

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				Let's Groove				
Intro	Run								32x
Verse	Run 5 & KICK Run x5, Soccer Kick x1								8x
Chorus	JACKS & MUSCLE ARMS JJ (Arms: Muscle, close, extend, curl)								16x
Bridge	JOG HEEL 16 Jog Heel (Arms: Int/Ext Rotation) DBL Jog Heel (Arms: Paddle Down, Paddle Up) x8								1x
FINISH	Wide Stance, Muscle Arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 2	LINEAR				I Need To Know				
Intro	CC								16x
Verse	CROSS COUNTRY SKI 3 TUCK CC X3, Tuck x1								8x
Chorus	TRAVELING HORSES Rocking horse, Rock FWD knee lift TVL Fwd								16x
Bridge	JACK AND JUMP JJ x1, Jump angle R, Jump angle L								8x
FINISH	Wide Stance, Arms open down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3	BALANCE	Ring My Bell							
Intro	JJ		8x						
Verse	TRAVEL JACKS JJ TVL R x3 Fast JJ x2 JJ TVL L x3 Fast JJ x2		2x						
Chorus	PENDULUM BELLS ALT Pendulum x4, DBL Pendulum x2		4x						
Bridge	HOP & BALANCE Hop R hold, hop F hold, hop B hold, jog x2 Hop L hold, hop F hold, hop B hold, jog x2		2x						
FINISH	Wide Stance, Arms open down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 4	GROUP	My Love Is Your Love							
Intro	Jog, form two lines facing each other		16x						
Verse	WIDE JOG Wide Jog, Wide Jog TVL Closer x16		1x						
Bridge	JACK TO FEET JJ, ALT R/L Leg Cross & Touch (Arms: Cross & Touch)		16x						
Chorus	RUN BACK & TUCK Run x16 TVL B Jump Tuck Jump x4 Run x16 TVL B Jump Tuck Jump x4		2x						
FINISH	Jump to Partner's Splash								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 5	ANCHORED		Drive My Car						
Intro	Jog			16x					
Verse	WIDE RUN KNEE UP Wide Run x4, hold knee up x4, Karate Side x4			4x					
Chorus	KARATE KICK BACK 2 DBL Karate Kick B/F (Arms: Drive) x4 R, x4 L			1x					
Bridge	JOG & RUN Jog Run NEUROPLASTICITY DRILL* Spelling Game: S P E E D C A R S F/B			16x					
FINISH	One leg front pressing the brakes and wave								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 6	TONING		If You Could Read My Mind					
Intro	Stand tall, prepare to begin							
Verse	CHEST STROKE & HAMCURL Hamstring Curl (Arms: ALT Chest Stroke) x8 R, x8 L			1x				
Chorus	BREAST STROKE & KICK Flick Kick (Arms: Breast Stroke)			4x				
Bridge	LUNGE & BICEPS Lunge R (Arms: Bicep x16, Rotator cuff sweep x16) Lunge L (Arms: Triceps x16, Rotator cuff x16)			1x				
FINISH	Lunge and sweep							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 7	CORE		Forever Young					
Intro	One leg stance, one knee bend like jackknife							
Verse	HOP CRUNCH Hop crunch (knee to chest) x8 R, x8 L							1x
Chorus	WIDE STANCE FIGURE 8 Wide stance stable hips (Arms: Long arms, hands together Figure 8)							16x
Bridge	SIDE CRUNCH Leg ABD/ADD & LAT FLEX x8 R, x8 L							1x
FINISH	Wide Stand							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 8	FLEXIBILITY		To Love Somebody					
Intro	Shoulder & Hip Rolls							
Verse	TIGHT ROPE RIGHT IT Band stretch – R step front (reach over & across) Warrior 3 (Arm reach F) ABD R Leg for Lateral ADD leg stretch (Foot: Flex 1-2, Point 3. Flex 4)							1x
Bridge	TIGHT ROPE LEFT IT Band stretch – L step front (reach over & across) Warrior 3 (Arm reach F) ABD L Leg for Lateral ADD leg stretch (Foot: Flex 1-2, Point 3. Flex 4)							1x
Chorus	LUNGE WIDE REACH R arm Reach side (1-2), overhead (3-4) and side (5-8) L arm Reach side (1-2), overhead (3-4) and side (5-8) Lunge R reach FWD, Lunge L reach F							1x
FINISH	Wide Stance with Prayer Arms							
V1	B1	C1	V2	B2	C2	V3	B3	C3

Track 9	BONUS (FLOTATION) And The Beat Goes On								
Intro	Rebound Jog	16x							
Verse	LEAP & HOP ALT Side Leap R/L	16x							
Chorus	KICK & PRESS Kick FWD ALT R/L (Arms: Press down)	32x							
Bridge	LEAN SIDE DIVE & FLUTTER Lean R side dive x2, Flutter kicks x10, tuck & stand up Lean L side dive x2, Flutter kicks x10, tuck & stand up	1x							
FINISH	Stand tall, Press hands down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 10	BONUS (DEEP WATER) Dance To The Music								
Intro	Get into position. Noodle in between legs, Jog	16x							
Verse	RUN & CROSS COUNTRY Run B x16(Arms: ALT Push F) CC FWD x16 (Arms: Reach & Pull F)	2x							
Chorus	SPLITS & CRISS CROSS ALT Splits x4, Criss Cross x8	4x							
Bridge	JACK POWER PULL JJ/ADD in x4, JJ Tuck x8	2x							
FINISH	Free Style Pose								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4