

KICKBOX NOW CHOREOGRAPHY TEMPLATE NOV2020

SECTION	BPM	DESCRIPTION	COUNTS	TIME
TRACK 1 WARM-UP <i>Holy</i>	140	Prep	32 x 1	15 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.
		Transition	32 x 1	15 sec.
		Repeat Moves 1-4	32 x 4	1 min
		Transition	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.
		Transition	32 x 1	15 sec.
		Repeat Moves 5-8	32 x 4	1 min
		Transition	32 x 1	15 sec.
TRACK 2 Combo 1 R <i>Look Into My Eyes</i>	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min 30 sec.
		Transition	32 x 1	15 sec.
TRACK 3 Combo 1 L <i>Hot Stuff</i>	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min. 30 sec.
		Transition	32 x 1	15 sec.
TRACK 4 Combo 2 R <i>Take You Dancing</i>	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.

		<b>Move 3:</b>	32 x 2	30 sec.
		<b>Moves 1-3:</b>	32 x 2	30 sec.
		<b>Move 4:</b>	32 x 2	30 sec.
		<b>Moves 1-4:</b>	32 x 6	1 min 30 sec.
		<b>Transition</b>	32 x 1	15 sec.
<b>TRACK 5</b> <b>Combo 2 L</b> <i>Diamonds</i>	140	<b>Prep</b>	32 x 1	15 sec.
		<b>Move 1:</b>	32 x 2	30 sec.
		<b>Move 2:</b>	32 x 2	30 sec.
		<b>Moves 1 &amp; 2:</b>	32 x 2	30 sec.
		<b>Move 3:</b>	32 x 2	30 sec.
		<b>Moves 1-3:</b>	32 x 2	30 sec.
		<b>Move 4:</b>	32 x 2	30 sec.
		<b>Moves 1-4:</b>	32 x 6	1 min 30 sec.
<b>TRACK 6</b> <b>Combo 3 R</b> <i>Midnight Sky</i>	140	<b>Prep</b>	32 x 1	15 sec.
		<b>Move 1:</b>	32 x 2	30 sec.
		<b>Move 2:</b>	32 x 2	30 sec.
		<b>Moves 1 &amp; 2:</b>	32 x 2	30 sec.
		<b>Move 3:</b>	32 x 2	30 sec.
		<b>Moves 1-3:</b>	32 x 2	30 sec.
		<b>Move 4:</b>	32 x 2	30 sec.
		<b>Moves 1-4:</b>	32 x 6	1 min 30 sec.
<b>TRACK 7</b> <b>Combo 3 L</b> <i>Formation vs. WTF (Where They From)</i>	140	<b>Prep</b>	32 x 1	15 sec.
		<b>Move 1:</b>	32 x 2	30 sec.
		<b>Move 2:</b>	32 x 2	30 sec.
		<b>Moves 1 &amp; 2:</b>	32 x 2	30 sec.
		<b>Move 3:</b>	32 x 2	30 sec.
		<b>Moves 1-3:</b>	32 x 2	30 sec.
		<b>Move 4:</b>	32 x 2	30 sec.
		<b>Moves 1-4:</b>	32 x 6	1 min 30 sec.
<b>TRACK 8</b> <b>Power Track</b> <i>Take What You Want</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.
		<b>Transition</b>	32 x 1	15 sec.
		<b>Repeat Moves 1-4 on Left Lead</b>	32 x 10	2 min 30 sec.
<b>TRACK 9</b> <b>Combo 4 R</b>	140	<b>Transition</b>	32 x 1	15 sec.
		<b>Move 1:</b>	32 x 2	30 sec.

<i>I Cry</i>		<b>Move 2:</b>	32 x 2	30 sec.
		<b>Moves 1 &amp; 2:</b>	32 x 2	30 sec.
		<b>Move 3:</b>	32 x 2	30 sec.
		<b>Moves 1-3:</b>	32 x 2	30 sec.
		<b>Move 4:</b>	32 x 2	30 sec.
		<b>Moves 1-4:</b>	32 x 6	1 min. 30 sec.
		<b>Transition</b>	32 x 1	15 sec.
<b>TRACK 10</b> <b>Combo 4 L</b> <i>Pray For Me</i>	140	<b>Prep</b>	32 x 1	15 sec.
		<b>Move 1:</b>	32 x 2	30 sec.
		<b>Move 2:</b>	32 x 2	30 sec.
		<b>Moves 1 &amp; 2:</b>	32 x 2	30 sec.
		<b>Move 3:</b>	32 x 2	30 sec.
		<b>Moves 1-3:</b>	32 x 2	30 sec.
		<b>Move 4:</b>	32 x 2	30 sec.
		<b>Moves 1-4:</b>	32 x 5	1 min 15 sec.
<b>Transition</b>	32 x 2	30 sec.		
<b>TRACK 11</b> <b>Power 2</b> <i>Remember The Name</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.
		<b>Transition</b>	32 x 1	15 sec.
<b>Repeat Moves 1-4 on Left Lead</b>	32 x 10	2 min 30 sec.		
<b>TRACK 12</b> <b>Power 3</b> <i>Put Your Hands Up</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.
		<b>Transition</b>	32 x 1	15 sec.
<b>Repeat Moves 1-4 on Left Lead</b>	32 x 10	2 min 30 sec.		
<b>TRACK 13</b> <b>Cooldown</b> <i>Good Job</i>	60			