# 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 | |

Number of repetitions for each part of the song.

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, $C_4$ would mean it is the fourth Chorus 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 |
|---|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---|

✂ **Cut flashcards along the dotted line!**

| Track 1 | WARM-UP        New Attitude | |
|---|---|---|
| I | Jog Heel | 16x |
| V | **JOG HEEL**<br>Jog heel 16x (Arms: INT/EXT rotation)<br>DBL Jog Heel 8x (Arms: Cross heart/palms out & down) | 1x |
| C | **JUMP JACK**<br>JJ (Arms: Bicep curls/fists, open fingers down) 8x<br>DBL JJ (Arms: DBL) 4x | 1x |
| B | **JOG 3 FLICK**<br>Jog x3, flick x1 | 8x |
| FINISH | Land wide | |

| V₁ | C₁ | B₁ | V₂ | C₂ | B₂ | V₃ | C₃ | B₃ | C₄ |
|---|---|---|---|---|---|---|---|---|---|

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| Track 2 | LINEAR        You're the One That I Want | |
|---|---|---|
| I | CC | 16x |
| V | **DBL CROSS COUNTRY**<br>(Arms: Breast Stroke) | 16x |
| C | **LEAP AND SCOOP**<br>Leap x7 TVL R, jump x2, Repeat L<br>(Arms: Scoop down and back) | 1x |
| B | **RUN AND STICK**<br>Run x3 and hold<br>(Arms: Open to jazz hands) | 8x |
| FINISH | Stand with jazz hands | |

| V₁ | C₁ | B₁ | V₂ | C₂ | B₂ | V₃ | C₃ | B₃ | C₄ |
|---|---|---|---|---|---|---|---|---|---|

| Track 3 | BALANCE          EVERLASTING LOVE | |
|---|---|---|
| I | Kick | 16x |
| V | V KICK<br>(Arms: Reach to OPP leg) | 32x |
| C | JACK AND SKI<br>DBL JJ x1, CC x4 | 4x |
| B | KICK FRONT AND BACK<br>Kick F/B x3, Jump rope x2 (R/L) | 4x |
| FINISH | CC | |

| $V_1$ | $C_1$ | $B_1$ | $V_2$ | $C_2$ | $B_2$ | $V_3$ | $C_3$ | $B_3$ | $C_4$ |
|---|---|---|---|---|---|---|---|---|---|

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| Track 4 | GROUP          GROOVY KIND OF LOVE | |
|---|---|---|
| I | JJ | 8x |
| V | SLICING JACK<br>ALT JJ (Arms: slice R and L) | 4x |
| C | KARATE KICK BACK<br>Karate kick B, TVL B x16<br>Karate kick F, TVL F x16<br>(Arms: Press) | 1x |
| B | LEAP ACROSS<br>Leap side x7 R, Jump FB<br>(Teams cross through the middle) | 2x |
| FINISH | Karate kick F | |

| $V_1$ | $C_1$ | $B_1$ | $V_2$ | $C_2$ | $B_2$ | $V_3$ | $C_3$ | $B_3$ | $C_4$ |
|---|---|---|---|---|---|---|---|---|---|

| Track 5 | ANCHORED          SWEET HOME ALABAMA | |
|---|---|---|
| I | Jog Heel | 16x |
| V | ROCK AND JACK<br>Rocking horse x4, Neutral JJ x4<br>(R then L) | 2x |
| C | CLOCK AND BACK<br>Grounded Kick F to B, B to F (RLRL) | 4x |
| B | JACK AND SUSPEND<br>JJ, SUSP tuck | 8x |
| FINISH | Land wide fists on hips | |

| $V_1$ | $C_1$ | $B_1$ | $V_2$ | $C_2$ | $B_2$ | $V_3$ | $C_3$ | $B_3$ | $C_4$ |
|---|---|---|---|---|---|---|---|---|---|

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| Track 6 | TONING          MANDY | |
|---|---|---|
| I | Noodle held in F, lunge | |
| V | PUSH PULL<br>Push pull SSD x4, Repeat L Lunge | 1x |
| C | ABDUCTION<br>Standing abduction x8, Repeat L | 1x |
| B | JOG HEEL<br>Jog Heel SSD (Arms: SSD Triceps press down/up) | 8x |
| FINISH | Land wide | |

| $V_1$ | $C_1$ | $B_1$ | $V_2$ | $C_2$ | $B_2$ | $V_3$ | $C_3$ | $B_3$ |
|---|---|---|---|---|---|---|---|---|

| Track 7 | CORE                                                                 PYT | |
|---------|------------------------------------------------------------------------------|-----|
| I | Noodle Held in R | |
| V | **LATERAL FLEXION**<br>Lateral flexion x8, Repeat L<br>(Arms: Open door stretch at ear) | 1x |
| C | TUCK SHOOT: Tuck shoot, tuck, touch down R/L | 4x |
| B | **PLANK AND CLIMB**<br>Set up plank x16, add mountain climber x8 | 1x |
| FINSH | Hold plank | |

| $V_1$ | $C_1$ | $B_1$ | $V_2$ | $C_2$ | $B_2$ | $V_3$ | $C_3$ | $B_3$ |
|-------|-------|-------|-------|-------|-------|-------|-------|-------|

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| Track 8 | FLEXIBILITY                                         STAND BY YOU | |
|---------|------------------------------------------------------------------------------|------|
| I | Sway | 16x |
| V | **MOUNTAIN**<br>Mountain pose (Arms: Reach up, paint brush open) x4<br>Quad/Warrior 3 (Arms: reach, paint brush open) R/L | 1x |
| C | SHOULDER & ABDUCTION: Lunge R, shoulder stretch,<br>Leg ABD, toe point in, kick out<br>Repeat L | 2x |
| B | **JOG AND HAMSTRING**<br>Step x3, swing up to hamstring stretch, flex/point<br>Repeat L | 4x |
| FINISH | Prayer pose | |

| $V_1$ | $C_1$ | $B_1$ | $V_2$ | $C_2$ | $B_2$ | $C_3$ |
|-------|-------|-------|-------|-------|-------|-------|

| Track 9 | BONUS           TAKE MY BREATH AWAY | |
|---|---|---|
| I | Position noodle in straddle | |
| V | CROSS COUNTRY<br>CC x3 and tuck | 8x |
| C | TANDEM CYCLE<br>Tandem cycle TVL R, Repeat L<br>(Arms: Scoop) | 1x |
| B | BACKSTROKE<br>Backstroke with extended legs TVL B<br>Repeat OPP direction | 1x |
| FINISH | Open arms | |

| $V_1$ | $C_1$ | $B_2$ | $V_2$ | $C_2$ | $B_2$ | $V_3$ | $C_3$ | $B_3$ |
|---|---|---|---|---|---|---|---|---|