

# 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								Dancing Queen	
Intro		Jog								16x	
Verse		<b>JOG REACH DOWN</b> Jog (Arms: Reach down x4, Shoulder roll B x2)								32x	
Chorus		<b>JACK TURN LEFT</b> JJ x2 facing L, x2 facing R (Arms: R point F x2, L point F x2)								4x	
Bridge		<b>JOG HEEL NARROW</b> Jog heel narrow x4, wide x4 (Arms: Reach F/in x2, ALT reach RLRL)								4x	
FINISH		Land wide, Dance pose									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

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Track 2		LINEAR								Meant To Be	
Intro		Kick low								16x	
Verse		<b>KICK HIGH LOW</b> Kick F x2 high, x2 low								8x	
Chorus		<b>SWIM FORWARD</b> Jog x8 TVL F (Arms: underwater swim) Jog x8 TVL B (Arms: underwater scoop)								2x	
Bridge		<b>CROSS COUNTRY PUSH BACK</b> CC (Arms: ALT triceps push back)								32x	
FINISH		Land wide, biceps curl									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		

Track 3	LATERAL TRAVEL		Never Be The Same						
Intro	JJ		8x						
Verse	JACK KNEE JJ out, Jump in ALT knee lift x8 JJ out, Jump in ALT kick F x8		1x						
Chorus	JACK RIGHT RUN JJ x1 TVL R, Run x4, x4 JJ x1 TVL L, Run x4, x4		1x						
Bridge	LEAP HOP RIGHT ALT Leap hop		16x						
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 4	SPEED		Proud Mary						
Intro	Run		32x						
Verse	RUN KNEES UP Run x8, Fast JJ x4 (Arms: fists 8, reach down, out, up, up)		4x						
Chorus	RUN HEEL TURN Run heel x16, ¼ turn R (Arms: fist roll)		4x						
Bridge	CROSS COUNTRY KICK BACK CC x4, Kick B x4		4x						
FINISH	Freeze and roll arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5	GROUP		Come Back and Stay						
Intro	Jog, find a partner							16x	
Verse	<b>KNEE STRIKE</b> Leg swing B, Knee strike F x8 R, x8 L (Arms; both arms swing F/B)							1x	
Chorus	<b>CROSS COUNTRY FIGHT</b> CC x8 Hold Lunge (Arms: ALT punch fast x4, upper cut x2) Repeat L							1x	
Bridge	<b>KICK SWITCH PLACES</b> Kick							32x	
FINISH	Lunge, punch								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 6	SUSPENSION		In My Blood						
Intro	Neutral CC (heel F/Toe B)							16x	
Verse	<b>CROSS COUNTRY TOUCH TUCK</b> Neutral CC touch, SUSP tuck x8 SUSP CC x16							1x	
Bridge	<b>JACK TOUCH TUCK</b> JJ out touch, SUSP tuck x8 SUSP JJ x16							1x	
Chorus	<b>FLUTTER KICKS</b> Flutter kick F x6, tuck Flutter kick R x6, tuck Flutter kick B x6, tuck Flutter kick L x6, tuck							1x	
FINISH	Stand								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 7	UPPER BODY		It's My Life					
Intro	Position noodle in straddle							
Verse	<b>DOUBLE PUNCH</b> SUSP seated position (Arms: Both arms punch fast x2, triceps press B, chest press F, Triceps press B)							8x
Chorus	<b>BOXING TIME</b> Lunge R x4, L x4, x4 (Arms: Punch R x4, L x4 Hook R x4, L x4 Upper cut R x4, L x4 Punch/Cross fast R x4, L x4)							1x
Bridge	<b>CROSS COUNTRY ARMS</b> SUSP seated position (Arms: CC arms)							32x
FINISH	Sweep right arm forward							
V1	C1	B1	V2	C2	B2	V3	C3	B3

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Track 8	LOWER BODY		Urgent					
Intro	Noodle in hands in front							
Verse	<b>RIGHT KICK</b> Flick kick x8, Hamstring curl x8 R Repeat L							1x
Chorus	<b>TOUCH SIDE</b> ABD touch side/in x8 R ABD touch side/in x8 L Fast Neutral JJ x16							1x
Bridge	<b>SWEEP BACK AND DIAGONAL</b> ALT Leg sweep B/DIAG x4 R Repeat L							1x
FINISH	Stand, push noodle down							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	MUSCLE 3 (CORE)		I've Got the Music In Me					
Intro	Noodle behind and under arms, lower to neutral							
Verse	<b>TWIST TUCKS</b> ALT Tuck and twist			16x				
Bridge	<b>BICYCLE IN 3</b> ALT knee in x3 and hold			8x				
Chorus	<b>1-LEG TEASER</b> ALT Leg lift and tuck x8 Fast ALT leg lift and tuck x16			1x				
FINISH	Stand							
V1	B1	C1	V2	B2	C2	V3	B3	C3

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Track 10	FLEXIBILITY TRAINING		Unstoppable					
Intro	Tai Chi opening							
Verse	<b>CALM THE WATERS</b> Lunge R DIAG, Back stance w/ knee/extend Lunge R DIAG, Back stance w/ knee Repeat L			1x				
Chorus	<b>SUPERMAN</b> Wide stance (Arms: Sweep in fists to chest 1-4, sweep open to Hero Pose 5-8, x2 X block/ALT shoulder roll x4)			1x				
Bridge	<b>WARRIOR</b> Warrior 1 (1-4), Warrior 2 (5-8) Warrior 3 (1-4), Quad stretch (5-8) Repeat L			1x				
FINISH	Superman Pose							
V1	C1	B1	V2	C2	B2	V3	C3	B3

BONUS		BONUS-FLOTATION			Love Will Save the Day			
Intro		Place noodle behind back, under arms, lay on R						
Verse		BICYCLE Side-lying bicycle (slow) x8 Side-lying bicycle (fast circle) x16 Repeat L					1x	
Bridge		SHOOT THROUGHGS ALT Shoot throughs					16x	
Chorus		CROSS COUNTRY TUCK CC/tuck (touch heel F/Toe B)					32x	
FINISH		Land in cross country						
V1	B1	C1	V2	B2	C2	V3	B3	C3