

CARDIO NOW CHOREOGRAPHY TEMPLATE OCTOBER 2022

SECTION	BPM	DESCRIPTION	COUNTS	TIME
<b>TRACK 1</b> WARM UP <i>Somebody's Watching Me</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>W.I.T.C.H.</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>Beautiful Monster</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.
<b>TRACK 4</b> Block 1 L <i>bad guy</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
<b>TRACK 5</b> Block 1 Drill L <i>Beautiful Monster</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
<b>TRACK 6</b> Block 2 R <i>Potion</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>Something Wicked (This Way Comes)</i>	150	<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>Black Magic</i>	140	<b>Repeat Combo 1 on Left Lead</b>	32 x 13	3 min.
<b>TRACK 9</b> <b>Block 2 Drill L</b> <i>Something Wicked (This Way Comes)</i>	150	<b>Repeat Drill 1 on Left Lead</b>	32 x 8	2 min.
<b>TRACK 10</b> <b>Block 3 R</b> <i>Hallucination</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>Monster</i>	150	<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>Ghost</i>	140	<b>Repeat Combo 1 on Left Lead</b>	32 x 13	3 min.
<b>TRACK 13</b> <b>Block 3 Drill L</b> <i>Monster</i>	150	<b>Repeat Drill 1 on Left Lead</b>	32 x 8	2 min.
<b>TRACK 14</b> <b>Power 1</b> <i>Enter Sandman</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.
		Repeat Moves 1-4 on Left Lead	32 x 10	2 min 30 sec.
TRACK 15 Block 4 R <i>Ghostbusters</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>Monster Mash</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>Black Cat</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L <i>Monster Mash</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 19 Power 2 <i>Ghost</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>Zombie</i>	77			