath Rep 2x	Feel the magic in the fingertips. Rest and settle. Drawing energy to core. Elongate spine.

Finish with hands on belly

Track Number / Type: 2 Sun Salutations
Song Title: 'Boom Boom Ba'

Duration: 5:25

Benefits: *Breath-based movement that lengthens and strengthens body. Opens chest and shoulders. (Draws from Yoga)*

Cue (when to do it)	Cts	Description (what to do)	Teaching Tips
Intro	5x8	Set up 'Mountain Pose'	Preview Sun Salutation. Draw muscular energy up. Play piano with toes. Draw wrinkles out of neck.
'Boom Boom Ba...'	4x8	Inhale arms up – Exhale arms down Rep 2x	Draw collarbones apart.
'Gimme...'	3x8	Inhale arms up (1x8) – Exhale arms down (1x8) Inhale lift chest (1x8)	Hands lace behind. Lift chest through.
'Boom Boom Ba...'	8x8	'Sun Salutation' Sequence Inhale arms up (1x8) – Exhale fold over (1x8) Inhale L lunge (1x8) – Exhale 'Down Dog' (1x8) Inhale plank (1x8) – Exhale 'Down Dog' (1x8) Inhale L lunge (1x8) – Exhale 'Forward Fold' (1x8)	Lift up – lift out. Leg back long and low – hoist the hips. Strong plank – reverse. Spring F – meet the feet – hang out.
'Gimme...'	3x8	Inhale arms up (1x8) – Exhale arms down (1x8) Inhale lift chest (1x8)	Brace core and push up through feet. Open and free chest.
'Boom Boom Ba...'	8x8	Sun Salutation Sequence – R	Add breath cues.
'Gimme...'	3x8		
'Boom Boom Ba...'	8x8	Sun Salutation Sequence – L	Option to advance to crocodile (with or without knees). Feel length through back heel. Straight and strong.
'Gimme...'	3x8		
'Boom Boom Ba...'	8x8	Sun Salutation Sequence – R	Longest way down. Soften. Open, strengthen, lengthen.
'Gimme...'	3x8		
'Boom Boom Ba...'	8x8	Sun Salutation Sequence – L	Keep shoulders back and down. Belly to spine.
'Gimme...'	3x8		
'Boom Boom Ba...'	8x8	Sun Salutation Sequence – R	High board diver. Hips level. Draw middle fingers out. Be bigger than you have been before.
'Gimme...'	2x8	Inhale arms up – Exhale arms down	Long Way Home.

Finish in 'Mountain Pose'

Track Number / Type: 3 Standing Strength **Duration:** 4:30
Song Title: 'Why Does My Heart Feel So Bad'

Benefits: Strengthens legs and core stabilizers. Teaches lightness. (Draws from Yoga)

Cue (when to do it)	Cts	Description (what to do)	Teaching Tips
Intro	4x8	Set up 'Warrior Pose'	Jump feet out. Plant heel. Spread toes.
'Why does my heart feel so bad...'	4x8	L 'Warrior Pose 2'	Track knee over 2 nd toe. Eyes down middle finger.
'Why does my heart feel so bad...'	4x8	Sweep back arm front (1x8) to back (1x8) Rep 2x	Turn hands – follow hand with eyes.
'Why does my heart feel so bad...'	4x8	L 'Triangle Pose'	Hand on ankle. Unravel through ribcage.
'Why does my heart feel so bad...'	4x8	Extend arm over to side (1x8) – Back (1x8) Rep 2x	Come only as far as comfortable. Head to neutral.
'Feel of the night...' 'Why does my heart feel so bad...'(soft)	4x8 4x8	'Sun Warrior' 'Forward Fold'	Windmill back to worship the sun. Last (1x8) to come up – change feet in time with piano.
'Why does my heart feel so bad...'	4x8	R 'Warrior Pose 2'	Shoulders back. Chin tucked in slightly.
'Why does my heart feel so bad...'	4x8	Sweep back arm front (1x8) to back (1x8) Rep 2x	Sweep through slowly. Eyes follow hand.
'Feel of the night...'	4x8	L 'Triangle Pose'	Unravel and extend (visual cue). Push back heel down.
'Feel of the night...'	4x8	Extend arm over to side (1x8) – Back (1x8) Rep 2x	Shoulder down. Strong legs.
'Feel of the night...'	4x8 4x8	'Sun Warrior' 'Forward Fold'	Stay deep in 'Warrior' and reach out of pelvis. Let the head relax – lengthen – let go.

Transition up and jump feet into prayer

Track Number / Type: 4 Balance
Song Title: 'Fever'

Duration: 4:55

Benefits: Strengthens legs, ankles and core stabilizers. Promotes cross development. Conditions hands. (Draws from Free / Modern Dance)

Cue (when to do it)	Cts	Description (what to do)	Teaching Tips
Intro Clicking	4x8	Set up 'Pendulum Swings'	F & B – L & R – explain hand conditioning.
'Never know how much I love you...'	4x8	'Pendulum Swings' – F & B	Lift up tall. Swing arms in opposite direction.
'You give me fever...'	4x8	Hold L leg front with 'Indian Hands' Bring thumb distinctly to each finger Hold thumb to index finger and roll wrists	See video for timing. Stay tall. Feel the rhythm. Work index to little finger and back.
'Sun lights up the day time...'	4x8	Repeat to R leg	Keep pelvis still.
'You give me fever...'	4x8	Repeat to R leg	Really work the fingers.
'Everybody's got the fever...'	6x8	'Prayer and Wrist Balance' Sequence Balance on balls of your feet Hands press in prayer (1x8) – fists roll over and stretch (1x8) Set up for 'Pendulum Swings' (2x8) Rep 2x	Ankles together. Press and stretch wrists – feel the difference.
'Never know how much I love you...'	4x8	'Pendulum Swings' – L & R	Set leg out to side with arms in opposition to setup.
'You give me fever...'	4x8	Hold L leg across body – both arms to L Tap thumb to each finger Hold thumb to little finger and roll wrists	Work from pinkie in and out again.
'Sun lights up the day time...'	4x8	Repeat to R	
'You give me fever...'	4x8	Repeat to R	
'Everybody's got the fever...'	6x8	Prayer and Wrist Balance Sequence Set up for 'Aeroplane Pose' (2x8)	Shoulder blades back. Head stays extended and aligned with spine.

'Romeo loved Juliet...'	4x8	L 'Aeroplane Pose' (Arms by raised leg – palms up)	Knee over toes. Shoulders back. Heel away from crown.
'You give us fever...'	4x8	'Crane Pose' Open hands and sizzle	'Karate Kid' (see video).
'Captain Smith and Pocahontas...'	4x8	R 'Aeroplane Pose'	Push heel away. Long through crown.
'You give me fever...'	4x8	'Crane Pose'	Be dynamic.
Clicking	2x8	Open hands and sizzle Come down to deep squat in prayer	Up through core.
'Now you've listened to my story...'	4x8	Prayer and Wrist Balance Sequence	Keep ankles together and center of ankle over second toe.
'You give me fever...'	2x8 2x8	Balance on toes, cross hands – fan hands Hide thumbs and sizzle	Use 'sizzle' drama in music.
'What a lovely way to burn...'	3x8	Come down lower – stretch thumbs – close fingers (1x8) Fan hands (2x8)	Energize fingertips and burn.

Hold deep squat

Track Number / Type: 5 Hip Openers
Song Title: 'Love... Thy Will be Done'

Duration: 4:20

Benefits: Stretches hamstrings, hip flexors, inner and outer thighs. Promotes movement in hip joint. (Draws from Yoga)

Cue (when to do it)	Cts	Description (what to do)	Teaching Tips
Introduction	4x8	Transition through 'Down Dog'	Turn to 45°.
'Love thy will be done...'	4x8	L Lunge – outside hands	Back leg light – sternum forward – thigh bone down.
'Love thy will be done...'	4x8	L '3 Leg Dog' (L leg lifts towards roof – turn foot out)	Keep weight and hands even. Push heel away and open groin.
'Love thy soul is to exist...'	2x8	'Down Dog'	Slide heels back, move pelvis and legs back – sternum forward – option to soften legs – head floats.
Instrumental	2x8	Hold	Surrender to the music to get benefits through hips.
'Love thy will be done...'	4x8	R Lunge – outside hands	Feel all 4 corners of the feet.
'That's why I no longer run...'	2x8	R '3 Leg Dog'	Adjust hands if you need. Look under belly. Keep body in line.
Instrumental	2x8 2x8	Hold 'Down dog'	Draw core to spine and support. Float leg down. Lift hips up to apex.
'Love thy will be done...'	4x8	L 'Swan Pose' or 90/90 stretch Fold body forward over front leg	Lift and lay and pour hip forward. All toenails on floor. Option – sit tall.
'No longer can I resist...' 'Why I no longer run...'	4x8 2x8	Spiral up to 90/90 ab and hip stretch Place weight on back foot and front hand Transition to 'Wide Squat' facing L (1x8)	Spiral up to 'guiding light' – keep hollowing. 'Sumo Squat' or 'Hindu Squat' (advanced).
'Love thy will be done...'	4x8	Hold Squat Transition through lunge to opposite diagonal and repeat 'Swan Pose' or 90/90 pose to R	Change diagonals. Allow the breath to wash over.
'Love thy will be done...'	4x8	Repeat to R	Staircase up to the Lighthouse.
'Thy will be done...'	2x8	Repeat to R – squat facing L	Sit hips back. Lift the chest through. Brace through mid-section. Enjoy. Great work.

Hold squat to finish

Track Number / Type: 6 Core – Abdominals
Song Title: 'American Pie'

Duration: 4:45

Benefits: *Strengthens abdominals all sections, promotes movement, stability and playfulness. (Draws from Feldenkrais)*

N.B. Our technical directors have advised that they consider the roll up move to be advanced and possibly unsuitable for some people. Alternatives are :

1. Just roll – don't lift buttocks in between rolls. Instruct participants to roll at a pace that feels comfortable;
2. Sit back instead of rolling. Sit with feet on floor, hands on hamstrings. Lean body back with straight back to feel abdominals contract (4 cts) and return to sitting (4 cts).

Cue (when to do it)	Cts	Description (what to do)	Teaching Tips
'A long time ago...'	1x14 2x8	Set up scoop, lift and lower	Work off the soft part of the butt cheeks. Keep tail bone down, hollow out.
Bouncy intro	4x8	Roll up – scoop and spin Rep 3x	Suck and spin over R shoulder – lift. Take your time.
'Did you write the book of love...'	3x8 1x4	Roll up – scoop and lift Rep 3x	Lift up and back (music irregular).
'Do you believe in Rock 'n Roll...'	4x8	Repeat Rep 4x	
'I know that you're in love with him...'	4x8	Side plank on forearm – American Pie salute (last 8 counts)	Option – on knees to shorten lever.
'A lonely teenage bronking buck...'	5x8	L leg up – slow crunches (1x4 up, 1x4 down) Rep 5x	Cross over, upper ab lifts. Use the pick up trunk image.
'Bye bye Miss American Pie...'	6x8	'Tempo Lifts' Sequence Upper body lift (1x4) – leg lift (1x4) Upper body higher (1x4) – lower heel and shoulder (1x4) Rep 3x	Strong, focused core. Hold feet up on last rep.
Break	1x4	Roll up – scoop and spin	Suck, spin and stay.
'I met a girl who sang the blues...'	3x8 1x4	Roll up – scoop and lift Rep 3x	Back to childhood.

'I went down to the sacred store...'	4x8	Roll up – scoop and lift Rep 4x	
'In the streets the children...'	4x8	Side plank on forearm – American Pie salute	Option – on knees to shorten lever.
'And the three men I admire the most...'	5x8	R leg up – slow crunches (1x4 up, 1x4 down) Rep 5x	
'Bye bye Miss...'	6x8 5x4	Tempo Lift Sequence to other side Release Rep 3x	'Pick up Truck' Walk feet out and rock hips.
'Bye bye Miss...'	6x8 1x4	Tempo Lift Sequence to other side Change legs Rep 3x	With control.
Bouncy end	4x4	Repeat sequence to other side Rep 2x	Stretch the legs long.

Playful collapse to finish

Track Number / Type: 7 Core – Back
Song Title: 'Venus'

Duration: 4:55

Benefits: *Strengthens trunk and hip extensors – shoulder girdle and thoracic extensors – promotes extension of the spine.
(Draws from Postural Correction Exercises and Feldenkrais)*

Cue (when to do it)	Cts	Description (what to do)	Teaching Tips
Intro	4x8	Roll over and set up back work	Place feet flat and palms down.
'Come my little Venus...'	4x8	L leg lift (1x8) and lower (1x8) Repeat R	Lift and turn foot out. Keep abs strong. Extend pelvis with legs.
'And I don't mind...'	4x8	Repeat	
'There's a river in all of us...'	4x8	Come onto forearms Stretch belly long L & R and center	Lengthen out to each side.
'Come my little Venus...'	4x8	Stretch legs – arms out to side and lift.	Imagine you are parachuting arms out to side. Chin tucked in. Option on fingertips.
'I've found myself...'	4x8	Bring arms to 45° and lift	Thumbs up, raise as long as you can.
'Come my little Venus...'	4x8	Arms down by side same and then engage rhomboids	Thumbs up, shoulder blades back.
Instrumental	4x8	Extend arms forward and lift feet off floor behind	Keep ab vacuum, tailbone down and pelvis stretching away, arms forward on fingertips.
'Scream in silence...'	6x8	Flutter kick legs	Long, not high – throw a child's tantrum.
'Come my little Venus...'	4x8	'Child's Pose'	Recover.
'Dive into your room...'	4x8	'Cobra Rolls' (2x8) – press up scoop belly back to 'Child's Pose' Rep 2x	Keep arm bones up, elbows in, chest tall. Dive through. Keep it moving.
'Come my little Venus...'	4x8	Repeat Rep 2x	Feel the extension.

'Come my little Venus can't you feel...'	4x8	Extend arms and lift feet off floor behind	Lengthen from crown of head.
'I don't mind...' Instrumental	4x8	Flutter kick legs.	Abdominals switched on – belly button in.
'Come my little Venus...'	4x8	Flutter kicks (2x8) Extend arms and lift feet off floor behind (2x8)	
'Come my little Venus...'	2x8	Finish in 'Child's pose'	Buttocks towards heels and release.

Track Number / Type: 8 Twists
Song Title: 'So Amazing'

Duration: 4:35

Benefits: Tones abs, stretches back and hips and arms, promotes mobility and special awareness. (Draws from Yoga)

Cue (when to do it)	Cts	Description (what to do)	Teaching Tips
Intro	2x8	Transition to 'Downward Dog' on 45° angle	
'When your life...'	4x8	L Lunge – twist R hand to L foot. R arm reach up.	Option – knee down. Lift up and open. Check alignment.
'When you hold...'	4x8	Step up R knee up – arms up and twist	Option – hand to knee. Stay tall. Twist.
'Amazing...'	4x8	Lunge back through 'Down Dog' R lunge – twist L hand to R foot	Push heel away. Reach up.
'So...'	4x8	Step up R knee up – arms out and twist	Weight on front leg. Lengthen and be strong in the middle of your body.
'Amazing...'	4x8	'Revolved Triangle' L	Option – hold 'Triangle Pose'.
'Desperate...'	4x8	'Revolved Triangle' R	Bring belly around. Keep squaring hips off.
'Amazing...'	3x8 1x4	Clasp hands revolve wrists – elbows, upper and lower back R Figure of 8 to change side	Figure of 8's. Transfer weight. Spiral up. Steering wheel is your pelvis.
'Amazing...'	3x8 1x2	Repeat L Transition to front	Figure of 8 to swap sides. Keep slow.
'Amazing...' (music slows)	5x4	Figure of 8 to the top – palms together in prayer	Be Free.

Circle arms down with fan hands

Track Number / Type: 9 Forward Bends – Hamstrings **Duration:** 4:00
Song Title: 'I'll Stand By You'

Benefits: Stretches hamstrings, hips and back. Promotes stability. (Draws from Yoga and Tai Chi)

Cue (when to do it)	Cts	Description (what to do)	Teaching Tips
			Move smoothly through movements. Note – first word of lyric cues not necessarily on count.
Intro	1x10	Keep feet wide. Set up for 'Intense Side Stretch'.	Revolve hips.
'Oh why you look so sad...'	6x8	L 'Intense Side Stretch'	Option – bend front knee. Soften spine to leg. Use Tai Chi breath – revolve hips around.
'I'll stand by you...'	2x8	L 'Lateral Bend'	Feet parallel. Legs straight. Revolve thumb back.
'So if you're mad get mad...'	6x8	R 'Intense Side Stretch'	Surrender to the song. Allow the head to float.
'I'll stand by you...'	2x8	R 'Lateral Bend'	'Stand by us!'
'I'll stand by you...'	3x8 1x2	Groin stretch L – fingertips on floor	Allow the hips to fall back. Chest though. Soft support knee. Fingertip to shoulder blade connection.
'And when the night...'	3½x8	Groin stretch R – fingertips on floor	Paint a sunrise with L arm on exchange. Shoulder blades back.
'I'll stand by you'	4x8	Jump together – sit down – roll back on 45° angle L hamstring stretch	Keep abs tight – lift heels away from each other. Options – bend or straighten grounded leg.
'...I'll stand by you...' (music fades)	4x8	R hamstring stretch Finish with knees to chest.	Gather legs in and separate. Full pelvis lies on floor.

Soften by allowing legs to fall open and pelvis settle into floor.

Track Number / Type: 10 Relaxation / Meditation
Song Title: 'Mystic Voyage'

Duration: 7:45

Benefits: *Relaxation and celebration. (Draws from Relaxation and Reiki)*

You have to climb the mountain to appreciate the view and here it is...

This gives you the opportunity to put clothing on, cover face, sit, lie or kneel according to comfort.

This is your time so if you want to unplug and relax, please do so.

Let's take on the theme of 'letting go'! Allow the benefits of this class to down-load and take their place in your body, mind and soul. Allow your ankles, knees and hips to 'let go'. Check there is the same weight through both sides.

Allow your core to be heavy and melt into the floor.

Think of opening up your breathing apparatus. Spread the back and shoulders out – no crinkles.

Allow the arms to float away. Feel the energy in the fingertips.

Experience the softness we felt in the Tai Chi Warmup. Feel the energy in the air.

Let the head find its natural point of rest.

Release the muscles around your neck... jaw... face. Allow your body to be very soft.

The world behind your eyes is very warm. Let the breath come and go. Relax...

(Silence)

Deepen your breath. Tune into your Chi. Allow the breath to nourish the limbs. Wiggle fingers and toes.

Draw knees in and have a cuddle. Roll R and relax.

Use the upper body to lift up.

Be seated or kneeling.

Notice the new freedom in the hips – the new length in the spine.

Ears to Shoulders.

BODYBALANCE Tape 10. Some magic moments. Some magnificent music and fabulous balancing throughout the body.

Enjoy.

Production list – BODYBALANCE 10

	SONG TITLE	ARTIST	WRITER	PUBLISHER	RECORD COMPANY
1.	In The Air Tonight	Phil Collins	Phil Collins	Phil Collins Publishing Ltd / Hit & Run Music (Publishing) Ltd	WEA International Inc.
2.	Boom Boom Ba	Metisse	Aida Bredou / David Sullivan	Sony ATV Tunes LLC. ASCAP / B / O Song Music Publishing U.K. Ltd	1998 Wildstar Records Ltd
3.	Why Does My Heart Feel So Bad	Moby	Richard Hall	Warner – Tamerlane Pub. Corp / The Little Idiot Music BMI	1999 Rave New World Under Licence To V2 Records, Inc.
4.	Fever	Elvis Presley	Davenport / Cooley	Fort Knox Music Inc. / Trio Music Co. Inc. BMI	RCA Records (A Unit Of BMG Entertainment)
5.	Love... Thy Will Be Done	Martika	Martika / Prince	Warner Chappell Music Ltd / Famous Music / BMG Music Pub. Ltd.	Sony Music Entertainment (U.K.) Ltd.
6.	American Pie	Madonna	Don McLean	Songs Of Universal, Inc. / Benny Bird Co. Inc. BMI	2000 Warner Bros. Records Inc.
7.	Venus	The Feelers	J. Reid	Mushroom Music (Australia & NZ). Control (Rest Of World)	WEA Music (A Division Of Warner Music NZ Ltd.)
8.	So Amazing	Clark Anderson	Clark Anderson / Summer Anderson	Clark Anderson / Summer Anderson (Soundtrack Album from The Hurricane)	MCA Records Inc. (A Division Of UMG Recordings Inc.)
9.	I'll Stand By You	Pretenders	C. Hynde / B. Steinberg / T. Kelly	Hynde House Of Hits / Clive Banks Songs / Billy Steinberg Music / Denise Barry Music	1994 Warner Music U.K. Ltd.
10.	Mystic Voyage	Deuter	C.G. Deuter	Soundless Sound Music Publishing	New Earth Records Inc.