CARDIO NOW CHOREOGRAPHY TEMPLATE FEBRUARY 2022

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
		Prep	32 x 2	30 sec.
TRACK 1 WARM UP Stupid Love	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 Your Love		Moves 1-3:	32 x 2	30 sec.
(9PM)		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.
TDACK 2	150	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.
Love		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 4 Block 1 L What's Love Got To Do With It	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.
TRACK 6	140	Move 1:	32 x 1	15 sec.
Block 2 R Summer of Love		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 I Feel Love	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 Leave Before You Love Me	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Block 2 Drill L I Feel 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		Move 3:	32 x 1	15 sec.
Block 3 R Your Love		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.
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TRACK 11		Move 2:	32 x 1	15 sec.
Block 3 Drill R	150	Move 2: Moves 1 & 2:		15 sec. 15 sec.
Block 3 Drill R I Believe In A Thing Called	150		32 x 1	
Block 3 Drill R I Believe In A	150	Moves 1 & 2:	32 x 1 32 x 1	15 sec.
Block 3 Drill R I Believe In A Thing Called Love	150	Moves 1 & 2: Move 3:	32 x 1 32 x 1 32 x 1	15 sec. 15 sec.
Block 3 Drill R I Believe In A Thing Called	150	Moves 1 & 2: Move 3: Moves 1-3:	32 x 1 32 x 1 32 x 1 32 x 3	15 sec. 15 sec. 45 sec.
Block 3 Drill R I Believe In A Thing Called Love TRACK 12 Block 3 L You Give Love		Moves 1 & 2: Move 3: Moves 1-3: Transition	32 x 1 32 x 1 32 x 1 32 x 3 32 x 3	15 sec. 15 sec. 45 sec. 15 sec.
Block 3 Drill R I Believe In A Thing Called Love TRACK 12 Block 3 L You Give Love a Bad Name TRACK 13 Block 3 Drill L I Believe In A Thing Called	140	Moves 1 & 2: Move 3: Moves 1-3: Transition Repeat Combo 1 on Left Lead	32 x 1 32 x 1 32 x 1 32 x 3 32 x 1 32 x 13	15 sec. 15 sec. 45 sec. 15 sec. 3 min.
Block 3 Drill R I Believe In A Thing Called Love TRACK 12 Block 3 L You Give Love a Bad Name TRACK 13 Block 3 Drill L I Believe In A Thing Called	140	Moves 1 & 2: Move 3: Moves 1-3: Transition Repeat Combo 1 on Left Lead Repeat Drill 1 on Left Lead	32 x 1 32 x 1 32 x 1 32 x 3 32 x 1 32 x 13	15 sec. 15 sec. 45 sec. 15 sec. 3 min.
Block 3 Drill R I Believe In A Thing Called Love TRACK 12 Block 3 L You Give Love a Bad Name TRACK 13 Block 3 Drill L I Believe In A Thing Called Love TRACK 14 Power 1	140	Moves 1 & 2: Move 3: Moves 1-3: Transition Repeat Combo 1 on Left Lead Repeat Drill 1 on Left Lead Move 1:	32 x 1 32 x 1 32 x 1 32 x 3 32 x 1 32 x 13	15 sec. 15 sec. 45 sec. 3 min. 2 min.
Block 3 Drill R I Believe In A Thing Called Love TRACK 12 Block 3 L You Give Love a Bad Name TRACK 13 Block 3 Drill L I Believe In A Thing Called Love TRACK 14	140	Moves 1 & 2: Move 3: Moves 1-3: Transition Repeat Combo 1 on Left Lead Repeat Drill 1 on Left Lead Move 1: Move 2:	32 x 1 32 x 1 32 x 1 32 x 3 32 x 1 32 x 13	15 sec. 15 sec. 45 sec. 3 min. 2 min. 15 sec. 15 sec.
Block 3 Drill R I Believe In A Thing Called Love TRACK 12 Block 3 L You Give Love a Bad Name TRACK 13 Block 3 Drill L I Believe In A Thing Called Love TRACK 14 Power 1 When Love	140	Moves 1 & 2: Move 3: Moves 1-3: Transition Repeat Combo 1 on Left Lead Repeat Drill 1 on Left Lead Move 1: Move 2: Moves 1 & 2:	32 x 1 32 x 1 32 x 1 32 x 3 32 x 1 32 x 13 32 x 13	15 sec. 15 sec. 45 sec. 3 min. 2 min. 15 sec. 15 sec. 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 Love It Like	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.
That		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	150	Move 2:	32 x 1	15 sec.
Block 4 Drill R We Come, We		Moves 1 & 2:	32 x 1	15 sec.
Rave, We		Move 3:	32 x 1	15 sec.
Love		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 17 Block 4 L We Found Love	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L We Come, We Rave, We Love	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 Let Me Love		Moves 1-3:	32 x 1	15 sec.
You		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 Mad Love	100			