CARDIO NOW CHOREOGRAPHY TEMPLATE JULY 2022

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
		Prep	32 x 2	30 sec.
	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.
TRACK 1 WARM UP		Move 5:	32 x 1	15 sec.
Be Right There		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.
	140	Moves 1 & 2:	32 x 2	30 sec.
TRACK 2		Move 3:	32 x 1	15 sec.
Block 1 R Push It		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		Moves 1 & 2:	32 x 1	15 sec.
l'm Gonna Get You		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 3	45 sec.
1		Transition	32 x 1	15 sec.
TRACK 4 Block 1 L Every Little Step	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L I'm Gonna Get You	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 6 Block 2 R Smells Like Teen Spirit	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.
		Move 1:	32 x 1	15 sec.
TDACK 7	150	Move 2:	32 x 1	15 sec.
TRACK 7 Block 2 Drill R Tubthumping		Moves 1 & 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 3	45 sec.
av a		Transition	32 x 1	15 sec.
TRACK 8 Block 2 L Semi- Charmed Life	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Block 2 Drill L Tubthumping	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
		Move 1:	32 x 1	15 sec.
	140	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 Another Night		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 11		Move 2:	32 x 1	15 sec.
Block 3 Drill R		Moves 1 & 2:	32 x 1	15 sec.
Better Off Alone		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 3	45 sec.
TRACK 12		Transition	32 x 1	15 sec.
Block 3 L What's Up	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L Better Off Alone	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Move 1:	32 x 1	15 sec.
TRACK 14 Power 1		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
t i				15
Bring Me to Life	140	Move 3:	32 x 1	15 sec.
Bring Me to	140	Moves 1- 3:	32 x 1 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.
Whoomp!		Moves 1-3:	32 x 2	30 sec.
(There It Is)		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		Moves 1 & 2:	32 x 1	15 sec.
I Like To Move It		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 Space Jam	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L I Like To Move It	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 No Diggity		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 If I Ever Fall In Love	110			