

TABATA NOW CHOREOGRAPHY TEMPLATE NOVEMBER 2021

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP <i>Back In Time</i>	128	PREP	32 x 2	30 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.	
		Repeat Moves 1-4	32 x 8	2 min	
		REST	32 x 2	30 sec.	
TRACK 2 BLOCK 1 <i>Born To Be Wild</i>	144	Move 1:	32 x 3	45 sec.	00:15 "3, 2, 1, Work" to start Move 1 00:35 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 2:	32 x 2	30 sec.	00:45 "3-2-1 Work" to start Move 2 01:05 "3-2-1 Rest, Cycle 2 Complete" to stop
		Move 3:	32 x 2	30 sec.	01:15 "3-2-1 Work" to start Move 3 01:35 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 4:	32 x 2	30 sec.	01:45 "3-2-1 Work" to start Move 4 02:05 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 1-4	32 x 8	2 min	04:05 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	05:00 – "3, 2, 1, Work" to start Move 5
TRACK 3 BLOCK 1 <i>Hit The Road Jack</i>	144	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
		Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	
TRACK 4 BLOCK 2 <i>Miss You</i>	144	Move 1:	32 x 3	45 sec.	00:14 "3, 2, 1, Work" to start Move 1 00:34 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 2:	32 x 2	30 sec.	00:34 "3-2-1 Work" to start Move 2 01:04 "3-2-1 Rest, Cycle 2 Complete" to stop
		Move 3:	32 x 2	30 sec.	01:14 "3-2-1 Work" to start Move 3 01:34 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 4:	32 x 2	30 sec.	01:44 "3-2-1 Work" to start Move 4 02:04 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 1-4	32 x 8	2 min	04:04 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	05:03 – "3, 2, 1, Work" to start Move 5
TRACK 5 BLOCK 2 <i>Do Ya Think I'm Sexy</i>	144	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
		Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	

TRACK 6 BLOCK 3 <i>Dancing With Myself</i>	150	Move 1:	32 x 3	45 sec.	00:13 "3, 2, 1, Work" to start Move 1 00:33 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 2:	32 x 2	30 sec.	00:43 "3-2-1 Work" to start Move 2 01:03 "3-2-1 Rest, Cycle 2 Complete" to stop
		Move 3:	32 x 2	30 sec.	01:13 "3-2-1 Work" to start Move 3 01:33 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 4:	32 x 2	30 sec.	01:43 "3-2-1 Work" to start Move 4 02:03 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 1-4	32 x 8	2 min	04:03 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	05:00 – "3, 2, 1, Work" to start Move 5
TRACK 7 BLOCK 3 <i>Whip It</i>	150	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
		Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	
TRACK 8 BLOCK 4 <i>Finally (Cannot Hide It)</i>	150	Move 1:	32 x 3	45 sec.	00:12 "3, 2, 1, Work" to start Move 1 00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 2:	32 x 2	30 sec.	00:42 "3-2-1 Work" to start Move 2 01:02 "3-2-1 Rest, Cycle 2 Complete" to stop
		Move 3:	32 x 2	30 sec.	01:12 "3-2-1 Work" to start Move 3 01:32 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 4:	32 x 2	30 sec.	01:42 "3-2-1 Work" to start Move 4 02:02 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 1-4	32 x 8	2 min	04:02 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	05:02 – "3, 2, 1, Work" to start Move 5
TRACK 9 BLOCK 4 <i>Boom Boom Boom</i>	150	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
		Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	
TRACK 10 BLOCK 5 <i>Woman Like Me</i>	160	Move 1:	32 x 3	45 sec.	00:12 "3, 2, 1, Work" to start Move 1 00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 2:	32 x 2	30 sec.	00:42 "3-2-1 Work" to start Move 2 01:02 "3-2-1 Rest, Cycle 2 Complete" to stop
		Move 3:	32 x 2	30 sec.	01:12 "3-2-1 Work" to start Move 3 01:32 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 4:	32 x 2	30 sec.	01:42 "3-2-1 Work" to start Move 4 02:02 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 1-4	32 x 8	2 min	04:02 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	05:00 – "3, 2, 1, Work" to start Move 5
TRACK 11 BLOCK 5	160	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop

<i>Can't Hold Us</i>		Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work" to start Move 6 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
		Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
		Move 8:	32 x 2	30 sec.	01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	
TRACK 12 COOL DOWN <i>Sign of the Times</i>	120				