## HIIT NOW CHOREOGRAPHY TEMPLATE APRIL 2022

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
<b>TRACK 1</b> WARM UP Big Energy	128	Prep	32 x 1	15 sec.	
		Move 1:	32 x 2	30 sec.	
		Move 2:	32 x 2	30 sec.	
		Move 3:	32 x 2	30 sec.	
		Move 4:	32 x 2	30 sec.	
		Move 5:	32 x 2	30 sec.	
		Move 6:	32 x 2	30 sec.	
		REST	32 x 2	30 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
TRACK 2		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
No Diggity		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
	144	RECOVER	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat 01:30 " <b>3, 2, 1, Go</b> " to start move 3
TRACK 3		Move 3	32 x 2	30 sec.	02:00 " <b>3, 2, 1, Rest</b> " to stop
Savage		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat 02:15 " <b>3, 2, 1, Go</b> " to start move 4
(Remix)		Move 4  REST	32 x 2 32 x 1	30 sec. 15 sec.	02:45 <b>"3, 2, 1, Rest"</b> to stop  02:45-03:00 Stripped down beat
					03:00 <b>"3, 2, 1, Go"</b> to start move 5
		Move 5 REST	32 x 2 32 x 1	30 sec. 15 sec.	03:30 <b>"3, 2, 1, Recover</b> " to stop 03:30-03:45 Stripped down beat
					03:45 " <b>3, 2, 1, Go</b> " to start move 6
		Move 6  RECOVER	32 x 2 32 x 4	30 sec. 60 sec.	04:15 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
	144	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 4 Up		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat

		Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4 02:45 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " <b>3, 2, 1, Go</b> " to start move 5
		2505			03:30 <b>"3, 2, 1, Recover</b> " to stop
		REST Move 6	32 x 4	15 sec.	03:30-03:45 Stripped down beat 03:45 " <b>3, 2, 1, Go</b> " to start move 6
		Work o	32 x 2	30 sec.	04:15 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
TRACK 5		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Bossy		Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4 02:45 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	
	150	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
TRACK 6		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Buss It		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go</b> " to start move 5 03:30 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 7		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
Whoopty		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go</b> " to start move 5 03:30 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6

					04:15 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
		REST	32 x 4	60 sec.	
TRACK 8 Body		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
	150	Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " <b>3, 2, 1, Go</b> " to start move 5 03:30 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6 04:15 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
	160	Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
TRACK 9 Lose Control		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6 04:15 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
	160	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 10 WAP		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go</b> " to start move 5 03:30 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go</b> " to start move 6 04:15 <b>"3, 2, 1, Recover</b> " to stop
TDACK 11		REST	32 x 4	60 sec.	00:00 #2 2 1 Hit it" to start make 1
<b>TRACK 11</b> Trap Queen	170	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop

		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4 02:45 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	
TRACK 12 COOL DOWN Somebody	105				