

CARDIO NOW CHOREOGRAPHY TEMPLATE JULY 2021

SECTION	BPM	DESCRIPTION	COUNTS	TIME
TRACK 1 WARM UP <i>Slow Clap</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>Big</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>Astronaut In The Ocean</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>Something Stupid</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L <i>Astronaut In The Ocean</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 6 Block 2 R <i>deja vu</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 7 Block 2 Drill R <i>Vacation</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>Stronger</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Block 2 Drill L <i>Vacation</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 10 Block 3 R <i>Gorilla</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>U Can't Touch This</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 It 2 U</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L <i>U Can't Touch This</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 14 Power 1 <i>Trap Queen</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.
		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>Money</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>Don't Mind</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>Twerkulator</i>	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L <i>Don't Mind</i>	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 19 Power 2 <i>Monster</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.
		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 <i>Save Your Tears (Duet Remix)</i>	118			