## CARDIO NOW CHOREOGRAPHY TEMPLATE DECEMBER 2021

TRACK 1 WARM UP Christmas 140 (Baby Please Come Home)	Prep  Move 1:  Move 2:  Move 3:  Move 4:  Move 5:  Move 6:	32 x 2 32 x 1 32 x 1 32 x 1 32 x 1 32 x 1 32 x 1	30 sec. 15 sec. 15 sec. 15 sec. 15 sec.
WARM UP Christmas 140 (Baby Please	Move 2:  Move 3:  Move 4:  Move 5:  Move 6:	32 x 1 32 x 1 32 x 1 32 x 1	15 sec. 15 sec. 15 sec.
WARM UP Christmas 140 (Baby Please	Move 4:  Move 5:  Move 6:	32 x 1 32 x 1 32 x 1	15 sec. 15 sec.
WARM UP Christmas 140 (Baby Please	Move 4:  Move 5:  Move 6:	32 x 1 32 x 1	15 sec.
WARM UP Christmas 140 (Baby Please	Move 5:  Move 6:	32 x 1	
Christmas 140 (Baby Please	Move 6:		15 sec.
		32 x 1	
	Move 7:		15 sec.
1		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  Move 1:	32 x 1	15 sec.
	Move 2:		15 sec. 15 sec.
		32 x 1	
	Moves 1 & 2:	32 x 2	30 sec.
TRACK 2 Block 1 R 140	Move 3:	32 x 1	15 sec.
Underneath The Tree	Moves 1-3:	32 x 2	30 sec.
The free	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.
	Move 2:	32 x 1	15 sec.
TRACK 3 Block 1 Drill R 150	Moves 1 & 2:	32 x 1	15 sec.
Let It Snow	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 Wish It Could Be Christmas Everyday	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L 150 Let It Snow	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	Move 1:	32 x 1	15 sec.
TRACK 6 Block 2 R	Move 2:	32 x 1	15 sec.
You Make It	Moves 1 & 2:	32 x 2	30 sec.
Feel Like Christmas	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.
		Move 1:	32 x 1	15 sec.
TRACK 7 Block 2 Drill R Christmas Love	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.
		Transition	32 x 1	15 sec.
TRACK 8 Block 2 L This Christmas	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Block 2 Drill L Christmas Love	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 Block 3 R		Move 3:	32 x 1	15 sec.
Christmas Without You		Moves 1-3:	32 x 2	30 sec.
Without rou		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 11		Move 2:	32 x 1	15 sec.
TRACK 11 Block 3 Drill R		Moves 1 & 2:	32 x 1	15 sec.
Christmas Time Is Here		Move 3:	32 x 1	15 sec.
Tillie is riere		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 12 Block 3 L Last Christmas	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L Christmas Time Is Here	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Move 1:	32 x 1	15 sec.
TRACK 14 Power 1 Santa Tell Me		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
				4-
		Moves 1- 3:	32 x 1	15 sec.

		Marine 4.4.	22 2	45
	l I	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 7 Rings		Move 1:	32 x 1	15 sec.
	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.
		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.
What	150	Moves 1 & 2:	32 x 1	15 sec.
Christmas Means To Me	150	Move 3:	32 x 1	15 sec.
WEUIIS TO WE		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 17 Block 4 L Holidays	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L What Christmas Means To Me	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 19 Power 2 Hallelujah		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 20 Cool Down The Christmas Song	68			