CARDIO NOW CHOREOGRAPHY TEMPLATE MARCH 2021

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
TRACK 1 WARM UP Hollaback vs. Fancy	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
		Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 2	30 sec.
TRACK 2 Block 1 R	140	Move 3:	32 x 1	15 sec.
Grown Woman		Moves 1-3:	32 x 2	30 sec.
, voman		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 4	45 sec.
		Transition	32 x 1	15 sec.
	150	Move 1:	32 x 1	15 sec.
TRACK 3		Move 2:	32 x 1	15 sec.
Block 1 Drill R		Moves 1 & 2:	32 x 1	15 sec.
Supermodel (You Better		Move 3:	32 x 1	15 sec.
Work)		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 4 Block 1 L NO	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L Supermodel (You Better Work)	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Move 1:	32 x 1	15 sec.
TRACK 6 Block 2 R B**** Better Have My Money		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.

			32 x 1	15 sec.
	Moves 1-4:		32 x 4	45 sec.
	Transition		32 x 1	15 sec.
	Move 1:		32 x 1	15 sec.
TDACK 7	Move 2:		32 x 1	15 sec.
TRACK 7 Block 2 Drill R	Moves 1 &	2:	32 x 1	15 sec.
Do Something	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 14 Woman	0 Repeat Con	nbo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Block 2 Drill L 19 Do Something	0 Repeat Dril	1 on Left Lead	32 x 8	2 min.
	Move 1:		32 x 1	15 sec.
	Move 2:		32 x 1	15 sec.
TRACK 10	Moves 1 &	2:	32 x 2	30 sec.
Block 3 R	Move 3:		32 x 1	15 sec.
New Rules vs. Instruction	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.
	Move 1:		32 x 1	15 sec.
	Move 2:		32 x 1	15 sec.
TRACK 11 Block 3 Drill R 15	Moves 1 &	2:	32 x 1	15 sec.
My City	Move 3:		32 x 1	15 sec.
	Moves 1-3:		32 x 3	45 sec.
TRACK 12	Transition		32 x 1	15 sec.
Block 3 L Miss Independent	0 Repeat Con	nbo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L 19 My City	0 Repeat Dril	1 on Left Lead	32 x 8	2 min.
	Move 1:		32 x 1	15 sec.
	Move 2:		32 x 1	15 sec.
TRACK 14	Moves 1 &	2:	32 x 1	15 sec.
Power 1 14 Problem	0 Move 3 :		32 x 1	15 sec.
FIODICIII	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 Body		Move 1:	32 x 1	15 sec.
	140	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.
		Move 1:	32 x 1	15 sec.
TRACK 16 Block 4 Drill R Vegas		Move 2:	32 x 1	15 sec.
	150	Moves 1 & 2:	32 x 1	15 sec.
	150	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 Bodak Yellow	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L Vegas	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
TRACK 19		Move 3:	32 x 1	15 sec.
Power 2		Moves 1-3:	32 x 1	15 sec.
Get Down		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 20 Cooldown Sunshine (The Light)	110			