

# 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, C<sub>4</sub> would mean it is the fourth Chorus of the song.

Number of repetitions for each part of the song.

I	V <sub>1</sub>	C <sub>1</sub>	B <sub>1</sub>	V <sub>2</sub>	C <sub>2</sub>	B <sub>2</sub>	V <sub>3</sub>	C <sub>3</sub>	B <sub>3</sub>	C <sub>4</sub>	F
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Cut flashcards along the dotted line!

Track 1	WARM-UP You Keep Me Hangin On								
I	Jog								16x
V	DBL JOG HEEL CROSS AND PULL Jog heel (Arms: Come here hands)								32x
C	CROSS YOUR HEART JACK DBL JJ (Arms: side/cross your heart fists)								16x
B	STARFISH JOG Jog 6, Bounce 2 (Arms: Starfish on jog, push on bounce)								4x
FINISH	Wide V								
V <sub>1</sub>	C <sub>1</sub>	B <sub>1</sub>	V <sub>2</sub>	C <sub>2</sub>	B <sub>2</sub>	V <sub>3</sub>	C <sub>3</sub>	B <sub>3</sub>	C <sub>4</sub>

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Track 2	LINEAR Your Love								
I	Jog								16x
V	ANGLED ROCKING HORSE 3 Angled rocking horse, curl/kick								4x
C	JUMPING JACK 3 JJ x 3, jump F/B								4x
B	TRAVEL KICK FORWARD Kick forward TVL F								2x
FINISH	Wide V								
V <sub>1</sub>	C <sub>1</sub>	B <sub>1</sub>	V <sub>2</sub>	C <sub>2</sub>	B <sub>2</sub>	V <sub>3</sub>	C <sub>3</sub>	B <sub>3</sub>	C <sub>4</sub>

Track 3	BALANCE		Warrior						
I	Jog			16x					
V	RUN IN A CIRCLE Run circle x 2			8x					
C	DOUBLE BOW JACK DBL Bow JJ			4x					
B	WARRIOR BALANCE Single leg swing F/B/F/B, hold warrior 3			4x					
FINISH	Bow pull								
V <sub>1</sub>	C <sub>1</sub>	B <sub>1</sub>	V <sub>2</sub>	C <sub>2</sub>	B <sub>2</sub>	V <sub>3</sub>	C <sub>3</sub>	B <sub>3</sub>	C <sub>4</sub>



Track 4	GROUP		Don't Stop Believin'						
I	Jog to face partner/Jack			16x					
V	DOUBLE JACK AND CHOO CHOO DBL JJx8 (Arms: choo choo x4)			8x					
B	DOUBLE JUMP FORWARD Jog circle R (Arms: Shoulder to shoulder), Jog circle L Run, circle R(Arms: Outside arm extended), Run circle L			4x					
C	JOG AND FIND A FRIEND Jog to a new partner/Jump rope (Arms: Breast stroke)			32x					
FINISH	Stand hands down								
V <sub>1</sub>	B <sub>1</sub>	C <sub>1</sub>	V <sub>2</sub>	B <sub>2</sub>	C <sub>2</sub>	V <sub>3</sub>	B <sub>3</sub>	C <sub>3</sub>	B <sub>4</sub>

Track 5	ANCHORED      Dancin'								
I	JJ								8x
V	ANCHORED ½ JACK ½ JJ (Arms: short levers, "dance hand")								16x
C	NUETRAL CROSS COUNTRY Neutral CC (Arms: clasped at chest level)								16x
B	NUEROPLASTICITY DRILL Jog (Arms: hands out of water squeezing coinciding with counting)								32x
FINISH	Stand up								
V <sub>1</sub>	C <sub>1</sub>	B <sub>1</sub>	V <sub>2</sub>	C <sub>2</sub>	B <sub>2</sub>	V <sub>3</sub>	C <sub>3</sub>	B <sub>3</sub>	C <sub>4</sub>



Track 6	TONING      Jessie's Girl								
I	Noodle in reverse U, neutral, toes back								
V	TRICEP PRESS Triceps press down								16x
C	LUNGING CHEST PRESS Lunge noodle push down								16x
B	LEG SWEEP OUT (Arms: noodle sweep OPP)								16x
FINISH	Play your guitar								
V <sub>1</sub>	C <sub>1</sub>	B <sub>1</sub>	V <sub>2</sub>	C <sub>2</sub>	B <sub>2</sub>	V <sub>3</sub>	C <sub>3</sub>	B <sub>3</sub>	

Track 7	CORE We Built This City	
I	Prepare in plank, noodle in hands	
V	SLOW MOUNTAIN CLIMB ALT Slow mountain climb	16x
C	Core Twist SSD core twist	16x
B	NOODLE CIRCLE DOWN Noodle circle front and down	16x
FINSH	Noodle push down	
V <sub>1</sub>	C <sub>1</sub>	B <sub>1</sub>
V <sub>2</sub>	C <sub>2</sub>	B <sub>2</sub>
V <sub>3</sub>	C <sub>3</sub>	B <sub>3</sub>

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Track 8	FLEXIBILITY Fire and Rain	
I	Extend arms, flip palms, prayer	
V	HAMSTRING AND LIFT Knee front, extend, flex, lift higher, float down	2x
C	MOUNTAIN RAIN Mountain, rain down to goddess, lunge, sun worshipper	2x
B	INTERNAL/EXTERNAL ROTATION Internal/external hips and arms, roll wrists and ankles	2x
FINISH	Prayer	
V <sub>1</sub>	C <sub>1</sub>	B <sub>1</sub>
V <sub>2</sub>	C <sub>2</sub>	B <sub>2</sub>
V <sub>3</sub>	C <sub>3</sub>	B <sub>3</sub>

BONUS		CARDIO On The Radio							
I	Straddle Noodle								16x
V	BREAST STROKE FORWARD Breast strokex4 TVL FWD								2x
C	SUSPENDED CROSS COUNTRY CC suspended								16x
B	FLOATING ARM SWEEP Cross at ankles (Arms: sweep arms R, Center, L, center)								4x
FINISH	Step forward and hold								
V <sub>1</sub>	C <sub>1</sub>	B <sub>2</sub>	V <sub>2</sub>	C <sub>2</sub>	B <sub>2</sub>	V <sub>3</sub>	C <sub>3</sub>	B <sub>3</sub>	C <sub>4</sub>