

CARDIO NOW CHOREOGRAPHY TEMPLATE

SECTION	BPM	DESCRIPTION	COUNTS	TIME
TRACK 1 WARM-UP	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 Combo 1 <i>Right Lead</i>	140	Prep	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.
		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 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 3 Drill 1 <i>Right Lead</i>	140	Prep	32 x 1	15 sec.
		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 2	45 sec.
		Transition	32 x 1	15 sec.
TRACK 4 Combo 1 <i>Left Lead</i>		Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Drill 1 <i>Left Lead</i>		Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 6 Combo 2 <i>Right Lead</i>	140	Prep	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.
		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 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 7 Drill 2 <i>Left Lead</i>	140	Prep	32 x 1	15 sec.
		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 2	45 sec.
		Transition	32 x 1	15 sec.
TRACK 8 Combo 2 <i>Left Lead</i>		Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Drill 2 <i>Left Lead</i>		Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 10 Combo 3 <i>Right Lead</i>	140	Prep	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.
		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 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 11 Drill 3 <i>Right Lead</i>	140	Prep	32 x 1	15 sec.
		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 2	45 sec.
		Transition	32 x 1	15 sec.
TRACK 12 Combo 3 <i>Left Lead</i>		Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Drill 3 <i>Left Lead</i>		Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 14 Power 1	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 Combo 4 <i>Right Lead</i>	140	Prep	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.
		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 3	45 sec.
TRACK 16 Drill 4 <i>Right Lead</i>	140	Prep	32 x 1	15 sec.
		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 2	45 sec.
		Transition	32 x 1	15 sec.
TRACK 17 Combo 4 <i>Left Lead</i>		Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Drill 4 <i>Left Lead</i>		Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 19 Power 2	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.
TRACK 20 Cooldown	TBD			