

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		Shake Your Groove Thang						
Intro	Jump (teach rebound)							16x	
Verse	JOG Jog x16, Run x32							1x	
Chorus	JOG HEEL Jog heel x16, Run heel x32							1x	
Bridge	JACK JJ x8, Fast JJ x16							1x	
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 2	LINEAR		Look What You Made Me Do						
Intro	Flick kick							16x	
Verse	KICK UP Kick F x16, Kick F TVL F x16							1x	
Bridge	KICK BACK Kick B x16, Kick B TVL B x16							1x	
Chorus	HIGH SWING Leg swing F/B x4 (RLRL)							1x	
FINISH	Land wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 3		LATERAL TRAVEL				Witness			
Intro		JJ				8x			
Verse		JACK TRAVEL JJ TVL R x4, Rocket JJ x8 Repeat L				1x			
Bridge		DOUBLE PENDULUM DBL Pendulum x8, Pendulum x16				1x			
Chorus		POWER KARATE SIDE ALT Karate Kick side x8 Power Mogul x8				2x			
FINISH		Land center							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 4		SPEED				Believer			
Intro		Run				32x			
Verse		LEAP SIDE RUN Leap x1, Run x4, TVL R (last one only x3 runs) Repeat L				1x			
Bridge		FAST JACK Fast JJ (Arms: Triceps press down/biceps curl x16 Triceps press side/biceps curl x16)				32x			
Chorus		JACK AND ROCKET JJ x1, Rocket JJ x2 (All Rockets on C4)				8x			
FINISH		Land wide							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 5	GROUP		Malibu						
Intro	Jog, travel to make an even number of lines								
Verse	CROSS COUNTRY PASS CC (Arms: pass water B x16, Pass water F x16)				32x				
Bridge	WIDE KICK Wide Kick (Arms: sweep open, aim to touch toes)				32x				
Chorus	RUN SWITCH LINES Run x8, TVL to switch lines, Jump rope x4 (Change jump rope to basketball shoot on C4)				4x				
FINISH	Land wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



Track 6	SUSPENSION		Weak						
Intro	Neutral JJ				8x				
Verse	JACK TUCK Neutral JJ out/tuck (Arms: Wide/touch ankles)				16x				
Chorus	CROSS COUNTRY 4 WALLS SUSP CC, face R (1/4 turn every 8 counts)				32x				
Bridge	MOGULS Rebound jumps R/L x4 Neutral jumps R/L x4 Neutral Moguls (knees tuck) R/L x4 SUSP shoot throughs R/L x2				1x				
FINISH	Stand tall								
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4

Track 7	UPPER BODY		True Feeling					
Intro	Noodle held with hands 1 ft. from ends, R Lunge							
Verse	CHEST FLY R Lunge, Chest sweep F/ Fly open			16x				
Bridge	BICEPS CURL IN L Lunge, Horizontal Biceps curl in x8 Triceps push down x8			1x				
Chorus	KAYAK PULLS Feet together, ALT Row B			32x				
FINISH	Stand tall, push out							
V1	B1	C1	V2	B2	C2	V3	B3	C3



Track 8	LOWER BODY		What About Us					
Intro	Noodle around back, under arms							
Verse	KICK AND CURL ALT SUSP Seated Kick/Curl			32				
Bridge	SWEEP OUT V sit out x1, criss-cross fast x2			8x				
Chorus	SWEEP DOWN Float leg up, sweep down			16				
FINISH	Stand tall							
V1	B1	C1	V2	B2	C2	V3	B3	C3

Track 9	MUSCLE 3 (CORE) Your Love Keeps Lifting Me Higher							
Intro	Noodle in hands, SUSP plank position							
Verse	SUPERMAN CRUNCH SUSP Prone Tuck/ EXT, toe touch							16x
Chorus	PLYO AB TUCKS Plyometric tuck jump, aim knees for noodle (Arms: Noodle floats in F, Pull arms down to noodle)							16x
Bridge	TEASER TOE TOUCH SUSP Hip EXT/FLEX (Arms: toe touch)							16x
FINISH	Stand							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 10	FLEXIBILITY TRAINING You Look Good							
Intro	ALT tap F							8x
Verse	LEG FRONT & AROUND Hamstring stretch x4, Inner thigh stretch side x4, Warrior 3 x4, Quad stretch x4 (Repeat L)							1x
Bridge	SWEEP ACROSS R Lunge, Repeat L (Arms: L arm sweeps across to meet hands 1-2, Hand to heart 3, open to T 4)							1x
Chorus	THUMBS UP Thumbs up & Reach F & Up 1-2, "W" stretch 3-4, Back stretch 5-7, Point 8							4x
FINISH	Thumbs up							
V1	B1	C1	V2	B2	C2	V3	B3	C3

BONUS		BONUS-CARDIO								Castle on the Hill	
Intro		Pendulum								16x	
Verse		SWING OUT CROSS Leg swing side/cross (R x8, L x8)								1x	
Bridge		3 KICKS JUMP THE BARREL ALT Karate kick FBF, Jump the Barrel								8x	
Chorus		RUN, LEAP, OR SWIM Options: TVL by Run, Leap, or Swim								32x	
FINISH		Land wide									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4		