

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 Go Dancing						
Intro	Jog							16x	
Verse	FRONT KICK & FLICK KICK ALT Kicks x4, 1-Leg Flick Kick x4							8x	
Chorus	RUN & SIDE KICK Run x3 Hold, Side Kick x2							16x	
Bridge	JOG HEELS ALT Jog Heel x4, 1-Leg Curls x4 (Arms Figure 8 paddle hands, Side to side)							1x	
FINISH	Wide Stance Open hands								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 2	LINEAR		Keep It Coming Love						
Intro	CCS							16x	
Verse	CROSS COUNTRY SKI 4 FAST 3 CC X4, CC Shuffle 3 fast x2							8x	
Chorus	CONGA LINE RUN KICK Run TVL F x3, Side Kick x1 (Arms: Roll, fingers wide open)							16x	
Bridge	JOG HEEL CONGA HEEL ALT Jog heel, SSD Jog heels Conga Arms							8x	
FINISH	Free style Dane pose								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3	BALANCE		You Should Be Dancing						
Intro	JJ			8x					
Verse	JACKS & MOGULS JJ, Mogul Jump R/L			2x					
Chorus	DISCO RUN HOLD 7 Run TVL R DIAG x7, hold GRD Kick B/F x2			4x					
Bridge	ROCKING HORSE BALANCE Rocking horse x2, Hop heel x4			2x					
FINISH	. Wide Stance								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 4	GROUP		I Heard It Through The Grapevine						
Intro	JJ, form two lines facing front			16x					
Verse	JACK TURN IN/FRONT/AWAY JJ In / F / Out / F			8x					
Chorus	GRAPEVINE TRAVEL Grapevine Jog crossing lines, Jog x7, Jump together x1			16x					
Bridge	LEAP REACH KICK ALT Leap, Cross kick			1x					
FINISH	Jump to Wide Stance								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5	ANCHORED		Can You Feel It						
Intro	JJ		16x						
Verse	ONE LEG ANCHORED KICK Karate kick F/B/Side/Slide In		1x						
Bridge	JACK JJ		16x						
Chorus	PENDULUMS Pendulums: NEUROPLASTICITY DRILL* Math Game: 2+2=4, 4+2=6, 6+2=8, etc.		4x						
FINISH	Land Wide Stance								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



Track 6	TONING		If I Can't Have You						
Intro	Stand tall, prepare to begin		16x						
Verse	ROWING FORCE Lunge (Arms: Scoop, Rowing F to hip) Lunge (Arms: Open form the hip, close up to chest)		8x						
Chorus	CIRCULAR STROKE Stand on R, Hamstring curl L (Arms: Back stroke & Breast stroke) Stand on L, Hamstring curl R (Arms: Back stroke & Breast stroke)		16x						
Bridge	CIRCLE BICEPS & TRICEPS Wide Stance (Arms: ALT Circle bicep curls) Wide Stance (Arms: circle back hand triceps)		1x						
FINISH	Wide Stance								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 7	CORE		Reach					
Intro	Getting in position							
Verse	TABLE TOP SIT WITH NOODLE Tuck Curl, Knees Ext torso curl ALT single leg touch down			1x				
Chorus	SIDE REACH Lay sideways long torso & curl R Legs: upper leg ext. lower leg bend			16x				
Bridge	LEGS AROUND Legs together extended front, lay back start to circle legs around R/L			1x				
FINISH	Stand up Tall Noodle Behind							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 8	FLEXIBILITY		It Must've Been Love						
Intro	Gathering the Chi (Qi) Arms				16x				
Verse	YOGA WARRIORS Warrior II R, 1-4, Reverse Warrior 5-8 Moon Arms 1-4 to Balance Quad stretch 5-8 (Then L side)			8x					
Chorus	WARRIOR I & HUMBLE Warrior I R, 1-4, Humble Warrior 5-8 Tai-Chi Bow & Arrow 1-4, feet together 5-8 (Then L side)			16x					
Bridge	GATHER THE CHI Leg ABD R 1-4, Figure 4, 5-8 (Arms: Gather the chi & sinking the chi) Un-cross Leg ABD 1-4, to feet together 5-8 (Arms: Open wide and close down) Then L side.			1x					
FINISH	Wide Stance, Gather the chi floating arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 9	BONUS (CARDIO)		Take A Chance On Me						
Intro	Jog		16x						
Verse	IN STEP SWEEP ALT In-step sweep, heel touch		16x						
Chorus	DOUBLE KICK SIDE & BACK ALT DBL side kick R (Arms: Push side) ALT DBL B kick (Arms: Push F)		32x						
Bridge	DIAGONAL PENDULUM DIAG pendulum B/F x7, Jump x2		1x						
FINISH	Wide stand, Push hands front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 10	BONUS (DEEP WATER)		Get Down On It						
Intro	Get in position. Knees table top		16x						
Verse	IN STEP SWEEP & BACK HAND ALT In-step sweep, hand to heel touch (Arms: back hand sweep)		2x						
Chorus	CROSS COUNTRY 6 & WINDMILL CC x6, Leg "windmill" around		4x						
Bridge	RUN BACK BICEPS Jog/Run B x8, Bicep curls paddle Breast stroke F, knees table top		2x						
FINISH	Knee Tuck hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4