CARDIO NOW CHOREOGRAPHY TEMPLATE AUGUST 2021

SECTION	вРМ	RAPHY TEMPLATE AUGUST 2021 DESCRIPTION	COUNTS	TIME
TRACK 1 WARM UP Butter		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.
		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
	140	Move 1: Move 2:	32 x 1 32 x 1	15 sec. 15 sec.
		Moves 1 & 2:	32 x 2	30 sec.
TRACK 2		Move 3:	32 x 1	15 sec.
Block 1 R SO DONE		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.
TDACK 2		Move 2:	32 x 1	15 sec.
TRACK 3 Block 1 Drill R		Moves 1 & 2:	32 x 1	15 sec.
100% Pure Love		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 Top Off	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L 100% Pure Love	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
2070	140	Move 1:	32 x 1	15 sec.
TRACK 6 Block 2 R Turn It Up		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.
TRACK 7 Block 2 Drill R Cinema		Move 1:	32 x 1	15 sec.
	150	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.
TRACK 8		Transition	32 x 1	15 sec.
Block 2 L The Phoenix TRACK 9	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
Block 2 Drill L Cinema	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Move 1:	32 x 1	15 sec.
		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 telepatía		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.
TDA6W44	150	Move 2:	32 x 1	15 sec.
TRACK 11 Block 3 Drill R		Moves 1 & 2:	32 x 1	15 sec.
Eez-Eh		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 3	45 sec.
TRACK 12		Transition	32 x 1	15 sec.
Block 3 L Overdrive	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L Eez-Eh	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
TRACK 14		Move 3:	32 x 1	15 sec.
Power 1 Hell Yeah (Funky Beats)		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.

		Move 1:	32 x 1	15 sec.
TRACK 15 Block 4 R Faith	140	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.
	150	Transition	32 x 1	15 sec.
		Move 1:	32 x 1	15 sec.
TRACK 16 Block 4 Drill R		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
Wizard		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 Remember	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L Wizard	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 1	15 sec.
TRACK 19		Move 3:	32 x 1	15 sec.
Power 2		Moves 1-3:	32 x 1	15 sec.
What's Next		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 Angles	95			