CARDIO NOW CHOREOGRAPHY TEMPLATE DECEMBER 2022

SECTION	BPM	APHY TEMPLATE DECEMBER 2022 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.
		Move 4:	32 x 1	15 sec.
TRACK 1 WARM UP		Move 5:	32 x 1	15 sec.
Anti – Hero		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
		Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 2	30 sec.
TRACK 2	140	Move 3:	32 x 1	15 sec.
Block 1 R Die For You		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.
		Move 2:	32 x 1	15 sec.
TRACK 3 Block 1 Drill R		Moves 1 & 2:	32 x 1	15 sec.
Fergalicious		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 CUFF IT	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L Fergalicious	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
, ci guilcious	140	Move 1:	32 x 1	15 sec.
TRACK 6		Move 2:	32 x 1	15 sec.
Block 2 R Music for a		Moves 1 & 2:	32 x 2	30 sec.
Music for a Sushi Restaurant		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 32 x 1	15 sec.
TRACK 7 Block 2 Drill R Oops! I Did It Again	150	Move 2:	32 x 1	15 sec.
		Move 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 3	15 sec.
TRACK 8 Block 2 L Say So vs. Levitating	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Block 2 Drill L Oops!I Did it Again	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
		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 JUMP	140	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	
	150	Move 1:	32 x 1	15 sec.
TRACK 11		Move 2:	32 x 1	15 sec.
Block 3 Drill R abcdefu vs.		Moves 1 & 2:	32 x 1	15 sec.
Careless		Move 3:	32 x 1	15 sec.
Whisper		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 12 Block 3 L 21 Reasons	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L abcdefu vs. Careless Whisper	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.
TRACK 14 Power 1		Moves 1 & 2:	32 x 1	15 sec.
Gangsta's		Move 3:	32 x 1	15 sec.
Gangsta's Paradise		Moves 1- 3:	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	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.
Block 4 R BILLIE EILISH.		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.
		Move 2:	32 x 1	15 sec.
TRACK 16 Block 4 Drill R		Moves 1 & 2:	32 x 1	15 sec.
Bad Decisions		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 I Feel Good	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L Bad Decisions	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.
Unholy		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 Bad Habit	85			