

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		Can't Stop the Feeling						
Intro	Jog							16x	
Verse	JOG AND SWEEP: Jog (Arms: Breast stroke x2, Back stroke x2)							32x	
Chorus	LOW FLICK KICK: Flick Kick x8, Karate B x8, Kick F/B run x4 (x4)							1x	
Bridge	WIDE JOG 4 Wide jog x4, Jump x2 (RLRL)							4x	
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 2	LINEAR		Better When I'm Dancing						
Intro	Kick							16x	
Verse	KICK OUT: DIAG kick x8, Kick F x8 (Arms: Parallel Figure 8, Canoe 8)							2x	
Chorus	CONGA Run x3 Kick B, TVL F (x4) Run x3 Kick F, TVL B (x4)							2x	
Bridge	CROSS COUNTRY 3 SLIDE ALT CC x3, Ground and slide							8x	
FINISH	Lunge, shake the maracas								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3		LATERAL TRAVEL						HandClap	
Intro		Wide Jog						16x	
Verse		WIDE JOG HANDS OUT Wide Jog x16 (Arms: Elbow to knee) Wide Run x5, Hold and clap x4						1x	
Bridge		LEG SWING ROCKET Half Water-tempo Pendulum, Rocket						16x	
Chorus		FAST ½ JACK Half JJ Fast x3, Rocket x1						8x	
FINISH		Land wide							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 4		SPEED						Paradise	
Intro		CC						16x	
Verse		CROSS COUNTRY CC (neutral 8/rebound 8/high rebound 8/ Power 8)						1x	
Bridge		KARATE KICK BACK & AROUND Karate Kick B, gradually bring leg around to F x8						4x	
Chorus		RUN FORWARD Run F x8, Fast JJ R x4 Run B x8, Fast JJ L x4						2x	
FINISH		Land wide							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 5	GROUP		Only the Youg						
Intro	Jog heel							8x	
Verse	HEEL AND SWEEP Jog heel x8 (Arms: both arms sweep across) Kick B x8 (Arms: push forward)							2x	
Chorus	KICK INTO A CIRCLE Kick x8, TVL into circle (Arms circle up and around neighbor) Kick x8, TVL B							2x	
Bridge	RUN AROUND RIGHT Run x16, TVL RLRL							8x	
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 6	SUSPENSION		Try Everything						
Intro	Neutral ALT wide kick							8x	
Verse	SIT & KICK WIDE Seated ALT V-Kick (SLOW x8, FAST x16)							1x	
Bridge	LEG SWEEP BACK ALT GRD Leg sweep B/knee/Karate kick B x2							8x	
Chorus	SUSPENDED JACK 5 & HOLD SUSP JJ out/in/out/in/out hold and scull SUSP JJ in/out/in/out/in hold and scull							4x	
FINISH	Land wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 7	UPPER BODY		One Dance					
Intro	Lunge R, noodle in hands							
Verse	1-ARM FLY ALT 1-arm fly				16x			
Chorus	PRESS & ROW IN 3 Lunge L, Chest press/row in 3 (out/in/out, in/out/in)				16x			
Bridge	DOUBLE TRICEPS PRESS DBL Triceps press x2/Stir the pot (ALT R/L)				8x			
FINISH	Press down							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 8	LOWER BODY		Ain't Too Cool					
Intro	Position noodle around back							
Verse	WIDE SWING BACK ALT DIAG B sweeps				8x			
Chorus	DANCE THE JACK GRND Fast JJ (Lean R x4, Lean L x4) x16 GRND Fast JJ (ALT DIAG) x16				1x			
Bridge	FLICK IT FRONT Lifted flick kick F x4, wide x4, Hamstring curl x4, Run Heel x8				2x			
FINISH	Step wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	CORE		Army					
Intro	Wide Stance, noodle in hands F							
Verse	WIDE TWIST ACROSS KNEE GRD Spinal Rotation (R x8, L x8) (arms sweep/across lifted OPP knee)							1x
Chorus	WOODCHOPPERS Lunge, Sweep across front leg to OPP hip (R x8, L x8)							1x
Bridge	PLANK TUCK SUSP Plank/Tuck touch toes with noodle							16x
FINISH	Stand up							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 10	FLEXIBILITY TRAINING		Crazy Love					
Intro	Form a circle							
Verse	LEG SWING (Step on R, lift L) Hamstring stretch x4, Warrior 3 x4, Hamstring stretch x4, Ankle rotation x4 (Switch lead)							2x
Chorus	MACARENA HUG Lunge R (Switch lead) (Reach R F, L F, R to L shoulder, L to R shoulder, hug & raise elbows, sweep arms B)							2x
Bridge	STARS Turn R, Mountain Pose x4, Star Pose R (Switch lead)							4x
FINISH	Step together, face center, prayer pose							
V1	C1	B1	V2	C2	B2	V3	C3	B3

BONUS	BONUS-FLOTATION		New Romantics						
Intro	Position noodle in straddle, legs out straight F								
Verse	SEATED SWIM Free-style swim TVL F x8, Biceps scoop TVL B x8							2x	
Chorus	FLYING LEAP SUSP Leap TVL R x4, Pedal Pushers F TVL B x16, SUSP Leap TVL L x4, Bicycle curls TVL F x16							1x	
Bridge	TUCKS ROCK Tuck shoot DIAG down F Tuck shoot DIAG down B							8x	
FINISH	Stand up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4