

# 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	Shake Your Body
I	Jog	
C	RUN 3 & WIDE JOG 2 Run x3, Wide Jog x2 (Arms: Alt punch front, cross over knee)	
V	ROCKING HORSE 4 DIAG Rocking Horse x4, swing through, turn L	
B	JOG HEEL OPEN HAND Jog Heel (Arms: Open hand push-pull)	
FINISH	Land wide, sweep arms across	
C <sub>1</sub>	V <sub>1</sub>	B <sub>1</sub>
C <sub>2</sub>	V <sub>2</sub>	B <sub>2</sub>
C <sub>3</sub>	V <sub>3</sub>	B <sub>3</sub>
C <sub>4</sub>		

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Track 2	LINEAR	Shake Up the Party
I	JJ	
V	POWER JACK & ½ PENDULUM Power JJ, ½ Pendulum ALT R/L	
B	RUN FORWARD Run TVL FWD x16, ALT Angle JJ R/L x4 Rn TVL B x16, ALT Angle JJ R/L x4	
C	JUMP FRONT BACK 3 Jump F/B x3, Fast JJ x2	
FINISH	Land wide	
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 3	BALANCE	Got to Give It Up
I	Wide Jog	
V	<b>IN STEP SWEEP</b> Wide jog x16 (Arms: ALT Heel Touch) Wide Jog heel x16 (Arms: Reach B to OPP Heel)	
C	<b>RUN &amp; HOP</b> Run R x4, Hop x2, Leg Circle Balance x2 Run L x4, Hop x2, Leg Circle Balance x2	
B	<b>LEAP CROSS CURL</b> Leap R, Leg Cross, ABD Leg, Curl Repeat L	
FINISH	Wide Stance	
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 4	GROUP	No Excuses
I	JJ, form two lines facing F	
V	<b>JJ TWO LINES</b> JJ x4, JJ x4 TVL Change lines	
C	<b>CROSS COUNTRY FACE IN</b> CC x8, CC TVL FWD x8, CC x8 (Arms: High 5), CC x8 TVL B	
B	<b>JUMP ROPE</b> Jump Rope x8, Jump Rope x8 face F, Moguls R/L x8	
FINISH	Wide stance	
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 5	ANCHORED		I Wish						
I	NEUTRAL JJ			8x					
V	NEUTRAL JACK & FAST JACK Neutral JJ x2, Triple Fast JJ x2 (Out/in/out-In/out/in)			4x					
C	STOMP Stomp F/B x2, Kick F/B x2, DBL Kick x2, Sweep leg Repeat L			1x					
B	KARATE KICK SIDE Alt Karate Kick Side NEUROPLASTICITY DRILL* Spelling Game: S I D E K I C K F/B			32x					
FINISH	Victory arms, stand								
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 6	TONING		Celebration					
I	Stand tall, prepare to begin							
V	BREAST STROKE & HIP Arms: Breast Stroke x8, Leg: Hip Ext. Arms: Close Chest Stroke x8, Leg: Hip Ext.			1x				
C	BICEPS & TRICEPS Neutral Stance, Heel Forward, Repeat L ALT Elbows Flex & Ext. Slow x2, Fast x4			1x				
B	PASSE & SHOULDERS Leg Bend, Kick, ADD x4 R (Arms: ABD/ADD) Repeat L			8x				
FINISH	1 <sup>st</sup> position hold							
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		You Make Me Feel	
I	Noodle behind back, lounge chair supine, legs ext.			
V	TOE HEEL CRUNCH Dorsi flex feet, L heel over R foot toes and curl x8 Repeat L			1x
C	V-LEGS & HIP TWIST Open/close legs; feet together hip twist R/L			8x
B	JACK & SKATEBOARD Neutral JJ, tuck heels up R, Repeat L			4x
FINSH	Stand, push noodle 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>



Track 8	FLEXIBILITY		Take On Me	
I	Shoulder Rolls			
V	OPEN CHEST CALF STRETH Open chest & calf stretch 1-4, arm up 5-8 Arm overhead/lat. flex. 1-4, Torso up / wavy hand 5-8			2x
C	RIGHT KNEE UP HAMSTRING STRETCH R Knee up 1-2, extend 3-4, Plantar/Dorsi flex & circle			1x
B	LEFT KNEE UP HAMSTRING STRETCH L Knee up 1-2, extend 3-4, Plantar/Dorsi flex & circle			1x
FINISH	Stand tall, arms open			
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 01		CARDIO								Lost In Love	
I	Pendulum								16x		
V	PENDULUMS & REACH Pendulum x4, Kick B x4								4x		
B	LEAP & TUCK JUMP DIAG Leap R x3, Tuck Jump x2, Repeat L, Kicks x16 TVL B								1x		
C	DOUBLE SIDE LEAP Side Leap R x1, Side Leap Hop x1, Run L x8 Repeat LRL								1x		
FINISH		Wide stance									
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>	C <sub>4</sub>		

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BONUS 02		DEEP								Signed, Sealed, Delivered	
I	Get into position. Noodle in straddle, Jog								16x		
V	RUN TRAVEL Run x16 TVL R, One Arm Chest Stroke Traveling Side JJ out, Tuck in x8 Repeat L								1x		
C	CHAIR SIT KICKS ALT Seated kick (Arms: Bilateral biceps curl & triceps ext)								32x		
B	CROSS COUNTRY SKI CC x16, CC & Tuck x16								8x		
FINISH		Sit and skull									
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>		