

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.

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.

Number of repetitions for each part 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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Cut flashcards along the dotted line!

Track 1	WARM-UP		Deeper Love						
Intro	Jog		16x						
Verse	JOG PUSH Jog (Arms: Push F, Pull in, EXT rot, INT rot)		32x						
Chorus	3 JACKS Jack x3, run x4 (Arms: out/biceps curl in x3, push down sweep up at sides)		4x						
Bridge	HEELS UP Jog heel x6, jump rope x2 (OPT: DBL curl) (Arms: both biceps curls)		4x						
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 2	LINEAR		Wildest Dreams						
Intro	ALT Kick B		16x						
Verse	DOUBLE LEG SWING ALT Leg swing B/F x2		8x						
Chorus	RUN RIGHT Run TVL R x8, JJ B x2, ½ turn, Repeat L		2x						
Bridge	KARATE BACK ALT Karate Kick B		32x						
FINISH	Land wide, arms wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3	LATERAL TRAVEL		Only Love						
Intro	ALT Karate kick side		16x						
Verse	KARATE SIDE AND FRONT ALT Karate Kick Side/F		16x						
Chorus	JUMP THE BARREL Side tuck jump x4, TVL R, Repeat L		2x						
Bridge	JACK AND JACK SIDE JJ x1/JJ pull side x1		8x						
FINISH	Land wide, arms splash across								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 4	SPEED		Disco Inferno						
Intro	Jog		16x						
Verse	HUSTLE JOG Jog x4, Flick kick x3 and side kick (Turn in a circle 3 rd & 4 th times)		4x						
Chorus	BURN BABY RUN Run x8 TVL F, Run heel x8 TVL B (Arms: reach up to corners & "X", roll)		4x						
Bridge	SKI AND TRAVOLTA Cross country x4, JJ Lunge R, JJ Lunge L (Arms: sweep F/B x4, Reach R, Reach L)		4x						
FINISH	Travolta Lunge								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5	GROUP		Same Old Love						
Intro	Jacks, face your partner							8x	
Verse	JACK PAT: JJ (Arms: out, cross your heart, push F, heart)							16x	
Chorus	PARTNER CIRCLE Run x32 (Partner A TVL in a circle around B) Run x32 (Partner B TVL in a circle around A)							1x	
Bridge	VOLLEYBALL PASS Jump Pass, Jump (Partner A) OR Jump, Jump Pass (Partner B)							16x	
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 6	SUSPENSION		Get Down On It						
Intro	Neutral Tuck /touch down F/B							4x	
Verse	SWEEP FRONT TUCK Neutral Wide leg sweep F, Tuck touch B							8x	
Chorus	PUNCH FRONT Neutral ALT Lunge hold x4, Jack in x2 (Arms: ALT Punch F x4, Ready position) Fast Option: on 3 rd and 4 th phrase							4x	
Bridge	BIG KICKS Neutral Karate kick F, step, Karate kick B, step (R x4, L x4)							1x	
FINISH	Land wide, punch front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 7	UPPER BODY		Don't Be So Hard On Yourself					
Intro	Noodle in hands F, U-shape around body							
Verse	PRESS DOWN Neutral kneeling, Triceps press down			16x				
Chorus	SWEEP AND CURL Wide Stance Sweep in/out, biceps/triceps x2 (R x4, L x4)			1x				
Bridge	ONE-ARM PUSHUP Plank, noodle in R hand, push down/up x8 Repeat on L			1x				
FINISH	Push down							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 8	LOWER BODY		Levels					
Intro	Noodle in hands, preview ROUNDHOUSE							
Verse	ROUNDHOUSE ALT Grounded Knee up & out, kick, curl, step			8x				
Chorus	RUN HEEL 3 Hamstring curl SSD			8x				
Bridge	KARATE REPEATER Neutral Karate Kick F (F R x8, B R x8, F L x8, B L x8)			1x				
FINISH	Karate kick B							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	MUSCLE 3 (CORE) You're the First, the Last, My Everything							
Intro	Noodle around back							
Verse	LONG CRUNCH Reverse Plank, AB Crunch with ALT leg up							16x
Chorus	STANDING SIDE BEND Grounded ALT LAT Flex (Add leg lift on 3 rd & 4 th phrases)							16x
Bridge	SHOOT OPEN CLOSE Tuck, Shoot side, ABD, ADD							8x
FINISH	Tuck							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 10	FLEXIBILITY TRAINING When We Were Young							
Intro	Embrace the moon							4x
Verse	CALMING WATERS Lunge R DIAG, heel to toe/ shift weight back x2, Repeat L (Arms: Palms down, reach F, open, pull in) EMBRACE THE MOON ALT Lunge (Inner thigh stretch) x4 (Arms: R on top/circle motion/L on top)							1x
Chorus	HIGH KICK ALT Knee up (EXT ROT), Kick out, bend knee, step (Arms: cross chest, sweep open & return)							4x
Bridge	PARTING THE SEA Lunge R, Quad stretch L, Repeat L Step B R, Knee strike L, Repeat L							1x
FINISH	Embrace the moon R/L, Tai Chi closing							
V1	C1	B1	V2	C2	B2	V3	C3	B3

BONUS		BONUS-CARDIO						All Over the World	
Intro	Kick								16x
Verse	KICK AROUND Kick F x2, V-Kick x2, Pendulum x2, Kick B x2								4x
Chorus	POWER JACK OUT Power JJ out/JJ								8x
Bridge	LEAP CURL Leap/curl x4 TVL R, hop kick Repeat L								2x
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4