

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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Track 1	WARM-UP		100% Pure Love						
Intro	JJ							8x	
Verse	JACK PUSH FRONT: JJ x8 (Arms: Push F/open) DBL JJ x4							1x	
Chorus	JOG SWEEP FRONT: Jog (Arms: sweep from B to F x8, sweep F to B x8)							32x	
Bridge	ROCK 3: Rocking Horse x3, run x3							4x	
FINISH	Land Wide, Arms push front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 2	LINEAR		A Sky Full of Stars						
Intro	CC							16x	
Verse	CROSS COUNTRY REACH UP: CC (Arms: 2-arm punch up/punch F)							32x	
Chorus	1-LEG BICYCLE FRONT: Leg swing B/Bike pull TVL F, JJ B x4							2x	
Bridge	RUN 3 PUNCH: Run x3 (Arms: fists on run x3, punch up overhead x1)							16x	
FINISH	Land Wide, Arms push front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3	LATERAL TRAVEL		All Right Now						
Intro	JJ			8x					
Verse	JACK 2 SWING 2: JJ x2, Leg swing/Jump in x2			4x					
Chorus	SOCCER 2: ALT Soccer Kick S x2, Flick Kick Repeater x4			4x					
Bridge	WIDE JOG 2: Wide Jog x2 (Power rebound), Run x3 TVL S			8x					
FINISH	Land Wide, splash across								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 4	SPEED		Am I Wrong						
Intro	Run			32x					
Verse	RUN FORWARD: Run TVL F x8, B x8, F x8, B x8 (Arms: ALT Triceps push B TVL F, Chest press TVL B)			1x					
Chorus	FAST JACK RIGHT: Land tempo JJ TVL R x4, JJ out x1/ jump in x2 Repeat, TVL L			2x					
Bridge	CROSS COUNTRY COMBO: CC small x8, CC (increase ROM) x8, Straight kick B x8, CC Shuffle (land tempo) x16			11x					
FINISH	Funky jack out								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5	GROUP		Mickey						
Intro	Run, designate a partner far away				32x				
Verse	RUN PULL SIDE: Run x3 (Arms: ALT sweep LR) - 6x Run (Arms: slice up)				2x				
Chorus	LEAP TO YOUR PARTNER: Leap, TVL F x8 (partners come together), Kick x8, Leap home x8, Kick F x8				1x				
Bridge	JUMP ROPE: Jump rope x4, Power tuck x2				4x				
FINISH	Wide stance, fists on hips								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 6	SUSPENSION		Ten Feet Tall						
Intro	Tuck, touch down				8x				
Verse	TUCK AND SKULL: Tuck hold x3, touch down (4x) Tuck, straddle, tuck, touch down (4x)				1x				
Chorus	JACK STRETCH: Neutral JJ , tuck (Arms: reach up) 8x SUSP JJ, tuck 8x				1x				
Bridge	NEUTRAL CROSS COUNTRY: Neutral CC x8 SUSP CC leaning R x8 (Repeat L)				2x				
FINISH	Land wide, reach up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 7	UPPER BODY		Hot Stuff					
Intro	Lunge R, brace core, noodle in R hand in F							
Verse	SWING BACK RIGHT: 1-arm lat pull down1-2, Biceps curl on 3, push F 4			8x				
Chorus	SWING BACK LEFT: 1-arm lat pull down1-2, Biceps curl on 3, push F 4			8x				
Bridge	TRICEPS PRESS DOWN: Triceps press down x3, slow lift x1			8x				
FINISH		Push both hands down						
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 8	LOWER BODY		Maps					
Intro	Noodle in hands in F, push down, plank, brace							
Verse	PLANK SNOW ANGEL: Plank, Leg ABD/ADDuction			16x				
Bridge	JOG HEEL: Neutral Jog heel x2, land tempo x4			8x				
Chorus	KICK THE NOODLE: Seated kick x4 (1/2 water tempo) Seated kick x8 (water tempo)			2x				
FINISH		Kick						
V1	B1	C1	V2	B2	C2	V3	B3	C3

Track 9	MUSCLE 3 (CORE)	Gone Gone Gone
Intro	Wide stance, noodle in hands	
Verse	CIRCLE FRONT AND DOWN: Noodle push F, sweep down	16x
Chorus	FROG JUMP FORWARD: Frog jump F x4, Pike jump B x4	2x
Bridge	LEG SWEEP BACK: Neutral ALT straight leg back (Arms: chest press)	16x
FINISH		Stand tall, hands down
V1	C1	B1
V2	C2	B2
V3	C3	B3



Track 10	FLEXIBILITY TRAINING	Stay With Me
Intro	ALT knee lift	
Verse	RIGHT KNEE LIFT: Lift R knee to chest, rotate ankle x2 Ext. knee to hamstring stretch, OPT hold toe (Repeat L)	2x
Chorus	STEP RIGHT SIDE STRETCH: Step L behind, arm reach OPP (Repeat R) Figure 4 stretch, twist, other side Figure 4	1x
Bridge	WARRIOR 3: Warrior 3 x8, Quad stretch x8 (Repeat L)	2x
FINISH	Step over, arms reach side	
V1	C1	B1
V2	C2	B2
V3	C3	B3

BONUS	BONUS-CARDIO							Boy	
Intro	Jog							16x	
Verse	LEAP SIDE: Leap side x4, hop knee on 4 th (Arms: Reach under x2, over x2)							4x	
Chorus	JACK JUMP OUT: ALT JJ side x4, Moguls x8 (R, CTR, L, CTR)							2x	
Bridge	ROCK & RUN: Rock F, Run x2 (Arms: Triceps Press B1-2, Biceps curl 3-4) x8 Run, gradually increase ROM (Arms: Triceps press down) 32							1x	
FINISH	Jump together, fists down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4