

# 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, 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
---	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	----------------	---



Cut flashcards along the dotted line!

Track 1	WARM-UP		The Boss	
I	Jog			16x
V	<b>JOG, WIDE JOG</b> Jog x4, Wide Jog x4, In step x4, Run x8			2x
C	<b>KARATE KICK SIDE</b> ALT Karate kick SSD (Arms: squeeze fist)			8x
B	<b>RUN HEEL</b> Run heel x8, Wide jog heel x4 (Arms: fist count "1, 2, 3, 4" with fingers)			4x
FINISH	Step Wide			
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 2	LINEAR		Living For The City	
I	KICK F			16x
V	<b>SWING LEG KICK</b> ALT Leg swings F/B x2			4x
C	<b>JACK &amp; TUCK TRAVEL</b> JJ/Tuck Jump TVL F x4, JJ/Tuck Jump TVL B x4			1x
B	<b>RUN DIAGONAL</b> Run TVL DIAG R x8, Run B x8 Repeat L			2x
FINISH	Step Wide			
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 3	BALANCE	Play That Funky Music
I	Jog	
V	KARATE KICKS SIDE & BACK Karate kick side R x4, ALT Karate kick B Repeat L	
C	DOUBLE ROCKING HORSE ALT Rocking horse x2, knee swings F	
B	LEAP & FAST JACKS Leap R TVL R x3, Fast JJ x2, Leap TVL L x3, Fast JJ x2	
FINISH	Step Wide	
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 4	GROUP	I Feel The Earth Move
I	Jog into a circle formation	
V	JOG SINGLE SINGLE DOUBLE Jog SSD TVL R (counterclockwise)	
C	RUN & FAST JACK Face L, Run TVL F x8 (clockwise), Fast JJ in place x2	
B	KICK BACK & REACH ALT kick B x16, ALT DBL kick B x8	
FINISH	Step Wide	
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 Walking In Memphis								
I	Neutral Position								
V	STOMP & PUNCH Stomp R out/in x2, Punch out/cross/out/clasp Repeat L							2x	
C	POWER CROSS COUNTRY DBLS CC Ski to explain the drill							16x	
B	CROSS COUNTRY SKI: NEUROPLASTICITY** Association Memphis: People, City, Food							32x	
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 6	TONING I Can't Get No (Satisfaction)								
I	Stand tall, prepare to begin, barre inspired								
V	HIP & LEG WORK Knee flex R, ABD/ADD x2, Kick F, Curl B (RLRL)							4x	
C	STNDING CHEST FLY Lunge stance (Arms: 1 F/1 B chest fly x8, chest fly F/B x8)							1x	
B	SHOULDER FRONT RAISE & BACK STROKE Lunge (Arms: ALT deltoid raise/back stroke)							8x	
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>	

Track 7	CORE		Suspicious Minds					
I	Noodle behind torso							
V	DIAMOND SIDE CURL Diamond legs lean to R x4, EXT/Bend x6 Repeat L							1x
C	V TUCK V/Tuck/V/ALT cross touch							8x
B	HIP TWIST Feet together, Long extended legs, ALT twist							16x
FINSH	Lay Back							
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		Just My Imagination						
I	Sway side to side								16x
V	TRIANGLE & PYRAMID RIGHT Standing prep (1-4), Triangle pose (5-8), Pyramid R, arms reach, Warrior III (1-4), Dancer pose (5-8), Fig 4 stretch							1x	
B	TRIANGLE & PYRAMID LEFT Standing prep (1-4), Triangle pose (5-8), Pyramid R, arms reach, Warrior III (1-4), Dancer pose (5-8), Fig 4 stretch							1x	
C	OVERHEAD REACH & TWIST Reach overhead, sink the Chi, Reach over, torso laterally flex, sweep F, Repeat L							2x	
FINISH	Wide Stance with Open Arms								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

BONUS Track 9	FLOTATION You Keep Me Hanging' On									
I	JJ									8x
V	JACK & FAST JACKS: JJ x1, Fast JJ x2 (Arms: Push F/pull in, push down x2)									8x
C	DIVE FRONT Dive F Flutter kick x16, Kick TVL B x8									2x
B	LEAP & PRESS: Side Leap x4 (Hop on "8") (RLRL)									4x
FINISH	Wide Stance, arms push F									
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>	



BONUS Track 10	DEEP Corazon Espinado									
I	Getting into position, straddle noodle									
V	TWISTED CHAIR BREASTROKE Seated twist hold R (1-6), Fast twist x3 & hold (Arms: breaststroke x3 TVL F, ALT OPP sweep)									4x
C	BICYCLE CIRCLE: ALT hamstring curl, circle R, JJ out/ cross in place, Repeat L									1x
B	BIG BICYCLE Seated hamstring curl TVL F, Reverse bicycle TVL B									2x
FINISH	Knee tuck									
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>	