CARDIO NOW CHOREOGRAPHY TEMPLATE FEBRUARY 2021

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
		Prep	32 x 2	30 sec.
TRACK 1 WARM UP Head & Heart	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
		Move 1: Move 2:	32 x 1 32 x 1	15 sec. 15 sec.
	140	Moves 1 & 2:	32 x 2	30 sec.
TRACK 2		Move 3:	32 x 1	15 sec.
Block 1 R Swimming In The Stars		Moves 1-3:	32 x 2	30 sec.
The stars		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 3		Move 2:	32 x 1	15 sec.
Block 1 Drill R		Moves 1 & 2:	32 x 1	15 sec.
Who Do You		Move 3:	32 x 1	15 sec.
Love		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 4 Block 1 L Never Really Over	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L Who Do You Love	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Move 1:	32 x 1	15 sec.
TRACK 6 Block 2 R Save Your Tears		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	
		Move 1:	32 x 1	15 sec.
TRACK 7 Block 2 Drill R How Deep Is Your 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 Know Your Worth	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Block 2 Drill L How Deep Is Your Love	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.
TDACK 10	140	Moves 1 & 2:	32 x 2	30 sec.
TRACK 10 Block 3 R		Move 3:	32 x 1	15 sec.
My Head & My Heart		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 11		Moves 1 & 2:	32 x 1	15 sec.
Block 3 Drill R What Is Love		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 What's Love Got To Do With It	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L What Is 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.
TRACK 14 Power 1 As Long As You Love Me		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.
Careless Whisper		Moves 1-3:	32 x 2	30 sec.
vvinsper		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		Move 2:	32 x 1	15 sec.
Block 4 Drill R Cold vs. Cold	150	Moves 1 & 2:	32 x 1	15 sec.
Hearted		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 Dancing With A Stranger	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L Cold vs. Cold Hearted	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Move 1:	32 x 1	15 sec.
TRACK 19 Power 2 One Dance		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 20 Cooldown Love On The Brain	120			