CARDIO NOW CHOREOGRAPHY TEMPLATE JULY 2022

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
		Prep	32 x 2	30 sec.
	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
TD 4 GV 4		Move 4:	32 x 1	15 sec.
TRACK 1 WARM UP		Move 5:	32 x 1	15 sec.
Give Me All Your Luvin'		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
i		Move 1:	32 x 1	15 sec.
		Move 2: Moves 1 & 2:	32 x 1 32 x 2	15 sec. 30 sec.
	140	Move 3:		
TRACK 2 Block 1 R			32 x 1	15 sec.
My Style		Moves 1-3: Move 4:	32 x 2 32 x 1	30 sec. 15 sec.
		Moves 1-4:	32 x 4	45 sec.
	150	Transition Move 1:	32 x 1	15 sec. 15 sec.
		Move 2:	32 x 1	15 sec.
TRACK 3		Moves 1 & 2:	32 x 1	15 sec.
Block 1 Drill R Let's Go		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 4 Block 1 L Signs	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L Let's Go	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
2010 00	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
TRACK 6 Block 2 R Bye Bye Bye		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.
TRACK 7 Block 2 Drill R Hollaback Girl		Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
	150	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.
TRACK 8 Block 2 L Everybody's (Backstreet's Back)	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Block 2 Drill L Hollaback Girl	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
		Move 1:	32 x 1	15 sec.
	140	Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 2	30 sec.
TRACK 10		Move 3:	32 x 1	15 sec.
Block 3 R Your Body		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.
	150	Move 1:	32 x 1	15 sec.
TRACK 11		Move 2:	32 x 1	15 sec.
Block 3 Drill R		Moves 1 & 2:	32 x 1	15 sec.
One More Time		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 12 Block 3 L Right Now	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L One More Time Alone	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Move 1:	32 x 1	15 sec.
TRACK 14 Power 1 Party Rock Anthem		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 1	15 sec.
		Move 4:	32 x 1	15 sec.

		Moves 1-4:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
		Repeat Moves 1-4 on Left Lead	32 x 10	2 min 30 sec.
TRACK 15 Block 4 R	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.
Lose Control		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.
		Move 1:	32 x 1	15 sec.
TRACK 16	150	Move 2:	32 x 1	15 sec.
Block 4 Drill R		Moves 1 & 2:	32 x 1	15 sec.
Toxic		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 17 Block 4 L Give Me Everything	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L Toxic	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	145	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
TRACK 19		Move 3:	32 x 1	15 sec.
Power 2		Moves 1-3:	32 x 1	15 sec.
Lose Yourself		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
		Repeat Moves 1-4 on Left Lead	32 x 10	2 min 30 sec.
TRACK 20 Cool Down I Need A Girl, Pt. 1	90			