HIIT NOW CHOREOGRAPHY TEMPLATE DECEMBER 2021

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP *Cold Heart*	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.	
TRACK 2 *Break The Ice*	144	**Move 1**	32 x 2	30 sec.	00:00 **"3, 2, 1, Hit it"** to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		RECOVER	32 x 4	60 sec.	
TRACK 3 *Cold Water*		**Move 1**	32 x 2	30 sec.	00:00 **"3, 2, 1, Hit it"** to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		RECOVER	32 x 4	60 sec.	
TRACK 4 *Frozen*	144	**Move 1**	32 x 2	30 sec.	00:00 **"3, 2, 1, Hit it"** to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat

		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 5 *Cold*		**Move 1**	32 x 2	30 sec.	00:00 "**3, 2, 1, Hit it**" to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 6 *Snow (Hey Oh)*	150	**Move 1**	32 x 2	30 sec.	00:00 "**3, 2, 1, Hit it**" to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 7 *Ice Ice Baby*		**Move 1**	32 x 2	30 sec.	00:00 "**3, 2, 1, Hit it**" to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6

					04:15 **"3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 8 *Cold In LA*		Move 1	32 x 2	30 sec.	00:00 **"3, 2, 1, Hit it**" to start move 1 00:30 **"3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1**, **Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 9 *Shivers*	150	Move 1	32 x 2	30 sec.	00:00 **"3, 2, 1, Hit it**" to start move 1 00:30 **"3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1**, **Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 **"3, 2, 1, Hit it**" to start move 1 00:30 "**3, 2, 1, Rest**" to stop
TRACK 10 *Cold Hearted*	150	Move 1	32 x 2	30 sec.	00:00 **"3, 2, 1, Hit it**" to start move 1 00:30 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1**, **Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 11 *Cold As Ice*	160	Move 1	32 x 2	30 sec.	00:00 **"3, 2, 1, Hit it**" to start move 1 00:30 "**3, 2, 1, Rest**" to stop

		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "**3, 2, 1, Go**" to start move 2 01:15 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "**3, 2, 1, Go**" to start move 3 02:00 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "**3, 2, 1, Go**" to start move 4 02:45 "**3, 2, 1, Rest**" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "**3, 2, 1, Go**" to start move 5 03:30 "**3, 2, 1, Recover**" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "**3, 2, 1, Go**" to start move 6 04:15 "**3, 2, 1, Recover**" to stop
		REST	32 x 4	60 sec.	
TRACK 12 COOL DOWN *Ice Cream*	80				