

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 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
---	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	---



Cut flashcards along the dotted line!

Track 1	WARM-UP Put a Little Love In Your Heart	
I	Jog heel 16x	
V	JOG HEEL HEART Jog heel X16, DBL Jog heel x16 (Arms: Heart and open) 1x	
C	JOG: Jog x16, DBL Jog x8 (Arms: big arms circles x8, Point "you" and "me") 1x	
B	JACK AND SIDE Single jacks x8, ALT jack TVL side x4 1x	
FINISH	Land wide, hands to heart	
V ₁	C ₁	B ₁
V ₂	C ₂	B ₂
V ₃	C ₃	B ₃
	C ₄	

Track 2	LINEAR Wannabe	
I	Kick 16x	
V	KICK FRONT 8 Kick F TVL F x8/Kick B TVL B x8 2x	
C	SKI AND JACK FAST CC ski x3, fast jack alt angle R/L 4x	
B	JOG AND KARATE Jog x4, Karate B x4 4x	
FINISH	Land wide, arms out	
V ₁	C ₁	B ₁
V ₂	C ₂	B ₂
V ₃	C ₃	B ₃
	C ₄	

Track 3	BALANCE	Free Fallin'							
I	Jog		16x						
V	JOG 3 Jog SSD		16x						
C	LEAP RIGHT Leap x3, jump F/B (Arms: Angle, push/pull)		4x						
B	RUN AND TREE Run in a circle x16, tree pose hold x8		2x						
FINISH	Land wide, arms slanted								
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄



Track 4	GROUP	Say a Little Prayer							
I	Jog to 2 lines, facing center of pool		16x						
V	SKI AND PRAYER CC Ski x8/Grounded ski x8 (Arms: long levers/prayer)		2x						
C	JOG CROSS LINES Jog TVL F x12, turn around x4		2x						
B	BOUNCE AROUND 4 bounces 1/2 turn (in/out/in/out)		8x						
FINISH	Jump to face in, push								
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄

Track 5	ANCHORED You're the Best Thing About Me									
I	JJ									8x
V	ANCHORED TAP Tap heel F/toe B (Arms: clasped)									4x
C	JOG TOUCH HEEL Jog (Arms: opposite hand to heel)									32x
B	JACK & SHOP - NEUROPLASTICITY DRILL JJ (Shopping list items by alphabet)									16x
FINISH	Stand hands clasped									
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃	C ₄	



Track 6	TONING Cars									
I	Noodle in reverse "U" shape									
V	DRIVE AND PUSH Drive R, Push noodle / Drive R, Pull noodle x4 (Repeat L)									1x
C	TRICEPS PRESS Kneeling Triceps press, feet GND									16x
B	PUSH PULL SKI CC (Arms: noodle push/pull)									32x
FINISH	Lunge, push left arm F									
V ₁	C ₁	B ₁	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃		

Track 7	CORE		I Love You	
I	Prepare noodle in hand			
V	TUCK ANKLE TAPS Tuck knees to chest (Arms: noodle taps ankles)			16x
C	TUCK SHOOT Tuck, shoot legs side, tuck, tap down (Arms: opposition of legs)			8x
B	FIGURE 8 Feet grounded (Arms: noodle figure 8 underwater)			16x
FINSH	Arms front			
V ₁	C ₁	B ₁	V ₂	C ₂
				B ₂
				V ₃
				C ₃
				B ₃

Track 8	FLEXIBILITY		Brave	
I	Sway			4x
V	KNEE TO DANCER Hand down shin to quad stretch, tip front to dancer			2x
C	SWEEP TO STRONG Arms sweep open and up, bicep flex, leg swing B/F/B/down			2x
B	HIP OPEN AND ROLL Lateral leg lift, tuck in, extend, roll ankle and wrists x3			2x
FINISH	Sweep arms up to the sides, pull into heart center			
V ₁	C ₁	B ₁	V ₂	C ₂
				B ₂
				C ₃

BONUS		FLOTATION Do It Again						
I	Straddle Noodle							16x
V	TUCK SHOOT ANGLE Knee tuck, single leg angle shoot							16x
C	DOUBLE SKI ½ MOON DBL SUSP CC, ½ moon leg sweep x2							4x
B	SCOOP FRONT Ankles crossed TVL F x4/B x4 (Arms: scoop front/scoop back)							2x
FINISH		Float and hold						
V ₁	C ₁	B ₂	V ₂	C ₂	B ₂	V ₃	C ₃	B ₃