

CARDIO NOW CHOREOGRAPHY TEMPLATE MARCH 2023

SECTION	BPM	DESCRIPTION	COUNTS	TIME
TRACK 1 WARM UP <i>golden hour</i>	140	Prep	32 x 2	30 sec.
		Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Move 4:	32 x 1	15 sec.
		Move 5:	32 x 1	15 sec.
		Move 6:	32 x 1	15 sec.
		Move 7:	32 x 1	15 sec.
		Move 8:	32 x 1	15 sec.
		Move 9:	32 x 1	15 sec.
		Repeat Moves 5- 9	32 x 5	1 min. 15 sec.
		Transition	32 x 1	15 sec.
TRACK 2 Block 1 R <i>Kill Bill</i>	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 4	45 sec.
		Transition	32 x 1	15 sec.
TRACK 3 Block 1 Drill R <i>Woman Like Me</i>	150	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 4 Block 1 L <i>All By Myself</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L <i>Woman Like Me</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 6 Block 2 R <i>Heads Will Roll</i>	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 1	15 sec.

		Moves 1-4:	32 x 4	45 sec.
		Transition	32 x 1	15 sec.
TRACK 7 Block 2 Drill R <i>Ordinary World</i>	150	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 8 Block 2 L <i>Cinema</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Block 2 Drill L <i>Ordinary World</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 10 Block 3 R <i>Creepin</i>	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 4	45 sec.
		Transition	32 x 1	15 sec.
TRACK 11 Block 3 Drill R <i>Mi Gente</i>	150	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 12 Block 3 L <i>10:35</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L <i>Mi Gente</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 14 Power 1 <i>Tick Tick Boom</i>	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1- 3:	32 x 1	15 sec.
		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.

		Repeat Moves 1-4 on Left Lead	32 x 10	2 min 30 sec.
TRACK 15 Block 4 R <i>Players</i>	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 4	45 sec.
		Transition	32 x 1	15 sec.
TRACK 16 Block 4 Drill R <i>Work</i>	150	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 17 Block 4 L <i>Team</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L <i>Work</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 19 Power 2 <i>Power</i>	145	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 1	15 sec.
		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 20 Cool Down <i>Return of the Mack</i>	100			