

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		Brave						
Intro	Jog			16x					
Verse	FLICK KICK Flick kick F x4, ALT side flick kick x4			4x					
Chorus	BRAVE SIDE JACK JJ out R/L (Arms: Goal post curl x8, Breast stroke x8)			8x					
Bridge	HEEL CURL Jog heel x16 (Arms: DBL curl/Triceps press down) Run heel x32			1x					
FINISH	Land wide, Goal post arms								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4



Track 2	LINEAR		Only the Horses						
Intro	Jog heel			16x					
Verse	SOCCER KICKS ALT Soccer kicks (Arms: Reach/pull in)			16x					
Chorus	ONLY THE HORSES Rocking Horse x3, wide jump x2			4x					
Bridge	PRANCE 8 High knee run x8 TVL F, Kick F x4 TVL B (Arms: Hold the reins)			4x					
FINISH	Land wide, lasso arm								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

Track 3	LATERAL TRAVEL						Where Are You Now			
Intro	Jump rope						16x			
Verse	SWING SIDE ALT Side leg swing/jump in						16x			
Chorus	JACK & JUMP SIDE JJ x1, Power Tuck Jump R/Jump JJ x1, Power Tuck Jump L/Jump						4x			
Bridge	WIDE JOG TO ELBOWS Wide jog, TVL R x8, L x8, Repeat (Arms: Hands @ head/Elbows to knees)						2x			
FINISH		Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 4	SPEED						If I Can't Have You			
Intro	ALT Lunge JJ						8x			
Verse	LUNGE AROUND Lunge JJ R, DIAG, DIAG, F Lunge JJ L, DIAG, DIAG, F						2x			
Chorus	RUN 4 FLICK 4 High knee run x4, Fast flick kick x4						8x			
Bridge	KARATE AROUND Karate Kick R F/DIAG F/DIAG B/B Karate Kick L F/DIAG F/DIAG B/B						8x			
FINISH		Land wide								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 5	GROUP		Came Here For Love							
Intro	Jog to a partner, get a noodle to share, face front shoulder to shoulder, hands holding noodle									16x
Verse	JOG HEEL PUSH Jog heel (Arms: push noodle F/Down)									32x
Chorus	RUN – MOVE THE NOODLE Run TVL F x16 (Arms: release noodle) Kick TVL B x8 (Arms: grab noodle, push F)									2x
Bridge	JACKS AND PASS JJ face each other x4, (Arms: 1- hand on noodle) JJ x12 (Arms: ALT arms sweep down, pass the noodle)									1x
FINISH		Land wide, push noodle front								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4	

Track 6	SUSPENSION		Something Better							
Intro	Put noodle aside, Neutral JJ									8x
Verse	JACK 2 SPIN Neutral JJ x2, Tuck and Spin full circle R Repeat (LRL)									4x
Bridge	WIDE KICK & DOUBLE TIME ALT Neutral Wide kick x4, SUSP fast wide kick x8									4x
Chorus	TOUCH DOWN TUCK 4 Touch down/tuck fast x4 TVL B, SUSP bicycle x8									4x
FINISH		Stand wide								
V1	B1	C1	V2	B2	C2	V3	B3	C3	B4	

Track 7	UPPER BODY		You Can Call Me AI					
Intro	Wide stance, noodle in hands in front							
Verse	CROSS PUNCH & PULL ALT Punch/Pull across chest			16x				
Chorus	TRICEPS POWER DOWN Triceps press down x4, slowly return to surface (Repeat R alone, both, L alone)			4x				
Bridge	PUSH SWEEP DOWN Push side/LATS sweep down x7 R, x7 L			1x				
FINISH	Push noodle down							
V1	C1	B1	V2	C2	B2	V3	C3	B3



Track 8	LOWER BODY		Havana					
Intro	Put noodle away							
Verse	WIND-UP KICK Bicycle curl B/Power kick F x8 R, x8 L			1x				
Chorus	KARATE SIDE SWEEP IN Karate kick side/ADD sweep together x8 R, x8 L			1x				
Bridge	CROSS COUNTRY SLIDE GRD CC x6, CC/Shuffle x4			4x				
FINISH	Step together, Tango-arm up							
V1	C1	B1	V2	C2	B2	V3	C3	B3

Track 9	CORE	Manic Monday
Intro	Neutral JJ	
Verse	JACK SIDE TUCK Neutral JJ out x1, tuck x1, reach to R ankle Neutral JJ out x1, tuck x1, reach to L ankle	
Bridge	PIKE TUCK Pike tuck TVL B x4 Tuck jump TVL F x4	
Chorus	SIDE CRUNCH ALT Lateral Spinal Flexion/Reach down to foot (Arms: Hands behind ears, elbows wide, touch knee/foot)	
FINISH	Push out	
V1	B1	C1
V2	B2	C2
V3	B3	C3

Track 10	FLEXIBILITY TRAINING	Don't You Wanna Stay
Intro	Arms open and close	
Verse	HIP ROTATION INT/EXT hip rotation w/ knee in/out x2 Knee across to OPP chest/Knee side hold knee (Repeat L)	
Chorus	STEP BACK LUNGE Step R back to calf stretch (Arms: DBL scoop) Quad stretch (Arms: hug/sweep out and hold foot) (Repeat L)	
Bridge	LEG SWING FRONT BACK Leg swing F/B/Hold hamstring stretch Leg swing B/F/Hold Warrior 3 (Repeat L)	
FINISH	Breathe, arms up	
V1	C1	B1
V2	C2	B2
V3	C3	B3

BONUS		BONUS-FLOTATION				Walk Me Home		
Intro		Place noodle behind back, under arms						
Verse		KNEELING TWIST Rotate heels and hands R/L					8x	
Bridge		PEDAL PUSHES IN 3 ALT Heel push F x3 fast and hold, TVL B					16x	
Chorus		WALK ME HOME SUSP CC x7 TVL F, tuck ¼ R					4x	
FINISH		Stand up						
V1	B1	C1	V2	B2	C2	V3	B3	C3