

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		Can't Take My Eyes Off Of You							
Intro	Jog x3, Run x2								16x	
Verse	JOG COMBO Jog x8, Jog wide x8, Jog heel x8, low kick 8 (Arms: sweep FWD 1-4, cross at eye level 5-6, push front and down 7-8)								1x	
Chorus	DIAGONAL JACKS: Diagonal JJ, facing R corner x4, L x4, R x2, L x2, ALT singles (Arms: sweep open)								1x	
Bridge	JOG 3 RUN 2								8x	
FINISH	Land wide, fingers frame eyes									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



Track 2	LINEAR		Born To Be Wild							
Intro	Jog								16x	
Verse	JOG TRAVEL BACK Jog TVL B x8, DBL Leap TVL F x4 (Arms: biceps curl 1-4, ALT Hitchhiker 5-8)								2x	
Chorus	CROSS COUNTRY COMBO Neutral CC x8, Rebound CC x8, CC w/punch up x8, DBL Power CC x4								1x	
Bridge	SPEED RUN Run x 8, Run Wide x 8 Speed Run x16, Speed Run Wide x16								1x	
FINISH	Lunge, punch up									
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 3	LATERAL TRAVEL						What's Up			
Intro	Jog heel									16x
Verse	ROCK 'N KICK Rocking horse w/ kick F x4, Karate kick repeater B x4, F x4									2x
Chorus	JACK 'N SPLASH JJ x8: (Arms: Surface slap fast x 2, clap overhead x 1) JJ TVL R x4, JJ TVL L x4									1x
Bridge	WIDE RUN SIDE Wide run TVL R x8, Karate side R x4 Repeat LRL									4x
FINISH		Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



Track 4	SPEED						Maniac			
Intro	Flick kick									16x
Verse	FLICK Flick Kick SSD x4, Side x4									1x
Bridge	ROCKING HORSE TURN Rocking Horse R x1, Rock x1, kick turn x1 Rocking Horse L x1, Rock x1, kick turn x1									4x
Chorus	MANIAC RUN Run x16, Rocket JJ x8									2x
FINISH		Land wide, lay out								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	

Track 5	GROUP		So Many Men							
Intro	Jog into straight line, hands behind neighbors' backs									16x
Verse	CAN-CAN R - Jog, Jump together, Kick, Jump together L - Jog, Jump together, Kick, Jump together									4x
Chorus	KICK 3 RUN 2 Alt Kick x3, Run heel x2									8x
Bridge	BACK KICK Kick B x8, F x8, B x4, F x4, B x2, F x2 twice									1x
FINISH		Kick and touch down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	



Track 6	SUSPENSION		Bleeding Love							
Intro	JJ, transition from rebound to neutral									8x
Verse	LOW JACK Neutral JJ x4, turn R Neutral CC x8									2x
Bridge	TUCK TOUCH PLUS SIGN Tuck touch F/B/R/L (OPT to SUSP)									4x
Chorus	2-STEP Neutral Side Step R x2, ALT Karate side x4 Repeat LRL									4x
FINISH		Land wide, fighter arms								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	

Track 7	UPPER BODY	You Belong With Me
Intro	Lunge R, lower to neutral	
Verse	BICEPS ALT biceps curl, R lunge position x8, feet together x8 R leg crosses over x8, Land speed x16	
Bridge	TRICEPS ALT triceps ext, L Lunge position x8, feet together x8 L leg crosses over x8, Land speed x16	
Chorus	AIRPLANE Warrior 3 R (Arms: Shoulder ABD/ADD x4, Chest fly x4) Repeat L	
FINISH	Stand	
V1	B1	C1
V2	B2	C2
V3	B3	C3



Track 8	LOWER BODY	She's a Bad Mama Jama
Intro	Position noodle in back under arms	
Verse	SEATED KICK TO V ALT Seated kick, V-sit, ALT curl, SUSP JJ	
Chorus	BICYCLE Bicycle slow x 4, bicycle fast x 8 (circle R) Repeat LRL	
Bridge	CROSS COUNTRY TO THE CORNERS ALT CC DIAG/tuck	
FINISH	Stand	
V1	C1	B1
V2	C2	B2
V3	C3	B3

Track 9	CORE You Make Me Feel (Mighty Real)							
Intro	Position noodle in straddle, lower to SUSP seated posture, brace core							
Verse	FEET FRONT FEET BACK Tuck/ Feet F, Tuck/ Feet B							8x
Chorus	SEATED TWIST OPP Arm sweep/lower body twist							32x
Bridge	SIDE CIRCLE Tuck, Arm reach side & circle down to feet R x8, L x8							1x
FINISH	Double Scoop							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 10	FLEXIBILITY TRAINING Thank You							
Intro	Sway							
Verse	KNEE UP Knee to chest 1-4, EXT/FLEX 5-8, Hamstring stretch, circle foot OUT x2, IN x2 Repeat L							2x
Chorus	QUAD STRETCH Quad stretch 1-4, Dancer 5-8, Warrior 3 (Arms: open/close x2) Repeat L							2x
Bridge	LUNGE SIDE Lunge R x2, hold shoulder stretch L, Step together, triceps stretch L Repeat L							2x
FINISH	Side lunge, arms sweep open							
V1	C1	B1	V2	C2	B2	V3	C3	

BONUS		BONUS-FLOTATION				Like A Prayer			
Intro		Position noodle in straddle, seated flotation							
Chorus		BACK STROKE ARMS AND LEGS Sweep legs and arms in, TVL B x4, Bicycle TVL F x8						2x	
Verse		CROSS COUNTRY 7 & TURN Face R, CC TVL F x7, ½ turn Repeat LRL						4x	
Bridge		RUN 4 & LEAN SUSP Run center x4, Run lean R x4, Run center x 4, Run lean L x4						4x	
FINISH		Tuck in and hold							
C1	V1	B1	C2	V2	B2	C3	V3	B3	

Track 6		Holiday Bonus - SUSPENSION				Let it Snow				
Intro		JJ, transition from rebound to neutral								8x
Verse		LOW JACK Neutral JJ x4, turn R Neutral CC x8						2x		
Bridge		TUCK TOUCH PLUS SIGN Tuck touch F/B/R/L (OPT to SUSP)						4x		
Chorus		2-STEP Neutral Side Step R x2, ALT Karate side x4 Repeat LRL						4x		
FINISH		Land wide, fighter arms								
V1	B1	C1	V2	B2	C2	V3	B3	C3	C4	