

# 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, C<sub>4</sub> would mean it is the fourth Chorus of the song.

Number of repetitions for each part 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		Queen of the Night						
Intro	Jog heel							16x	
Verse	HEELS UP SWEEP Jog heel (Arms: Thumbs up breast stroke x4, curl under x4)							32x	
Chorus	JOG KICK BACK ALT Jog/ Leg swing B							16x	
Bridge	JOG 4 SWING Jog x4, ALT leg swing side/jump in x2 (Arms: palms up EXT/INT rotation)							1x	
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 2	LINEAR		She Sets The City On Fire						
Intro	Jog heel							16x	
Verse	ROCK 3 KICK ALT Rocking Horse FBF, Kick							8x	
Chorus	JOG 4 TURN 1/4 turn R, Jog x4 TVL F, JJ x2 TVL B (Arms: Breast Stroke L/R, Sweep in x2)							4x	
Bridge	JACK KICK 3 JJ out/Kick x3 (R), JJ out/Kick x3 (L)							4x	
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3		LATERAL TRAVEL				A-Yo				
Intro		Wide Jog								16x
Verse		KICK OUT ALT Wide Kick x2, Run wide x4								8x
Chorus		JACK 3 TRAVEL JJ x3 TVL R, Land speed JJ twist x2 Repeat LRL								4x
Bridge		SWING OUT 3 Pendulum x3, Karate kick side x1								4x
FINISH		Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



Track 4		SPEED				This One's For You				
Intro		Run								32x
Verse		RUN 4 KICK IT ALT Run x4, Hitch kick, hop knee								8x
Chorus		HEEL AND SWEEP Jog heel x2, Run heel x4 (Arms: Sweep in x3, fast x4)								8x
Bridge		ROCKET JACK SKI 3 Rocket JJ x1, CC x3 (R), Rocket JJ x1, CC x3 (L)								4x
FINISH		Land wide, sweep arms side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 5	GROUP							Boogie Nights		
Intro	JJ							8x		
Verse	TWIST JACK JJ Twist R, Jump in, JJ Twist L, Jump in							8x		
Chorus	RUN TRAVEL Run x7 hold, TVL R, Run x7 hold, TVL L Run x3 hold, TVL R, Run x3 hold, TVL L (x2) Power wide jog x8							1x		
Bridge	JOG HEEL CIRCLE Jog heel x4, in small circle (3-6 people) Kick x4							4x		
FINISH		Land wide, splash side								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



Track 6	SUSPENSION							High and Low		
Intro	Kick							16x		
Verse	SIT AND KICK Neutral Seated kick x4, SUSP Seated kick x4							4x		
Chorus	FLYING SIDE KARATE ALT SUSP Karate kick side x2, SUSP JJ/touch x2							4x		
Bridge	CROSS COUNTRY 4 SPIN 4 SUSP CC X4, Tuck and spin R x4 (Repeat LRL)							4x		
FINISH		Stand tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 7	UPPER BODY		Don't Wanna Know					
Intro	Position noodle in straddle							
Verse	<b>HALF MOON</b> ALT Arm sweep open/close							16x
Chorus	<b>SWEEP DOWN &amp; BACK</b> Tandem arm sweep F/B, curl, triceps x2 (x4) Tandem arm sweep B/F curl, biceps x2 (x4)							1x
Bridge	<b>CURL TO SPIN</b> Biceps curl R x8 (spin in circle), repeat L x8 Triceps press R x8 (Spin in circle), repeat L x8							1x
FINISH	Double biceps curl							
V1	C1	B1	V2	C2	B2	V3	C3	B3

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Track 8	LOWER BODY		If You Could Read My Mind					
Intro	Position noodle around back							
Verse	<b>SIDE SWEEP CIRCLE</b> Grounded ABD, knee up/in/down (R x8, L x8)							1x
Chorus	<b>REBOUND KICK BACK</b> ALT Kick B (R x16, L x16)							1x
Bridge	<b>ONE LEG KICK</b> Grounded kick/curl x2, fast x4 (RLRL)							4x
FINISH	Stand tall							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	MUSCLE 3 (CORE)		Water Under the Bridge					
Intro	Noodle stays around back, under arms, Neutral							
Verse	TUCK TWIST ALT Neutral tuck/Lower body rotation R/L							16x
Bridge	LEAN & SCOOP Grounded Wide stance: ALT LAT FLEX (Arms: holding noodle, ALT scoop under B/F)							16x
Chorus	RUNNING MAN 3 SUSP ALT knee tuck x3/hold							16x
FINISH	Tuck							
V1	B1	C1	V2	B2	C2	V3	B3	C3

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Track 10	FLEXIBILITY TRAINING		Hymn for the Weekend					
Verse	TANGO WALK Step curl x3, knee circle to open F (RL) Step DIAG, hold Quad stretch L (RL)							2x
Chorus	STEP OUT LUNGE ALT step out to lunge, slide foot in x3, Mountain/ Goddess (RL)							2x
Bridge	ANKLE ROTATE AND LIFT Hamstring stretch, ankle rotation Hold Hamstring stretch, lift higher 1-6, step down (RL)							2x
FINISH	Stand, Goddess arms							
V1	C1	B1	V2	C2	B2	V3	C3	B3

<b>BONUS</b>	<b>BONUS-FLOTATION</b> <span style="float: right;"><b>Got To Be Real</b></span> (Alternative Holiday Song: Feliz Navidad)							
Intro	Position noodle around back, under arms Lower to neutral, seated kick							
Verse	SEATED KICK ALT Seated kick x8 ALT DBL Seated kick x4 Kick Repeater, turn in a circle (R x8, L x8)							1x
Bridge	SKI CIRCLE CC F x8 CC x8, lean R, TVL in a circle Repeat L							2x
Chorus	PEDAL PUSHERS ALT Pedal pushers side x3, tuck							1x
FINISH	Tuck							
V1	B1	C1	V2	B2	C2	V3	B3	C3