

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		We are Family						
I	Jog			16x					
V	JOG HEEL CROSS YOUR HEART Jog heel (Arms: Cross x2, drop x2)			32x					
C	DOUBLE JOG STIR THE POT DBL Jog x2, Jog x4 (Arms: DBL palm up stir x2, counting fingers)			4x					
B	FLICK KICK AND JACK OUT Flick kick x2, JJ			8x					
FINISH	Cross the chest								
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄



Track 2	LINEAR		Walking on Sunshine						
I	CC			16x					
V	CROSS COUNTRY JACK CC x4, JJ x2			4x					
C	RUN AND TURN Run face and TVL R x8, JJ x2			4x					
B	SOCCER AND JUMP Soccer kick x3, jump FB			4x					
FINISH	Wide stance								
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄

Track 3	BALANCE		I'll Stand By You						
I	Kick			16x					
V	KICK SCOOP Kick B TVL B, Kick B TVL F (Arms: R/L scoop, Breast stroke)			8x					
C	KICK FRONT SIDE kick F/S x3, Leap and hold			4x					
B	RUN HEEL Run heel (Arms: Slice up and ext/int rotations x2)			32x					
FINISH	Hold the freeze								
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄

Track 4	GROUP		Rock the Boat						
I	Wide jog			16x					
V	WIDE JOG Wide jog, DBL jump F, DBL jump B			4x					
C	TANGO CIRCLE Jog circle R (Arms: Shoulder to shoulder), Jog circle L Run, circle R(Arms: Outside arm extended), Run circle L			4x					
B	JACK AND TWIST JJ Twist x4, Fast twist x4			4x					
FINISH	Stand hands down								
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄

Track 5	ANCHORED		Doctor's Orders						
I	JJ			8x					
V	BOW AND ARROW JJ (Arms: Bow and arrow)			16x					
C	FLICK KICK Neutral flick kick x6, SUSP fast x4			4x					
B	FLYING SKATE ALT GRD Leg sweep B (Arms: Chest fly)			16x					
FINISH	Stand up								
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄



Track 6	TONING		Ain't To Proud to Beg					
I	Noodle in front, lunge R							
V	PUSH PULL Push pull R, Push pull L, lunge L			2x				
C	KNEE KICK OUT GRD knee lift, EXT ROT, dori flex kick, ADD			8x				
B	WARRIOT 3 PUSH UP Warrior 3 push up			32x				
FINISH	Stand tall push noodle down							
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃

Track 7	CORE		Boogie Fever	
I	Sit on noodle			
V	SEATED KICK ALT Seated kick and curl (Arms: Overhand grip) Tuck, touch (Arms: Push noodle behind knees sit)			2x
C	LATERAL FLEXION Lateral flexion x2 and rock to other side			4x
B	TUCK SIDE Tuck, shoot R, tuck, touch Tuck, shoot L, tuck, touch			8x
FINISH	Stand noodle down			
V ₁	C ₁	B ₁	V ₂	C ₂
		B ₂	V ₃	C ₃
				B ₃

Track 8	FLEXIBILITY		Thinking Out Loud	
I	Roll Shoulders			
V	STRAIGHT LEG LIFT SIDE Hamstring stretch to side, point flex Figure four			2x
B	DIVE AND STAR Wide stance (Arms: Round to stretch back) Figure four			4x
C	WARRIOR Warrior 2(Arms: Palms up) Feet together, arms hug, rainbow			2x
FINISH	Stand and prayer pose			
V ₁	B ₁	C ₁	V ₂	B ₂
		C ₂	V ₃	B ₃
				C ₃

BONUS		CARDIO								You're the First, the Last, my Everything	
I	Kick back								16x		
V	KICK BACK KNEE ALT kick B , knee								8x		
C	CROSS COUNTRY HUG CC (Arms: Alt hug to chest) Choo Choo (Arms; Short levers)								4x		
B	LEAP FRONT Leap F, DIAG/R, Jump rope x2 Leap F, DIAG/L jump rope x2								4x		
FINISH		Step forward and hold									
V ₁	C ₁	B ₂	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄		