

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		Invisible Touch						
Intro	Jog heel			16x					
Verse	JOG HEEL NARROW AND WIDE Jog heel narrow x4, wide x4 (Arms: ALT curl x4, ALT side sweep x4)			4x					
Chorus	JOG PUSH SIDE AND FRONT Jog (Arms: Curl 1/Push side 2/Sweep F 3-4)			32x					
Bridge	JUMP ROPE Jump rope x8, Side jumps x8			2x					
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 2	LINEAR		Feel It Still						
Intro	JJ			8x					
Verse	JACK PUSH SIDE JJ x1, Jump F/B (OPT Power tuck) (Arms: Open, Sweep F, B, F)			8x					
Chorus	KICK AND TRAVEL FRONT Kick F, TVL F x8, Wide Jog, TVL B x8			2x					
Bridge	KICK BACK SCOOP ALT Back kick, TVL F x16 (Arms: ALT scoop) ALT Back kick, TVL B x16 (Arms: ALT freestyle swim)			1x					
FINISH	Land wide, push side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3	LATERAL TRAVEL						Hot Blooded		
Intro	Run								32x
Chorus	RUN SIDEWAYS Run x8 TVL R, Fast Flick Kicks x7 Repeat LRL								1x
Verse	JACK 3 POWER IN JJ/JJ Power in								8x
Bridge	KARATE KICK SIDE ALT Karate kick side x8 Fast x16								1x
FINISH	Land wide								
C1	V1	B1	C2	V2	B2	C3	V3	B3	C4



Track 4	SPEED						Let's Go		
Intro	JJ								8x
Verse	JACK 4 COUNT DOWN JJ x4, Power in x1 JJ x3, Rocket JJ x2 JJ x2, Rocket JJ x4 JJ x1, Rocket JJ x6								1x
Bridge	CROSS COUNTRY 3 POWER UP CC x 3, Power jump in								8x
Chorus	FAST JACK TRAVEL Fast JJ, TVL R x8, TVL L x8 Fast CC shuffle, TVL F x16, TVL B x16								1x
FINISH	Lunge								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 5	GROUP		Good Old Days							
Intro	Jog, join a partner								16x	
Verse	LONDON BRIDGE KICK BACK Kick B x24 (Arms: Palms press together) Kick B, TVL B x8 (Arms: push off of partner)								1x	
Chorus	JOG TRAVEL SHAKE Jog, TVL F x8 (Arms: Shake R hands and dosido) Jog, TVL to HOME x8 Repeat L								2x	
Bridge	2 KICKS 2 V ALT Kicks x2, V Kicks x2 (Arms: reach for OPP toe)								8x	
FINISH	London Bridge, land wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



Track 6	SUSPENSION		Hold My Hand							
Intro	Lower to Neutral, JJ								8x	
Verse	NEUTRAL STEP TOUCH Neutral Step side/touch								16x	
Bridge	TUCK HEEL TOUCH FRONT Tuck hold x4, ALT heel touch F x4 Tuck hold x4, ALT toe touch B x4								2x	
Chorus	NEUTRAL CROSS COUNTRY NEUTRAL CC x8, ¼ turn R (heel F, Toe B) (Arms: clasp hands up in F, push together)								4x	
FINISH	Stand									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	

Track 7	UPPER BODY		Love So Soft					
Intro	Position noodle in straddle, SUSP seated							
Verse	BICEPS CURLS ALT Biceps curls x16 DBL Biceps curls x8 (Legs: SUSP Seated)							16x
Chorus	REACH SIDE PULL DOWN ALT Side stroke/down (Legs: Straight leg L-sit)							16x
Bridge	BREAST STROKE 4 Breast stroke TVL F x4, Back stroke TVL B x4 Breast stroke TVL F x2, Back stroke TVL B x2 (x2) ALT Breast stroke/Backstroke x4 (Legs: Straight leg L-sit)							1x
FINISH	Open arms							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 8	LOWER BODY		Wait					
Intro	Position noodle around back, extend noodle, encourage upright posture							
Verse	KICK SWEEP BACK Kick F x1, Sweep B x3 (4R, 4L)							1x
Chorus	POINT SIDE HEEL SQUEEZE 3 ALT Leg ABD w/point x1, Leg ADD w/dorsi flex x3							8x
Bridge	SIDE KICK CURL GRND Side kick/curl (toe to knee, 8R, 8L)							1x
FINISH	1 st Position							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	CORE		Attention					
Intro	Position noodle in hands							
Verse	RUN HIT THE NOODLE Run x4, 1-leg crunch L/1-leg crunch R (Arms: hold noodle on surface as a target)			8x				
Chorus	CROSSED-LEG TWIST R leg crosses, Rotate upper body R x8, L x8 (Arms: noodle around body)			1x				
Bridge	WIDE SLIDE SWEEP DOWN GRND Legs ABD/ADD (Arms: long lever press up/down lift chest)			16x				
FINISH	Wide stance, noodle front							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 10	FLEXIBILITY TRAINING		Signed, Sealed, Delivered					
Intro	Heel taps F				8x			
Verse	FLEX & POINT LIFT Leg sweep up, flex/pt foot x4 Hold Hamstring stretch, flex foot			2x				
Chorus	FIGURE 4 Figure 4 hold (Arms: Sweep in/out x2, hold F for back stretch)			2x				
Bridge	KICK UP YOUR HEEL Hamstring curl 1-2, down 3-4 Quad stretch hold			2x				
FINISH	Step wide, arms sweep open							
V1	C1	B1	V2	C2	B2	V3	C3	B3

BONUS	BONUS-FLOTATION		Dance to the Music					
Intro	Position noodle around back, lower to SUSP tuck, face R							
Verse	KICK AND TRAVEL BACK Seated kick, TVL B facing R x7, tuck & ½ turn, Repeat L Fast kick, TVL B facing R x14, tuck & ½ turn, Repeat L							1x
Chorus	LEAN RIGHT CROSS COUNTRY Lean R, CC x2, Flutter kick x4 (x2) Lean R, CC x2, shoot through Repeat L							1x
Bridge	V & FROG L-sit ABD/ADD x1, Frog (Diamond) in/out							8x
FINISH	Hold wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3