

CARDIO NOW CHOREOGRAPHY TEMPLATE JULY 2022

SECTION	BPM	DESCRIPTION	COUNTS	TIME
<b>TRACK 1</b> WARM UP <i>Give Me All Your Lovin'</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>My Style</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>Let's Go</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>Signs</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
<b>TRACK 5</b> Block 1 Drill L <i>Let's Go</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
<b>TRACK 6</b> Block 2 R <i>Bye Bye Bye</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>Hollaback Girl</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>Everybody's (Backstreet's Back)</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>Hollaback Girl</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>Your Body</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>One More Time</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>Right Now</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>One More Time Alone</i>	150	<b>Repeat Drill 1 on Left Lead</b>	32 x 8	2 min.
<b>TRACK 14</b> <b>Power 1</b> <i>Party Rock Anthem</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.
		<b>Repeat Moves 1-4 on Left Lead</b>	32 x 10	2 min 30 sec.
<b>TRACK 15</b> <b>Block 4 R</b> <i>Lose Control</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 16</b> <b>Block 4 Drill R</b> <i>Toxic</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 17</b> <b>Block 4 L</b> <i>Give Me Everything</i>	140	<b>Repeat Combo 1 on Left Lead</b>	32 x 13	3 min.
<b>TRACK 18</b> <b>Block 4 Drill L</b> <i>Toxic</i>	150	<b>Repeat Drill 1 on Left Lead</b>	32 x 8	2 min.
<b>TRACK 19</b> <b>Power 2</b> <i>Lose Yourself</i>	145	<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.
		<b>Repeat Moves 1-4 on Left Lead</b>	32 x 10	2 min 30 sec.
<b>TRACK 20</b> <b>Cool Down</b> <i>I Need A Girl, Pt. 1</i>	90			