



# 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.

Number of repetitions for each part of the song.

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.

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
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Cut flashcards along the dotted line!

Track 1	WARM-UP Physical (Ignite)								
Intro	Jog								16x
Verse	ROCK 2 Rocking Horse x2, Knee Swing x2								4x
Bridge	KICK AND RUN 2 Flick kick DIAG x1/Run x2								16x
Chorus	JOG WIDE 4 Jog Wide x4, Jog x4/ Jump R/L x4								2x
FINISH	Kick out								
V1	B1	C1	V2	B2	C2	V3	B3	C3	B4

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Track 2	LINEAR Move								
Intro	JJ								8x
Verse	BOW AND ARROW JACKS JJ (ALT facing R DIAG/L DIAG) (Arms: Back arm elbow flex/punch F)								8x
Chorus	LEAP RIGHT FRONT Leap F 4x, Bow and Arrow JJ B 4x								2x
Bridge	CHARGE Run F x8, Jump B x4								2x
FINISH	Bow and arrow jack								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3	LATERAL TRAVEL							What A Girl Wants		
Intro	Pendulum							16x		
Verse	SWING OUT Leg Swing out/in/out knee circle							8x		
Chorus	JACK TRAVEL JJ X3, Rocket JJ x2 TVL R/L/R/L							4x		
Bridge	KEEP THE ROCKET Rocket JJ x3, Wide Stance Hold (Arms: ADD, Chest press/sweep open)							4x		
FINISH	Land Wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

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Track 4	SPEED							#1 Night (One Night)		
Intro	Jog							16x		
Verse	JOG 4 ROCK Jog x4, Rocking horse x1, Soccer kick x1							4x		
Bridge	KICKIN IT Kick x3, Karate kick B x1 (Arms: for Karate kick, ready position)							8x		
Chorus	JUMP TUCK Jump Tuck Jump x2, Run x8 TVL R/L/R/L (Arms: Reach up x2, circle pull x2)							4x		
FINISH	Land wide, push across									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	

Track 5	GROUP							How Will I Know	
Intro	Jog into 2 lines, F&B							16x	
Verse	JOG HEEL SWING Jog heel x4, Swing B/ F x2							4x	
Chorus	V KICK V kick x8, Kick (Switch lines) x8							2x	
Bridge	JACK V (Arms: V down/V up)							16x	
FINISH	Land Wide, V-up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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Track 6	SUSPENSION									Love Machine	
Intro	ALT Grounded step side									8x	
Verse	SLIDE STEP Slide step x3, knee circle									4x	
Chorus	LOW CROSS COUNTRY CC neutral x2, SUSP x6									4x	
Bridge	ONE-LEG MOGUL ALT Touch outside leg side/tuck x8 ALT Touch inside leg side/tuck x8									1x	
FINISH	Stand up wide										
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Track 7	UPPER BODY						Jealous		
Intro	Position noodle in straddle position, SUSP								
Verse	PULL FORWARD ALT Breast stroke x4, 2-arm Backstroke x2						4x		
Chorus	PRESS BACK Triceps press B x4, 2-arm Biceps curl x2						4x		
Bridge	SIDE LIFTS ALT Deltoid raise/pull down						16x		
FINISH	Both arms out								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

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Track 8	LOWER BODY						Blank Space		
Intro	Position noodle around back								
Verse	HEELS UP Neutral run heel x8, Kick B x4						4x		
Chorus	SIT AND KICK Seated kicks SUSP (land tempo) x8 TVL B, Run x8 TVL F						4x		
Bridge	JUMP WIDE SLIDE Power JJ out, neutral slide in						16x		
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	

Track 9	CORE		Boom Clap	
Intro	Keep noodle behind back, side plank (ft to R)			
Verse	<b>TOP LEG CRUNCH</b> Side-lying top-leg crunch 7x, tuck through x1			2x
Chorus	<b>DOUBLE CRUNCH</b> DBL pulse crunch/touch down			16x
Bridge	<b>STAND UP TWIST</b> Standing lower body twist SSD			8x
FINISH		Stand, push noodle forward		
V1	C1	B1	V2	C2
		B2	V3	C3
				B3

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Track 10	FLEXIBILITY TRAINING		Just Give Me a Reason	
Intro	Knee swing B/F x2			2x
Verse	<b>QUAD STRETCH</b> Quad stretch/Knee to chest (R/L)			2x
Bridge	<b>CROSS OVER</b> Figure 4/Inner thigh stretch (Leg side)			2x
Chorus	<b>HAM STRETCH</b> Hamstring stretch, cross down -Side stretch L/ Warrior 3			2x
FINISH	Stand tall			
V1	B1	C1	V2	B2
			C2	C4

BONUS	BONUS-CARDIO Car Wash								
Intro	JJ								8x
Verse	JACK CLAP UNDER JJ/knee lift (Arms: clap under knee x2, sweep across x2)								16x
Chorus	HITCH KICK 4 Hitch kick side x4, run x2								4x
Bridge	POWER CROSS COUNTRY CC Power tuck x2, CC x2								8x
FINISH	CC ski hold								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4