

CARDIO NOW CHOREOGRAPHY TEMPLATE NOV 2020

SECTION	BPM	DESCRIPTION	COUNTS	TIME
<b>TRACK 1</b> WARM-UP <i>Dynamite</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.
<b>TRACK 2</b> Block 1 R <i>Some Say</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.
<b>TRACK 3</b> Block 1 Drill R <i>Truth Hurts</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 3	45 sec.
		Transition	32 x 1	15 sec.
<b>TRACK 4</b> Block 1 L <i>Heartless</i>		Repeat Combo 1 on Left Lead	32 x 13	3 min.
<b>TRACK 5</b> Block 1 Drill L <i>Truth Hurts</i>		Repeat Drill 1 on Left Lead	32 x 8	2 min.
<b>TRACK 6</b> Block 2 R <i>Midnight</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.

		<b>Moves 1-4:</b>	32 x 4	45 sec.
		Transition	32 x 1	15 sec.
<b>TRACK 7</b> <b>Block 2 Drill R</b> <i>Nice To Meet Ya</i>	140	<b>Move 1:</b>	32 x 1	15 sec.
		<b>Move 2:</b>	32 x 1	15 sec.
		<b>Moves 1 &amp; 2:</b>	32 x 1	15 sec.
		<b>Move 3:</b>	32 x 1	15 sec.
		<b>Moves 1-3:</b>	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
<b>TRACK 8</b> <b>Block 2 L</b> <i>Cool Again</i>		<b>Repeat Combo 1 on Left Lead</b>	32 x 13	3 min.
<b>TRACK 9</b> <b>Block 2 Drill L</b> <i>Nice To Meet Ya</i>		<b>Repeat Drill 1 on Left Lead</b>	32 x 8	2 min.
<b>TRACK 10</b> <b>Block 3 R</b> <i>Nobody's Love</i>	140	<b>Move 1:</b>	32 x 1	15 sec.
		<b>Move 2:</b>	32 x 1	15 sec.
		<b>Moves 1 &amp; 2:</b>	32 x 2	30 sec.
		<b>Move 3:</b>	32 x 1	15 sec.
		<b>Moves 1-3:</b>	32 x 2	30 sec.
		<b>Move 4:</b>	32 x 1	15 sec.
		<b>Moves 1-4:</b>	32 x 4	45 sec.
		Transition	32 x 1	15 sec.
<b>TRACK 11</b> <b>Block 3 Drill R</b> <i>Get Low</i>	140	<b>Move 1:</b>	32 x 1	15 sec.
		<b>Move 2:</b>	32 x 1	15 sec.
		<b>Moves 1 &amp; 2:</b>	32 x 1	15 sec.
		<b>Move 3:</b>	32 x 1	15 sec.
		<b>Moves 1-3:</b>	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
<b>TRACK 12</b> <b>Block 3 L</b> <i>Head &amp; Heart</i>		<b>Repeat Combo 1 on Left Lead</b>	32 x 13	3 min.
<b>TRACK 13</b> <b>Block 3 Drill L</b> <i>Get Low</i>		<b>Repeat Drill 1 on Left Lead</b>	32 x 8	2 min.
<b>TRACK 14</b> <b>Power 1</b> <i>WHAT'S POPPIN</i>	140	<b>Move 1:</b>	32 x 1	15 sec.
		<b>Move 2:</b>	32 x 1	15 sec.
		<b>Moves 1 &amp; 2:</b>	32 x 1	15 sec.
		<b>Move 3:</b>	32 x 1	15 sec.
		<b>Moves 1- 3:</b>	32 x 1	15 sec.
		<b>Move 4:</b>	32 x 1	15 sec.
		<b>Moves 1-4:</b>	32 x 3	45 sec.
		Transition	32 x 1	15 sec.

		<b>Repeat Moves 1-4 on Left Lead</b>	32 x 10	2 min 30 sec.
<b>TRACK 15</b> <b>Block 4 R</b> <i>Chained to the Rhythm</i> <i>vs. Gonna Fly Now</i>	140	<b>Move 1:</b>	32 x 1	15 sec.
		<b>Move 2:</b>	32 x 1	15 sec.
		<b>Moves 1 &amp; 2:</b>	32 x 2	30 sec.
		<b>Move 3:</b>	32 x 1	15 sec.
		<b>Moves 1-3:</b>	32 x 2	30 sec.
		<b>Move 4:</b>	32 x 1	15 sec.
		<b>Moves 1-4:</b>	32 x 4	45 sec.
		<b>Transition</b>	32 x 1	15 sec.
<b>TRACK 16</b> <b>Block 4 Drill R</b> <i>All The Stars</i>	140	<b>Move 1:</b>	32 x 1	15 sec.
		<b>Move 2:</b>	32 x 1	15 sec.
		<b>Moves 1 &amp; 2:</b>	32 x 1	15 sec.
		<b>Move 3:</b>	32 x 1	15 sec.
		<b>Moves 1-3:</b>	32 x 3	45 sec.
		<b>Transition</b>	32 x 1	15 sec.
<b>TRACK 17</b> <b>Block 4 L</b> <i>Moves</i>		<b>Repeat Combo 1 on Left Lead</b>	32 x 13	3 min.
<b>TRACK 18</b> <b>Block 4 Drill L</b> <i>All The Stars</i>		<b>Repeat Drill 1 on Left Lead</b>	32 x 8	2 min.
<b>TRACK 19</b> <b>Power 2</b> <i>Anthem</i>	140	<b>Move 1:</b>	32 x 1	15 sec.
		<b>Move 2:</b>	32 x 1	15 sec.
		<b>Moves 1 &amp; 2:</b>	32 x 1	15 sec.
		<b>Move 3:</b>	32 x 1	15 sec.
		<b>Moves 1-3:</b>	32 x 1	15 sec.
		<b>Move 4:</b>	32 x 1	15 sec.
		<b>Moves 1-4:</b>	32 x 3	45 sec.
		<b>Transition</b>	32 x 1	15 sec.
		<b>Repeat Moves 1-4 on Left Lead</b>	32 x 10	2 min 30 sec.
<b>TRACK 20</b> <b>Cooldown</b> <i>What Do You Think Of?</i>	81			