

# 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								Bad	
Intro		Jog heel								16x	
Verse		JOG HEEL (Arms: Reach F, pull in)								32x	
Chorus		JACK OUT CROSS: JJ out, cross center (Arms: Reach side, cross arms)								16x	
Bridge		RUN WIDE 2 Run wide x2, Run in x2								16x	
FINISH		Land wide									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4		



Track 2		LINEAR								Burnin' Up	
Intro		Jog heel								16x	
Verse		SOCCER KICK 2 Soccer Kick x2 R, Soccer Kick x2 L								4x	
Bridge		CROSS COUNTRY CC x16, Neutral CC x16 (Arms: DBL Scoop, extend B)								1x	
Chorus		HIIT: 4 BIG KICKS Kick F TVL F x4, Kick B TVL B x4								4x	
FINISH		Land wide, arms forward									
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4		

Track 3		LATERAL TRAVEL				Night Fever			
Intro		Wide Jog				16x			
Verse		KARATE SIDE JACK ALT Karate kick side, stomp down, JJ				8x			
Bridge		LUNGE PULL RIGHT Lunge JJ R x8, Lunge JJ L x8 (Arms: Reach, pull across F)				1x			
Chorus		HIIT: LEG SWING SIDE Pendulum x5, Karate kick repeater x3				4x			
FINISH		Land wide							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4



Track 4		SPEED				Lessons In Love (All Day, All Night)			
Intro		CC				16x			
Verse		CROSS COUNTRY FORWARD CC TVL F x16, TVL B x16 (Arms: ALT punch/elbow strike)				1x			
Bridge		RUN 4 WIDE 4 Run x4, Run wide x4 (Arms: push F x2, S x2)				8x			
Chorus		HIIT: 1 LEG POWER PENDULUM Pendulum out R/jump up ADD x4 R Pendulum out L/jump up ADD x4 L				4x			
FINISH		Land wide							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 5	GROUP		Nothing's Gonna Stop Us Now						
Intro	Jog, Introduce the activity: Black Jack – 3 stations, aim for 21 repetitions at each station (Squat Jumps/Rocket Jacks/High Knee Run) run to travel to the next station.								
Verse	Squat Jumps/Rocket Jacks/High Knee Run							21x	
Chorus	Squat Jumps/Rocket Jacks/High Knee Run							21x	
Bridge	Squat Jumps/Rocket Jacks/High Knee Run							21x	
FINISH	Land wide, hands overhead								
V1	C1	B1	V2	C2	B2	V3	C3	B3	B4

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Track 6	SUSPENSION		Don't Stop the Music						
Intro	Lower to neutral, CC								16x
Verse	CROSS COUNTRY & LEAN Neutral CC x8, Lean SUSP CC x8							2x	
Bridge	KICK AND REACH ALT Seated kick F x16, Wide kick x16 (Arms: OPP reach to toes)							1x	
Chorus	<b>HIIT:</b> WIDE KICK COMBO DBL seated wide kick, ADD, ABD, touch down							8x	
FINISH	Land wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4

Track 7	UPPER BODY		Rewrite the Stars					
Intro	Position noodle in straddle, lower to suspend							
Verse	PUSH AND PULL ALT 1-arm Chest press F/Triceps ext. B							16x
Chorus	BREAST STROKE 2 & TURN Face R/L Breast stroke x2, R-arm breast stroke x2 turn							4x
Bridge	BICEPS CURL SLOW FAST 2 ALT Biceps curls, slow fast fast							16x
FINISH	Land wide, reach forward							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 8	LOWER BODY		Girls Like You					
Intro	Noodle in hands, lean slightly F							
Verse	KICK BACK 2 & ANGLE 2 Straight kick B x2, DIAG kick B x2							8x
Bridge	KARATE BACK REPEATER Karate kick B x8 R, x8 L							2x
Chorus	BIG KICK RUN 2 High flick kick, Run heel x2 (Arms: push F on kick)							16x
FINISH	Land wide, push front							
V1	B1	C1	V2	B2	C2	V3	B3	C3

Track 9	CORE Delicate							
Intro	Noodle behind the back, ends in hands							
Verse	CRUNCH SIDE TO FOOT Alt Side crunch to lifted foot							16x
Chorus	TUCK KICK Tuck, Karate kick B, R x8, L x8 (Arms: Triceps press back, elbow flex)							1x
Bridge	ELBOW TWIST GND OPP elbow to knee x8, fast x16							1x
FINISH	Stand							
V1	C1	B1	V2	C2	B2	V3	C3	B3

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Track 10	FLEXIBILITY TRAINING Rise Up							
Intro	Ai Chi Opening							
Verse	STEP RIGHT LUNGE Lunge R 1-4, palms up, pivot face R 5-8, palms down, Sweep L leg F 1-4, Sweep L Leg B to Warrior 3 5-8 (Repeat L)							1x
Chorus	LUNGE & SIDE STRETCH Lunge R F, R/L arms reach up, Mountain on toes, Standing down dog on heels (Repeat L)							1x
Bridge	TWIST Standing Spinal Twist (hand to knee), Lunge behind (hand to OPP foot in B) R/L							1x
FINISH	Lunge side, open arms							
V1	C1	B1	V2	C2	B2	V3	C3	B3

BONUS		BONUS-CARDIO						2U	
Intro		JJ						8x	
Verse		BOW AND ARROW JACK (Arms: ALT Elbow strike B, Sweep F)						16x	
Bridge		SWING FRONT BACK ALT Leg swing F/B (Arms: DBL swing B/F)						16x	
Chorus		HIIT: 3 LEAPS RIGHT Face R, Leap F x3, JJ x1 Repeat L						2x	
FINISH		Bow and Arrow, Land wide							
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4