

CARDIO NOW CHOREOGRAPHY TEMPLATE FEBRUARY 2023

| SECTION | BPM | DESCRIPTION | COUNTS | TIME |
|---|-----|-----------------------------|---------|----------------|
| TRACK 1 WARM UP <i>Lavender Haze</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. |
| TRACK 2 Block 1 R <i>Baby Boo</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. |
| TRACK 3 Block 1 Drill R <i>Million Dollar Baby</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. |
| TRACK 4 Block 1 L <i>When I Think of You</i> | 140 | Repeat Combo 1 on Left Lead | 32 x 13 | 3 min. |
| TRACK 5 Block 1 Drill L <i>Million Dollar Baby</i> | 150 | Repeat Drill 1 on Left Lead | 32 x 8 | 2 min. |
| TRACK 6 Block 2 R <i>In My Feelings</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. |

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| | | 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 <i>Love Rollercoaster</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. |
| TRACK 8 Block 2 L <i>I Don't Wanna Live Forever</i> | 140 | Repeat Combo 1 on Left Lead | 32 x 13 | 3 min. |
| TRACK 9 Block 2 Drill L <i>Love Rollercoaster</i> | 150 | Repeat Drill 1 on Left Lead | 32 x 8 | 2 min. |
| TRACK 10 Block 3 R <i>Flowers</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. |
| TRACK 11 Block 3 Drill R <i>Wait a Minute!</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. |
| TRACK 12 Block 3 L <i>Give Me Your Love</i> | 140 | Repeat Combo 1 on Left Lead | 32 x 13 | 3 min. |
| TRACK 13 Block 3 Drill L <i>Wait a Minute!</i> | 150 | Repeat Drill 1 on Left Lead | 32 x 8 | 2 min. |
| TRACK 14 Power 1 <i>Pyramids</i> | 140 | 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 1 | 15 sec. |

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| | | 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 <i>Words</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. |
| TRACK 16 Block 4 Drill R <i>Ready For It</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. |
| TRACK 17 Block 4 L <i>You Know You Like It</i> | 140 | Repeat Combo 1 on Left Lead | 32 x 13 | 3 min. |
| TRACK 18 Block 4 Drill L <i>Ready For It</i> | 150 | Repeat Drill 1 on Left Lead | 32 x 8 | 2 min. |
| TRACK 19 Power 2 <i>Blah Blah Blah</i> | 145 | 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 1 | 15 sec. |
| | | Move 4: | 32 x 1 | 15 sec. |
| | | Moves 1-4: | 32 x 3 | 45 sec. |
| | | Transition | 32 x 1 | 15 sec. |
| TRACK 20 Cool Down <i>Players</i> | 105 | Repeat Moves 1-4 on Left Lead | 32 x 10 | 2 min 30 sec. |
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