CARDIO NOW CHOREOGRAPHY TEMPLATE June 2023

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
TRACK 1 WARM UP Dem Beats	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 Nove 1	32 x 1	15 sec
	140	Move 1: Move 2:	32 x 1 32 x 1	15 sec. 15 sec.
		Moves 1 & 2:	32 x 2	30 sec.
TRACK 2		Move 3:	32 x 1	15 sec.
Block 1 R Freedom		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 3	150	Move 2:	32 x 1	15 sec.
Block 1 Drill R		Moves 1 & 2:	32 x 1	15 sec.
Call Me Maybe		Move 3:	32 x 1	15 sec.
Maybe		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 4 Block 1 L Born This Way	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L Call Me Maybe	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 6 Block 2 R You Need To Calm Down	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 / Want You		Move 1:	32 x 1	15 sec.
	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.
TD 1 61/ 6		Transition	32 x 1	15 sec.
TRACK 8 Block 2 L Lights	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Block 2 Drill L I Want You	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.
		Moves 1 & 2:	32 x 2	30 sec.
TRACK 10	140	Move 3:	32 x 1	15 sec.
Block 3 R Me Too		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.
Kill Em With Kindness		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 This Is Me vs. Scars To Your Beautiful	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L Kill Em With Kindness	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Move 1:	32 x 1	15 sec.
TRACK 14 Power 1 I'm Coming Out		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 Emotions	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.
TRACK 16		Move 2:	32 x 1	15 sec.
Block 4 Drill R Supermodel	150	Moves 1 & 2:	32 x 1	15 sec.
(You Better Work)		Move 3:	32 x 1	15 sec.
Worky		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 17 Block 4 L Special	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L Supermodel (You Better Work)	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		Moves 1-3:	32 x 1	15 sec.
REACT		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 Love Me More	85			