

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		Love Train						
Intro	Jog			16x					
Verse	ROCK & RUN Rocking horse x2, Run x7 hold			4x					
Chorus	JOG AROUND THE WORLD Jog x2, Wide jog x2, Jog heel x4 (Arms: Reach up, fan out, join hands)			4x					
Bridge	HEEL TOE SHUFFLE GRD Heel/Toe touch, CC shuffle x7			4x					
FINISH	Step Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 2	LINEAR		Believe						
Intro	Front Kick			16x					
Verse	KICK FRONT & KICK BACK ALT F kicks x4, ALT B kicks x4			4x					
Chorus	RUN & TUCK JUMP Run TVL F, Down/Tuck jump Run TVL B, Down/Tuck jump			1x					
Bridge	JACK & HEEL TOUCH JJ, JJ ALT HEEL TOUCH R/L			4x					
FINISH	Step wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3		BALANCE		Never Can Say Goodbye					
Intro	Jog				16x				
Verse	JOG & LEAP Jog SSD (side leap on the DBL)				16x				
Chorus	DOUBLE JOG HEEL ALT DBL Jog heel, DBL Soccer kick				4x				
Bridge	LEAP & RUN DIAG leap x3, run x3 hold (Arms: Breaststroke)				4x				
FINISH	Step wide, open arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 4		GROUP		Uptight (Everything Is Alright)					
Intro	Jump Rope				16x				
Verse	MOGULS Moguls R/L, Jump F/B				8x				
Chorus	JACK TRAVEL FAST JACK JJ Travel switch sides x1, Fast JJ x2				8x				
Bridge	JOG Jog x16 Run x4, Wide Run x4 (x4)				1x				
FINISH	Step Wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5		ANCHORED	Rebel Rebel						
Intro	Lower to neutral stance, chamber torso		16x						
Verse	POINT AROUND Stomp R leg F/S/B/S, half circle leg B and F Repeat L		1x						
Bridge	JOG PUSH DOWN Jog SSD (Arms: Push down)		8x						
Chorus	JACK & TUCK NEUROPLASTICITY: Math test (add, subtract, multiply, mix) Neutral JJ out/tuck		16x						
FINISH	Step wide open arms								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



Track 6		TONING	A Little Less Conversation						
Intro	Stand tall, prepare to begin								
Verse	HAMSTRING CURLS & TRICEPS PRESS Alt ham curl (Arms: Triceps press/squeeze together)		16x						
Bridge	HALF FLY & LEG OUT R arm ABD/ADD to R, L Leg ABD/ADD x8 L arm Abd to L, opposite Leg ABD/ADD x8		1x						
Chorus	ROCK 'N ROLL ARMS Lunge (Arms: ALT circle push/pull)		8x						
FINISH	Step wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 7	CORE		Jumping Jack Flash					
Intro	Step R foot F, Lunge							
Verse	CURL & CHOP Lunge, curl/ROT chop							16x
Chorus	JACK TUCK JJ tuck							16x
Bridge	PLANK Plank position, Plank, ALT Leg ABD/ADD & tuck							6x
FINISH	Stand wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 8	FLEXIBILITY		So Far Away					
Intro	Shoulder Roll							
Verse	WIDE STANCE REACH Wide stance R arm reach R x3, Arm overhead torso twist and release Warrior II, reverse warrior, warrior I, Warrior III to Dancer, ABD leg side, point/flex, INT/EXT ROT x2, Figure 4 glutes stretch							1x
Chorus	WIDE STANCE REACH Wide stance L arm reach L x3, Arm overhead torso twist and release Warrior II, reverse warrior, warrior I, Warrior III to Dancer, ABD leg side, point/flex, INT/EXT ROT x2, Figure 4 glutes stretch							1x
Bridge	MOUNTAIN & OPEN Mountain, Open, DIAG lunge (Parting the Sea)							4x
FINISH	Step wide with open arms							
V1	C1	B1	V2	C2	B2			

Track 9		BONUS: CARDIO		Sweet Caroline					
Intro		Jump Rope feet together				16x			
Verse		JUMP ROPE TUCK Jump rope/jump tuck in place				16x			
Bridge		RUN SIDEWAYS & JACK Run TVL R x8, Fast JJ x4				4x			
Chorus		CROSS COUNTRY SKI CC x8, DBL power CC x4				2x			
FINISH		Stand tall, feet together							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



Track 10		BONUS (DEEP WATER)		Tossin' And Turnin'					
Intro		Noodle in straddle							
Verse		COSSACK KICK Cossack kick SSD				8x			
Chorus		CROSS COUNTRY SKI CC x2, Fast CC/tuck x3 hold				8x			
Bridge		CHAIR TRAVEL TWIST Seated position TVL x4, Twist x3 & hold				4x			
FINISH		Knee Tuck							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4