

# 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 Everybody								
Intro	Jog								16x
Verse	JOG KICK Jog/Kick, Jog x2								8x
Chorus	ROCK YOUR BODY Rocking horse x6 (ALT facing F/R), jump rope x4 Repeat, facing L								1x
Bridge	JACK 1 FAST 2 JJ x1, Fast JJ x2								8x
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 2	LINEAR Better Now								
Intro	Kick								16x
Verse	2 KICKS & KARATE ALT kick x2, Karate kick F/B								8x
Chorus	2 CROSS COUNTRY & KARATE ALT CC x2, Karate kick B/F								8x
Bridge	JOG HEEL BREASTSTROKE Jog heel TVL F x4, Jog TVL B x4 (Arms: Breaststroke x2, Backstroke x2)								4x
FINISH	Land wide, punch F								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3	LATERAL TRAVEL		Papa Was a Rolling Stone						
Intro	JJ							8x	
Verse	PENDULUM Pendulum x4, Pendulum hop knee R/L							4x	
Chorus	RUN TRAVEL Run TVL R x4, Karate kick repeater R x2, JJ x2 Repeat L							2x	
Bridge	JACK 3 POWER IN JJ/JJ Power tuck in							8x	
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 4	SPEED		Lose Control						
Intro	JJ							8x	
Verse	POWER JACK & FAST 2 Power JJ x1, Fast JJ x2							8x	
Chorus	RUN 8 SWING & JUMP Run x8, ALT Pendulum x2, Jump rope x2							4x	
Bridge	CURL RUN 2 Jog Heel x1, Run x2 (Arms: EXT ROT/DBL Elbow strike B)							16x	
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 5	GROUP Every Breath You Take								
Intro	Jog, find a partner								16x
Verse	JACK SWEEP TOGETHER JJ (Arms: open/sweep F/open/sweep down)								16x
Chorus	JOG HEEL TOGETHER Jog heel move together (Arms: Curl x2, High 5 R/L, Shoulder touch R/L, Elbow touch R/L)								32x
Bridge	CROSS COUNTRY SWITCH CC x4, Run x8 switch places								4x
FINISH	Land wide, High 5								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 6	SUSPENSION Your Love								
Intro	JJ, transition to neutral								8x
Verse	JACK 1 MOGUL Neutral JJ/tuck x1, Mogul tucks R/L								8x
Chorus	SEATED KICK Seated kick x8, SUSP fast kick TVL B x16 Seated curl x8, SUSP fast curl TVL F x16								1x
Bridge	SWEEP OPEN CLOSE ABD sweep open/tuck, ADD sweep closed/tuck								8x
FINISH	Step F, thumbs up								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 7	UPPER BODY		Die Young					
Intro	NO NOODLE, Practice facing R & L							
Verse	<b>LUNGE AND PUSH</b> Lunge R (face R) x4, Wide stance (face F) (Arms: Chest press x4, ALT chest sweep in x4) Repeat L							2x
Chorus	<b>TUCK SWEEP BACK</b> Tuck x2 (Face R, TVL F), Wide stance (face F) (Arms: DBL sweep B x2, ALT Breaststroke x4) Repeat L							2x
Bridge	<b>CIRCLE CURL 4</b> Wide stance (Arms: Biceps curl deep Rx4, Lx4)							4x
FINISH	Stand, DBL biceps curl							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 8	LOWER BODY		I Like It Heavy					
Intro	NO NOODLE, Brace core, lift R knee							
Verse	<b>FLICK KICK</b> GRD Flick kick R x8, L x8, R x4, L x4, R x2, L x2, ALT x4							1x
Chorus	<b>KARATE FRONT BACK</b> Karate kick F/B x2, Step wide/Squat/Power Tuck Repeat L							2x
Bridge	<b>HEELS UP</b> Run Heel x8, DBL Jump curl jump x2							4x
FINISH	Lunge, guitar strum							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	CORE Joy							
Intro	Position noodle in hands, shoulder width							
Verse	<b>JACK TUCK PLANK</b> Neutral JJ out, tuck, plank, tuck							8x
Chorus	<b>DIAGONAL TUCK</b> ALT DIAG Tuck to noodle end (Arms: hold noodle wide in F)							16x
Bridge	<b>ROW OVER YOUR KNEE</b> ALT Knee crunch (Arms: ALT sweep DIAG down)							16x
FINISH	Land wide, push forward							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 10	FLEXIBILITY TRAINING I'll Be There							
Intro	Sweep open/close							2x
Verse	<b>STAR</b> Star R, Warrior 3 R, step down on 8 Repeat L							1x
Chorus	<b>CURL ACROSS BACK</b> Curl across B x8, EXT leg side x8 Repeat L							1x
Bridge	<b>ARM SWEEP ACROSS</b> Wide stance x8, Figure 4 x8 (Arms: Arm sweep across F R x8, Scull x8) Repeat L							1x
FINISH	Step wide							
V1	C1	B1	V2	C2	B2	V3	C3	B3

BONUS		BONUS-CARDIO						Can't Dance	
Intro	Jump rope						16x		
Verse	JUMP TUCK FRONT 2 Jump tuck TVL F x2, Power Jump rope x2 Repeat, TVL B						2x		
Chorus	JACK 4 RIGHT JJ TVL R x4, L x4, R x2, L x2, Rocket JJ x8						1x		
Bridge	CURL & BREASTSTROKE Jog heel x4, ALT DIAG soccer kick x2 (Arms: Breaststroke R/L, both x2)						4x		
FINISH	Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4