## **CARDIO NOW CHOREOGRAPHY TEMPLATE JULY 2021**

SECTION	врм	DESCRIPTION	COUNTS	TIME
		Prep	32 x 2	30 sec.
<b>TRACK 1</b> WARM UP Slow Clap	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  Move 1:	32 x 1	15 sec.
		Move 2:	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 Big		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.
TRACK 3		Move 2:	32 x 1	15 sec.
Block 1 Drill R Astronaut In The Ocean		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 Something Stupid	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L Astronaut In The Ocean	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 6 Block 2 R deja vu	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 1-4:   32 x 4   45 sec.			Move 4:	32 x 1	15 sec.
TRACK 7 Block 2 Drill R Vaccotion  Move 1: 32 x 1 15 sec.  Move 2: 32 x 1 15 sec.  Move 3: 32 x 1 15 sec.  Stronger  TRACK 9 Block 2 L Stronger  TRACK 10 Block 3 R Goriflo  TRACK 10 Block 3 Drill R Over 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 3: 32 x 1 15 sec.  Move 4: 32 x 1 15 sec.  Move 1: 32 x 1 15 sec.  Move 3: 32 x 1 15 sec.  Move 3: 32 x 1 15 sec.  Move 1: 32 x 1 15 sec.  Move 1: 32 x 1 15 sec.  Move 3: 32 x 1 15 sec.  Move 3: 32 x 1 15 sec.  Move 3: 32 x 1 15 sec.  Move 1: 32 x 1 15 sec.  Move 3: 32 x 1 15 sec.  Move 1: 32 x 1 15 sec.  Move 3: 32 x 1 15 sec.			Moves 1-4:	32 x 4	45 sec.
Move 2:			Transition	32 x 1	15 sec.
TRACK   Block 2 Drill   Vacation   Noves 1 & 2:   Moves 1 & 3:   15 sec.			Move 1:	32 x 1	15 sec.
Slock 2 Drill R			Move 2:	32 x 1	15 sec.
Move 3:   32 x 1   15 sec.		150	Moves 1 & 2:	32 x 1	15 sec.
TRACK 8 Block 2 L Stronger  TRACK 9 Block 2 L Stronger  TRACK 10 Block 2 Orill Vacation  TRACK 11 Block 3 R Gorilla  TRACK 11 Block 3 Drill R U Cant Touch This  TRACK 12 Block 3 L Give it 2 U TRACK 13 Block 3 Drill R U Cant Touch This  TRACK 14 Move 1:  TRACK 15 Block 3 Drill R U Cant Touch This  TRACK 18 Block 3 Drill R U Cant Touch This  TRACK 18 Block 3 Drill R U Cant Touch This  TRACK 19 Block 3 Drill R U Cant Touch This  TRACK 10 Block 3 Drill R U Cant Touch This  TRACK 11 Block 3 Drill R U Cant Touch This  TRACK 12 Block 3 Drill R U Cant Touch This  TRACK 13 Block 3 Drill R U Cant Touch This  TRACK 14 Repeat Combo 1 on Left Lead  TRACK 15 Block 3 Drill R U Cant Touch This  TRACK 16 Block 3 Drill R U Cant Touch This  TRACK 17 Block 3 Drill R U Cant Touch This  TRACK 18 Block 3 Drill R U Cant Touch This  TRACK 19 Block 3 Drill R U Cant Touch This  TRACK 19 Block 3 Drill R U Cant Touch This  TRACK 11 Block 3 Drill R U Cant Touch This  TRACK 11 Block 3 Drill R U Cant Touch This  TRACK 12 Block 3 Drill R U Cant Touch This  TRACK 13 Block 3 Drill R U Cant Touch This  TRACK 14 Block 3 Drill R U Cant Touch This  TRACK 15 Block 3 Drill R U Cant Touch This  TRACK 16 Block 3 Drill R U Cant Touch This  Move 1: 32 x 1 15 sec.  TRACK 17 Block 3 Drill R U Cant Touch This  Move 2: 32 x 1 15 sec.  TRACK 18 Block 3 Drill R U Cant Touch This  Move 1: 32 x 1 15 sec.  TRACK 19 Block 3 Drill R U This Block 3 Drill R U	Vacation	150	Move 3:	32 x 1	15 sec.
TRACK 1   Shock 2   Stronger   TRACK 5   Shock 2   TRACK 10   Shock 3   TRACK 10   Shock 3   TRACK 10   Shock 3   TRACK 10   Shock 3   TRACK 11   Shock 3   TRACK 12   Shock 3   TRACK 13   Shock 3   TRACK 14   T			Moves 1-3:	32 x 3	45 sec.
Block 2 L   140   Repeat Combo 1 on Left Lead   32 x 13   3 min.	<b>TD46</b> (40		Transition	32 x 1	15 sec.
Block 2 Drill L Vacation	Block 2 L	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
Move 1:	Block 2 Drill L	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 10   Block 3 R   Gorilla			Move 1:	32 x 1	15 sec.
TRACK 10   Block 3 R   Gorilla			Move 2:	32 x 1	15 sec.
Block 3 R   Gorilla   140   Moves 1-3:   32 x 2   30 sec.			Moves 1 & 2:	32 x 2	30 sec.
Move 1-3:   32 x 2   30 sec.			Move 3:	32 x 1	15 sec.
Moves 1-4:   32 x 4   45 sec.		140	Moves 1-3:	32 x 2	30 sec.
Transition   32 x 1   15 sec.			Move 4:	32 x 1	15 sec.
TRACK 11   Block 3 Drill R   U Can't Touch This   150   Move 1:			Moves 1-4:	32 x 4	45 sec.
TRACK 11   Block 3 Drill R   U Can't Touch This			Transition	32 x 1	15 sec.
TRACK 11   Block 3 Drill R   U Can't Touch This	Block 3 Drill R U Can't Touch This	150	Move 1:	32 x 1	15 sec.
Block 3 Drill R   U Can't Touch This			Move 2:	32 x 1	15 sec.
Move 3:   32 x 1   15 sec.			Moves 1 & 2:	32 x 1	15 sec.
TRACK 12 Block 3 L Give It 2 U  TRACK 13 Block 3 Drill L U Can't Touch This  Move 1:  Move 2:  Moves 1 & 2:  TRACK 14  TRACK 14  TRACK 14  Transition  32 x 1 15 sec.  32 x 13 3 min.  32 x 13 3 min.  32 x 13 3 min.  32 x 1 15 sec.  32 x 1 15 sec.  32 x 1 15 sec.			Move 3:	32 x 1	15 sec.
TRACK 12         Block 3 L         140         Repeat Combo 1 on Left Lead         32 x 13         3 min.           Give It 2 U         TRACK 13         Block 3 Drill L         150         Repeat Drill 1 on Left Lead         32 x 8         2 min.           Value 1:         32 x 1         15 sec.         32 x 1         15 sec.           Move 2:         32 x 1         15 sec.         32 x 1         15 sec.           TRACK 14         Moves 1 & 2:         32 x 1         15 sec.					
Block 3 L   Give It 2 U			Transition	32 x 1	15 sec.
Block 3 Drill L	Block 3 L Give It 2 U	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
Move 2: 32 x 1 15 sec.  Moves 1 & 2: 32 x 1 15 sec.	Block 3 Drill L U Can't Touch	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 14 Moves 1 & 2: 32 x 1 15 sec.	TRACK 14 Power 1 Trap Queen	140	Move 1:	32 x 1	15 sec.
TRACK 14			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.			Moves 1- 3:	32 x 1	15 sec.
Move 4: 32 x 1 15 sec.			Move 4:	32 x 1	15 sec.
Moves 1-4: 32 x 3 45 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.
		Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
	140	Moves 1 & 2:	32 x 2	30 sec.
TRACK 15		Move 3:	32 x 1	15 sec.
Block 4 R Money		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		Move 2:	32 x 1	15 sec.
Block 4 Drill R	150	Moves 1 & 2:	32 x 1	15 sec.
Don't Mind	150	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 Twerkulator	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L Don't Mind	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 19 Power 2 Monster	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.
		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 Save Your Tears (Duet Remix)	118			