

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		Old Time Rock N Roll						
Intro	Jump				16x				
Verse	JACK N REACH JJ (Arms: R/L DIAG up, R/L EXT ROT)				16x				
Chorus	ROCK N ROLL Rocking horse x3, Jog heel/Hop knee x1				4x				
Bridge	RUN 4 Run wide x4, Jog Freeze x2				8x				
FINISH	Land wide, Disco arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 2	LINEAR		Thunderstruck						
Intro	Jog heel				16x				
Verse	ROCKING HORSE Rocking Horse x3, Soccer kick x1				4x				
Chorus	QUICK SHUFFLE 3 CC Shuffle fast x3, CC x2				8x				
Bridge	RUN FORWARD Run TVL F x8, Fast JJ x4 Run TVL B x8, Fast JJ x4 (Arms: fists, punch R/L)				2x				
FINISH	Land wide, "Rock on" sign								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3	LATERAL TRAVEL	La Copa De La Vida
Intro	Jog	
Verse	SAMBA ALT Fast Kick wide/run/jog freeze	
Chorus	DOUBLE JACKS DBL fast JJ out/jump in, jump R x2 DBL fast JJ out/jump in, jump L x2	
Bridge	TRAVELING JACK JJ TVL R x3, Cross kick x1 JJ TVL L x3, Cross kick x1	
FINISH	Land wide, arms up	
V1	C1	B1
V2	C2	B2
V3	C3	B3
	C4	



Track 4	SPEED	Rhythm of the Night
Intro	Low kick	
Verse	FLICK KICK RISING Flick kick x8 (low, medium, high, HIGH)	
Chorus	JACK PIVOT L-leg fast JJ x4 turn R, R-leg fast JJ x4 turn L	
Bridge	SKATE 4 RUN HEEL 7 Jog heel (skate wide) x4, Run Heel x7 (Arms: pull across x4)	
FINISH	Land wide, punch up	
V1	C1	B1
V2	C2	B2
V3	C3	B3
	C4	

Track 5	GROUP We're In This Together									
Intro	Jog to face a partner									
Verse	<p>JUMP ROPE JACK</p> <p>Jump Rope JJ x8 (Arms: open hand rope turns)</p> <p>Jump Rope Run x32 (Arms: fist ed rope turns)</p>									1x
Chorus	<p>JACKS & DOUBLE DUTCH</p> <p>JJ x2, Land wide & hold x4</p> <p>(Arms: Sweep out/in x2, Double-Dutch Ropes)</p>									4x
Bridge	<p>CROSS COUNTRY BATTLE ROPES</p> <p>CC x5, Land in a lunge & hold x4</p> <p>(Arms: Long lever F/B x4, Fast Battle Ropes x8)</p>									4x
FINISH	Land wide, arms side									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



Track 6	SUSPENSION The Middle									
Intro	Lower to neutral, seated position									16x
Verse	<p>TAKE A SEAT</p> <p>Hold SUSP L-seat x4, sweep out/in/out/down</p>									4x
Bridge	<p>KARATE FRONT BACK</p> <p>Neutral Karate kick F/B, tap the bottom w/heel/toe (R/L)</p> <p>Neutral CC, heel F/toe B x16</p>									1x
Chorus	<p>SWEEP OUT RIGHT</p> <p>Neutral R Sweep out/tuck in x4 (repeat L)</p> <p>Neutral Both Sweep out/tuck in x8</p>									1x
FINISH	Push feet down									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	

Track 7	UPPER BODY		Waiting For Tonight					
Intro	Lunge R, noodle held in wide grip							
Verse	TRICEPS PRESS Triceps press x3, fast x2							4x
Bridge	PUNCH AND PULL ALT Punch F/Row B x6, fast x4 (Lunge L)							4x
Chorus	SWEEP BACK ALT Side sweep (Wide stance)							16x
FINISH	Sweep across							
V1	B1	C1	V2	B2	C2	V3	B3	C3

Track 8	LOWER BODY		Savior					
Intro	Position noodle in hands, shoulder width apart							
Verse	KARATE KICK GRD Karate Kick F chamber, B, chamber x2 GRD Karate Kick F chamber, B, chamber – fast x4 (Repeat L)							1x
Chorus	NEUTRAL JACK Neutral JJ x1, Neutral JJ tuck x1 – x4 Neutral JJ x1, Neutral JJ tuck x1 – fast x8							1x
Bridge	PLANK LEG LIFTS Plank position, ALT Hip EXT							16x
FINISH	Hold leg lift							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	CORE Tragedy							
Intro	Position noodle around back, under arms							
Verse	JACK KNIFE CURL Lay back, R knee in, crunch x8 (Repeat L)							1x
Bridge	PENCIL & BANANA Extended position x1, ALT Lateral FLEX x1							16x
Chorus	CANNONBALL CRUNCH Tuck x1, Extend arms and legs wide							16x
FINISH	Tuck							
V1	B1	C1	V2	B2	C2	V3	B3	C3



Track 10	FLEXIBILITY TRAINING The Champion							
Intro	Pray to Mountain							2x
Verse	MOUNTAIN TO STRONG Mountain 1-4, Strong Pose 5-8 Warrior 2 1-4, Reverse 5-8 Repeat L							1x
Chorus	QUAD STRETCH Quad stretch/EXT ROT arms 1-4, Hold foot 5-8 Knee to chest, knee swings B, Knee to chest 5-8 Repeat L							1x
Bridge	HAMSTRING REACH ACROSS Hamstring stretch 1-4, rotate leg side 5-8 Figure 4 1-4, add twist 5-8 Repeat L							1x
FINISH	Pray to mountain, Strong pose							
V1	C1	B1	V2	C2	B2	V3	C3	B3

BONUS		BONUS-CARDIO				Let's Get Loud			
Intro	Low Flick Kick								16x
Verse	KICK RUN RUN Flick kick F x1, Run x2 (Arms: Triceps down around leg, pull in/up)								16x
Chorus	4 JACKS JJ (Arms: Reach up R 1-2/L 3-4, Breast stroke R 5-6, L 7-8)								16x
Bridge	WIDE RUN Wide Run x8, Karate Kick SFSF, Repeat LRL								1x
FINISH	Land wide, arms up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4