

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	Blame It On the Boogie						
I	Jog		16x						
V	DOUBLE JOG HEEL DBL Jog heel (Arms: DBL EXT/INT rotation fingers spread)		16x						
C	DOUBLE JACK AND SHIMMIE DBL jack out/in/out then shimmie		4x						
B	SUNSHINE JOG Jog 1-6, jump rope 7-8 (Arms: Fan in front of face x3)		4x						
FINISH		Land wide							
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄



Track 2		LINEAR	Opposites Attract						
I	Jog		16x						
V	JOG 6 AND JACK Jog x6, Dancy Fast JJ x2 (Arms: EXT/INT rotation, fingers spread)		4x						
C	DOUBLE CROSS COUNTRY DBL CC (Arms: Breast Stroke)		16x						
B	HEEL TOUCH FRONT Jog, heel lift F (Arms: OPP hand to foot)		8x						
FINISH		Wide stance, face side, Peace Sign							
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄

Track 3	BALANCE		That Thing You Do						
I	Kick							16x	
V	COMPASS KICK Kick F x 2, Pendulum x 2 Kick B x 2, Pendulum x 2							4x	
C	LEAP 3 HOLD Leap x3 TVL R, Leap & hold, lift leg x3, pull in (Arms: Angle) Repeat LRL							1x	
B	DOUBLE JACK AND SKI DBL JJ, CC x4							4x	
FINISH	Leap West and hold								
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄



Track 4	GROUP		Build Me Up Buttercup						
I	Jog into a big circle							16x	
C	CIRCLE JOG Jog circle R x14, Run x4 to change direction Repeat L							1x	
V	JACK AND PUSH JJ (Arms: JJ arms x1, push x1)							8x	
B	TUCK JUMP IN Tuck jumpx4 TVL into circle Single leg Pike lift x4 TVL out of circle							2x	
FINISH	Wide stance, push in								
C ₁	V ₁	B ₁	C ₂	V ₂	B ₂	C ₃	V ₃	B ₃	C ₄

Track 5	ANCHORED		Gloria						
I	JJ							8x	
V	SLIDE AROUND THE WORLD Grounded JJ x3 TVL R, tap FSB							4x	
C	JOG AND FLICK Jog/flick kick							16x	
B	JOG: NEUROPLASTICITY DRILL Jog (Arms: out of water signing with both)							32x	
FINISH	Wide stance, heart hands								
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄



Track 6	TONING		Under the Boardwalk						
I	Noodle in front, 1" under water								
V	PASS AND CURL ALT noodle pass, biceps curl, extend							8x	
C	JACK SQUEEZE JJ, squeeze noodle in reverse U shape							16x	
B	JOG HEEL PUSH SSD Jog heel (Arms: SSD push and lift noodle)							8x	
FINISH	Wide stance, noodle push down								
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	

Track 7	CORE (Your Love Keeps Lifting Me) Higher and Higher								
I	Noodle behind back								
V	TUCK AND TAP Tuck/ALT angled toe tap down								16x
C	LEG LIFT HIGHER Reverse plank, legs lifts gradually getting higher (Arms: Push B with leg lift)								16x
B	SUSPENDED CROSS COUNTRY CC SUSP								32x
FINSH	Tuck and Hold								
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	



Track 8	FLEXIBILITY I Put A Spell On You								
I	Sway								
C	CAST A SPELL ROTATION Lunge R 1-4, Lunge L 5-8 (sweep arms) Shoulder roll B, elbow roll B, full arm roll B into spinal rotation								2x
V	OPEN CHEST AND LIFT Open chest 1-4, quad stretch 5-8 Warrior 3, sweep back and extend arms								2x
B	WARRIOR HUG Warrior 2 1-4, Reverse Warrior 5-8 Warrior 2 1-4, step in (hug and sway hips)								2x
FINISH	Step together, cast a spell								
C ₁	V ₁	B ₁	C ₂	V ₂	B ₂	C ₃			

BONUS	CARDIO		Faithfully						
I	Jog					16x			
V	RUN 8 ROCK Run TVL R x8, Rocking horse F/B/F flip turn					4x			
C	DOUBLE JOG A-OKAY DBL jog (Arms: DBL push down, DBL hands up with okay fingers)					16x			
B	PENDULUM SSD Pendulum					8x			
FINISH	Wide stance, A-okay hands up								
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	B ₄