

# 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				Fighter			
Intro		Jog				16x			
Verse		<b>JOG HEEL REBOUND</b> Jog heel x8, Jog x8, Rocking Horse R x7, jump, repeat L				1x			
Chorus		<b>JACK JUMP OUT</b> JJ jump R/CTR, jump rope x2 JJ jump L/CTR, jump rope x2				4x			
Bridge		<b>WIDE JOG PUNCH</b> Wide Jog, Face L x7, hop knee ½ turn (Arms: Punch R x4) Repeat LRL				4x			
FINISH		Land wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 2		LINEAR				That's What I Like			
Intro		Jump rope				16x			
Verse		<b>JUMP FRONT JACK</b> Tuck F, Neutral Power JJ Tuck B, Neutral Power JJ				4x			
Bridge		<b>KICK UP</b> Kick F x8 (Arms: EXT rotation) Kick B x8 (Arms: Wide chest press)				2x			
Chorus		<b>FLYING LEAP</b> Leap F x4 Bow & Arrow JJ B x4 (face L) Repeat R				2x			
FINISH		Wide stance, arrow							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 3		LATERAL TRAVEL				China Grove			
Intro	Jog heel								16x
Verse	ROUNDHOUSE ALT Knee lift side/flick kick								16x
Chorus	CROSS OVER JOG Jog x8 (ALT cross F/B) JJ cross x4								2x
Bridge	DOUBLE WIDE DBL Wide Jog Leap R/L, wide jog x4								4x
FINISH		Land wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

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Track 4		SPEED				We Run the Night			
Intro	CC								16x
Verse	CROSS COUNTRY SHUFFLE CC x4, CC fast shuffle x8 (Arms: long lever x4, ALT uppercut x8)								4x
Chorus	RUN WIDE Run wide x4, Run in x4, Run heel x4, jump shoot								4x
Bridge	FAST JACK Land-speed JJ x16 (Arms: Speed bag Rx8, Lx8, ALT F x16)								2x
FINISH		Land wide, punch forward							
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5	GROUP	Waterloo
Intro	JJ, Split students into two groups, R/L sides	
Verse	JACK HANDS UP JJ (Arms: Biceps curl, hands to head/up/circle out)	
Chorus	RUN TOGETHER Run towards other group x16, Back x16, towards x16, around x16	
Bridge	BATTLE KICKS ALT Kick F/B	
FINISH	Land wide, splash side	
V1	C1	B1
V2	C2	B2
V3	C3	B3
	C4	

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Track 6	SUSPENSION	Something Just Like This
Intro	Jog	
Verse	RUN CHARGE FOWARD Run, TVL F x8, V-Sweep x2 (Arms: Fists, reverse fly x2)	
Chorus	KARATE REPEATER Karate Kick F x4, B x4 Repeat L Karate Kick R F x2, B x2, L F x2, B x2, Repeat	
Bridge	JACK SUSPEND SUSP JJ out, tuck 2-4, ALT touch down x4	
FINISH	Stand tall	
V1	C1	B1
V2	C2	B2
V3	C3	B3
	C4	

Track 7		UPPER BODY			Issues			
Intro	Position noodle in straddle							
Verse	CHEST PRESS OPEN Chest press F/Breast Stroke open							16x
Chorus	CLOSE SWEEP DOWN Back stroke/Shoulder EXT down and back							16x
Bridge	BICEPS PULL BACK Biceps curls, TVL B x16 Triceps press down, TVL F x16							2x
FINISH	Stand up, wide stance							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 8		LOWER BODY			Chained to the Rhythm			
Intro	Noodle held in hands in front, Karate kick demo							
Verse	KARATE BACK Karate kick/chamber (knee touches noodle) x8 Repeat L							1x
Bridge	SIDE SWEEP UP ABD, pt./ADD flex. Leg x8 R Repeat L							1x
Chorus	KICK CURL Standing 1-leg kick/curl, slow x1, fast x2 X8 R, Repeat L							1x
FINISH	Stand tall, push down							
V1	B1	C1	V2	B2	C2	V3	B3	C3

Track 9		CORE			Stay			
Intro	Noodle around back, under arms, SUSP (OPT: supine layout)							
Verse	DIAMOND TOUCH Legs held in Diamond shape (1 <sup>st</sup> Pos. plie') ALT Knee to Elbow touch, Oblique contraction							16x
Chorus	SPLIT CRUNCH Hold splits, AB crunch x8 R Repeat L							1x
Bridge	TUCK HOLD Pull noodle ends to chest, pull knees up into tuck, maintain contact with noodle ALT leg down/tuck							16x
FINISH	Tuck							
V1	C1	B1	V2	C2	B2	V3	C3	B3

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Track 10		FLEXIBILITY TRAINING			Scars to Your Beautiful			
Intro	Mountain/Goddess							
Verse	MOUNTAIN Mountain/Goddess Knee to chest, arms wrap knee L/R Hamstring stretch, hands on shin or foot Repeat L							2x
Chorus	LUNGE SIDE Lunge side (Arms: R sweeps out/L reach overhead) Repeat R							2x
Bridge	STEP RIGHT QUAD STRETCH Step and ¼ turn R, hold quad stretch, Dancer Repeat L							2x
FINISH	Step together, hands to heart center							
V1	C1	B1	V2	C2	B2	V3	C3	B3

BONUS		BONUS-FLOTATION			Shake It Up			
Intro	Position noodle in straddle							
Verse	CROSS COUNTRY CC x8, Staff seated position, ALT 1-leg back to splits x4							2x
Chorus	EGGBEATERS ALT EXT ROT, fast, fast, slow							16x
Bridge	KICK IT UP ALT Seated kick x16, DIAG x16 (Arms: OPP reach to toes)							1x
FINISH	Tuck							
V1	C1	B1	V2	C2	B2	V3	C3	B3