

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 |
|-------|--------------------------------|
|-------|--------------------------------|

Here is a truncated description of the choreography for each part of the song.

| | | |
|--------|------------------------------|-----|
| INTRO | JOG HEEL | 16x |
| VERSE | JOG : Frame Face | 8x |
| CHORUS | Bossa Nove: Bossa Nove Hands | 8x |
| BRIDGE | Jog Heal: Finger Work | 8x |
| FINISH | Hand Over Head | |

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 |
|---|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---|

| | | | | | | | | | | | |
|----------------|------------------------------|---|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|------------|
| TRACK 1 | | WARM UP - BLAME IT ON THE BOSSA NOVE | | | | | | | | | |
| INTRO | JOG HEEL | | | | | | | | | | |
| VERSE | JOG : Frame Face | | | | | | | | | | 16x |
| CHORUS | Bossa Nove: Bossa Nove Hands | | | | | | | | | | 4x |
| BRIDGE | Jog Heal: Finger Work | | | | | | | | | | 16x |
| FINISH | Hand Over Head | | | | | | | | | | |
| I | V₁ | C₁ | B₁ | V₂ | C₂ | B₂ | V₃ | C₃ | B₃ | C₄ | F |

TRACK 1



| | | | | | | | | | | | |
|----------------|----------------------|------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|------------|
| TRACK 2 | | LINEAR - I WANT CANDY | | | | | | | | | |
| INTRO | Jump Rope | | | | | | | | | | |
| VERSE | Jog Back/Front | | | | | | | | | | 4x |
| CHORUS | Leap 3x Hop | | | | | | | | | | 4x |
| BRIDGE | CC: Jump Rope | | | | | | | | | | 16x |
| FINISH | Land Feet Together | | | | | | | | | | |
| I | V₁ | C₁ | B₁ | V₂ | C₂ | B₂ | V₃ | C₃ | B₃ | C₄ | F |

TRACK 2

| | | | | | | | | | | | |
|----------------|---------------------------------|------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|------------------------|
| TRACK 3 | | BALANCE - DIANA | | | | | | | | | |
| INTRO | JJ | | | | | | | | | | |
| VERSE | DBL JJ JJ: Abduct Shoulder | | | | | | | | | | 8x 8x |
| CHORUS | DBL Jog Heal: Shoulder rotation | | | | | | | | | | 1x |
| BRIDGE | Clock Kick | | | | | | | | | | 8x |
| FINISH | JJ | | | | | | | | | | |
| I | V₁ | C₁ | B₁ | V₂ | C₂ | B₂ | V₃ | C₃ | B₃ | C₄ | F |

TRACK 3



| | | | | | | | | | | | |
|----------------|------------------------|-------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|------------|
| TRACK 4 | | GROUP - LOLLIPOP | | | | | | | | | |
| INTRO | JJ Face In | | | | | | | | | | 8x |
| VERSE | JJ Jump In | | | | | | | | | | 16x |
| CHORUS | Jump : Jump Rope Teams | | | | | | | | | | 16x |
| BRIDGE | Skate Back | | | | | | | | | | 16x |
| FINISH | Land Feet Together | | | | | | | | | | |
| I | V₁ | C₁ | B₁ | V₂ | C₂ | B₂ | V₃ | C₃ | B₃ | C₄ | F |

TRACK 4

| | | | | | | | | | | | |
|----------------|----------------------------|-------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-----------|
| TRACK 5 | | ANCHORED - BANANA BOAT | | | | | | | | | |
| INTRO | Grounded position | | | | | | | | | | |
| VERSE | Anchored Kick F/B | | | | | | | | | | 4x |
| CHORUS | Neutral JJ Suspended JJ | | | | | | | | | | 2x |
| BRIDGE | Rock Horse 7x Hop | | | | | | | | | | 2x |
| FINISH | JJ | | | | | | | | | | |
| I | V₁ | C₁ | B₁ | V₂ | C₂ | B₂ | V₃ | C₃ | B₃ | C₄ | F |

TRACK 5



| | | | | | | | | | | | |
|----------------|-----------------------------|-------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------|-----------|
| TRACK 6 | | TONING - QUE SERA SERA | | | | | | | | | |
| INTRO | Hold noodle front | | | | | | | | | | |
| VERSE | Kick back and circle front | | | | | | | | | | 4x |
| CHORUS | Kick and curl | | | | | | | | | | 4x |
| BRIDGE | Neutral JJ Leg abduction | | | | | | | | | | 2x |
| FINISH | Stand tall | | | | | | | | | | |
| I | V₁ | C₁ | B₁ | V₂ | C₂ | B₂ | V₃ | C₃ | B₃ | F | |

TRACK 6

| | | | | | | | | | | |
|----------------|-----------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|-----------|
| TRACK 7 | CORE - DEC 1963 | | | | | | | | | |
| INTRO | Noodle under arms front | | | | | | | | | |
| VERSE | Rotation Standing Crunch | | | | | | | | | 2x |
| CHORUS | One Leg Crunch | | | | | | | | | 4x |
| BRIDGE | Lateral Flexion | | | | | | | | | 2x |
| FINISH | Stand Tall | | | | | | | | | |
| I | V₁ | C₁ | B₁ | V₂ | C₂ | B₂ | V₃ | C₃ | C₄ | F |

TRACK 7



| | | | | | | | | | | |
|----------------|----------------------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------|--|-----------|
| TRACK 8 | FLEXIBILITY - STAND BY ME | | | | | | | | | |
| INTRO | Sweep RL | | | | | | | | | |
| VERSE | Lunge Side | | | | | | | | | 2x |
| CHORUS | Hamstring /Tight rope | | | | | | | | | 2x |
| BRIDGE | Figure Four | | | | | | | | | 2x |
| FINISH | Hamstring Fade Out | | | | | | | | | |
| I | V₁ | C₁ | V₂ | C₂ | B₂ | V₃ | C₃ | F | | |

TRACK 8

| | | | | | | | | | | | |
|----------------|----------------------|--|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------|
| TRACK 9 | | BONUS - BREAKING UP IS HARD TO DO | | | | | | | | | |
| INTRO | | 1/2 JJ | | | | | | | | | |
| VERSE | | 1/2 JJ JJ | | | | | | | | 4x 8x | |
| CHORUS | | Walk side 1/4 turn | | | | | | | | 4x | |
| BRIDGE | | CC ssd | | | | | | | | 8x | |
| FINISH | | Blow a kiss | | | | | | | | | |
| I | V₁ | C₁ | B₂ | V₂ | C₂ | B₂ | V₃ | C₃ | B₃ | C₄ | F |

TRACK 9

