

CARDIO NOW CHOREOGRAPHY TEMPLATE NOVEMBER 2022

SECTION	BPM	DESCRIPTION	COUNTS	TIME
TRACK 1 WARM UP <i>I'm Good (Blue)</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>Ferrari</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>Super Freaky Girl</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>Stay The Night</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L <i>Super Freaky Girl</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 6 Block 2 R <i>HISTORY</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>THAT'S WHAT I WANT</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>Easy Lover</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Block 2 Drill L <i>THAT'S WHAT I WANT</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 10 Block 3 R <i>Fighter</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>Get Yo Body Movin'</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>Real Good Feeling</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L <i>Get Yo Body Movin'</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 14 Power 1 <i>Welcome To The War</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>True Love</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>HOT</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>Dusk Till Dawn</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L <i>HOT</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 19 Power 2 <i>Narco</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.
		Repeat Moves 1-4 on Left Lead	32 x 10	2 min 30 sec.
TRACK 20 Cool Down <i>Special</i>	85			