

Flash Card & Abbreviation Key

The Choreography Note Flash Cards are a truncated version of the full Choreography Notes for easy reference to help you memorize!

This top bar shows the track number, focus type, and song name for each track.

TRACK	FOCUS TYPE & TRACK / SONG NAME
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Here is a truncated description of the choreography for each part of the song.

INTRO	JOG HEEL	16x
VERSE	JOG HEEL SWEEP: Jog heel sweep, cross arms, open	8x
CHORUS	ROCKING HORSE PULL THROUGH: Pull through on Jog Heel 3	8x
BRIDGE	JUMP ROPE REACH: Jump Rope reach up, elbows down to tricep ext, bicep flex	8x
FINISH	Jump Together, Cross Arms	

Each part of the song as it relates to the choreography.

Number of repetitions for each part of the song.

Below is the full track / song laid out with the Intro I, Verse V, Chorus C, Bridge B, and Finish F all abbreviated. The subscripted numbers are the amount of times each part of the song is repeated. For example, C₄ would mean it is the fourth Chorus of the song.

I	V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄	F
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TRACK 1		WARM-UP — HEAVEN IS A PLACE ON EARTH									
INTRO	Jog										16x
VERSE	JOG 3 KICK BACK: Jog x3, kick B										8x
CHORUS	HEELS 3 KICK: Jog heel x3, flick kick										8x
BRIDGE	JACK RIGHT: JJ R out/in, JJ L out/in										8x
FINISH	Land Wide, Arms at sides										
I	V₁	C₁	B₁	V₂	C₂	B₂	V₃	C₃	B₃	C₄	F

TRACK 1



TRACK 2		LINEAR — STORY OF MY LIFE									
INTRO	Kick										16x
VERSE	KICK HIGHER 4: Kick x4 (gradually higher), Jog heel x4										4x
CHORUS	LUNGE KNEE: ALT CC/B knee up										16x
BRIDGE	TUCK FORWARD: Jump/Tuck Jump TVL F x4 ALT Lunge R/L TVL B x2(Arms: Pull B to F)										2x
FINISH	Land Wide, Push F										
I	V₁	C₁	B₁	V₂	C₂	B₂	V₃	C₃	B₃	C₄	F

TRACK 2

TRACK 3	LATERAL TRAVEL – THIS IS WHAT IT FEELS LIKE										
INTRO	Pendulum										16x
VERSE	PENDULUM: PENDULUM X16, PENDULUM DIAG. X16										1x
CHORUS	SIDE LEAP: SIDE LEAP X4, LEG SWING (SIDE/CROSS) X7, KNEE UP X1										2x
BRIDGE	DOUBLE JOG HEEL: DBL JOG HEEL X2, JOG HEEL X4										4x
FINISH	Land Wide										
I	V₁	C₁	B₁	V₂	C₂	B₂	V₃	C₃	B₃	C₄	F

TRACK 3



TRACK 4	SPEED – CAN'T REMEMBER TO FORGET YOU										
INTRO	JOG										16x
VERSE	ROCK AND ROW: Rocking Horse x3, hop knee pull										4x
CHORUS	RUN TURN, Run x4, (turn ¼) x3, Run x2 (turn ¼), Kick x1 (RLRL)										4x
BRIDGE	LEAP RIGHT: Leap DIAG x3, run heel x3 (RLRL)										4x
FINISH	Step Forward										
I	V₁	C₁	B₁	V₂	C₂	B₂	V₃	C₃	B₃	C₄	F

TRACK 4

TRACK 5		GROUP – TIMBER									
INTRO	JOG TO YOUR PARTNER										16x
VERSE	JOG FACE TO FACE: JOG X4, BASKETBALL SHOOT X4, X2 SPIN YOUR PARTNER X4, BASKETBALL SHOOT X4 (HIGH 5 OPT.) X2										1x
CHORUS	JACK DOWN: JJ X3, RUN X4 (ARMS: PUNCH DOWN, SIDE, UP, ALT PUNCH UP X4)										2x
BRIDGE	JUMP TOGETHER: JUMP X8, JUMP PULL DIAG X8 (ARMS: HOLDING HANDS, 2ND SET OPT: TUCK JUMP)										2x
FINISH	Land Wide, punch down										
I	V₁	C₁	B₁	V₂	C₂	B₂	V₃	C₃	B₃	C₄	F



TRACK 6		SUSPENSION –LOW									
INTRO	Grounded Karate Kick B										16x
VERSE	GROUNDED KICK: GROUNDED KICK X4 BFBF R/L										4x
CHORUS	LOW FAST JACK KNEE: NEUTRAL FAST JJ (OUT, IN, OUT, ALT KNEE LIFT)										8x
BRIDGE	KARATE SIDE: Karate kick side x4, SUSP JJ x4										4x
FINISH	LAND WIDE, PUNCH DOWN										
I	V₁	C₁	B₁	V₂	C₂	B₂	V₃	C₃	B₃	C₄	F

TRACK 7		UPPER BODY – SLOW DOWN								
INTRO	Position noodle in straddle, lower to SUSP									
VERSE	BREAST STROKE BICEPS: Breast stroke x1, biceps curl x1									16x
CHORUS	CHEST SWEEP: CHEST SWEEP IN X1, TRICEPS PRESS OUT X1									16x
BRIDGE	SPIN AROUND: ALT Triceps press back, leaning & spin (RLRL)									4x
FINISH	Stand, Push arms down									
I	V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	F



TRACK 8		LOWER BODY – POMPEII								
INTRO	Noodle stays in straddle, Diamond position									
VERSE	DIAMOND KICKS: ALT DIAMOND KICKS X16, BOTH LEGS X8									1x
CHORUS	V SIT: V sit (out/in)									16x
BRIDGE	DIAMOND KICK V COMBO: V-out, Diamond in, V-out, legs in									8x
FINISH	Push legs out to V									
I	V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	F

TRACK 9		MUSCLE 3 (CORE) – HOLD ON WE'RE GOING HOME								
INTRO	Noodle in hands, Lunge R, Facing R DIAG, Push noodle under									
VERSE	LUNGE AND SWEEP: Lunge DIAG, Sweep noodle around to knee (R x8, L x8)									16x
CHORUS	TRIANGLE RT: Triangle pose R, noodle R hand, push down x8 Push down, lift hand, hand down, core up x4									1x
BRIDGE	TRIANGLE LT: Triangle pose L, noodle L hand, push down x8 Push down, lift hand, hand down, core up x4									1x
FINISH	Land wide, push noodle front									
I	V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	F



TRACK 10		FLEXIBILITY – COMPASS								
INTRO	Arms sweep open and close									2x
VERSE	LUNGE RIGHT: Lunge R, sweep arms open, Quad stretch Sweep B leg F for Hamstring stretch, Bend/extend knee (RL)									2x
CHORUS	HEART TO STAR: Wide stand (hands@heart), Star pose Figure 4 pose (RL)									2x
BRIDGE	STARFISH TUCK: Wide stance stretch/ Tuck ALT knee in x3, hold									2x
FINISH	Stand, open arms									
I	V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	F			

TRACK 11 [BONUS]		BONUS CARDIO – STAY THE NIGHT									
INTRO	Flick kick										x16
VERSE	FLICK KICK LEFT LEG: Flick kick DIAG x4, ALT Flick Kick DIAG x4										4x
CHORUS	LOW JACK KICK: Neutral JJ x1, Straddle kick x1, X4 Fast x8										1x
BRIDGE	KICK BACK: Kick straight B x8,Jog heel x8(touch OPP foot in B)										2x
FINISH	Land wide										
I	V₁	C₁	B₁	V₂	C₂	B₂	V₃	C₃	B₃	C₄	F

