## **CARDIO NOW CHOREOGRAPHY TEMPLATE MARCH 2023**

SECTION	врм	DESCRIPTION	COUNTS	TIME
<b>TRACK 1</b> WARM UP golden hour		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.
		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
ļ	140	Move 1:	32 x 1	15 sec.
]		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 2	30 sec.
TRACK 2 Block 1 R		Move 3:	32 x 1	15 sec.
Kill Bill		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.
]		Move 2:	32 x 1	15 sec.
TRACK 3 Block 1 Drill R		Moves 1 & 2:	32 x 1	15 sec.
Woman Like		Move 3:	32 x 1	15 sec.
Ме		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 4 Block 1 L All By Myself	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L Woman Like Me	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Move 1:	32 x 1	15 sec.
TDACK		Move 2:	32 x 1	15 sec.
TRACK 6 Block 2 R Heads Will Roll		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 Ordinary World		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.
		Transition	32 x 1	15 sec.
TRACK 8 Block 2 L Cinema TRACK 9	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
Block 2 Drill L Ordinary World	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 Creepin		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.
		Move 2:	32 x 1	15 sec.
TRACK 11 Block 3 Drill R		Moves 1 & 2:	32 x 1	15 sec.
Mi Gente		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 3	45 sec.
TDACK 12		Transition	32 x 1	15 sec.
TRACK 12 Block 3 L 10:35	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L Mi Gente	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 13 Block 3 Drill L	150	Repeat Drill 1 on Left Lead  Move 1:	32 x 8 32 x 1	2 min. 15 sec.
TRACK 13 Block 3 Drill L	150			
TRACK 13 Block 3 Drill L Mi Gente	150	Move 1:	32 x 1	15 sec.
TRACK 13 Block 3 Drill L		Move 1:  Move 2:	32 x 1 32 x 1	15 sec. 15 sec.
TRACK 13 Block 3 Drill L Mi Gente  TRACK 14	150	Move 1:  Move 2:  Moves 1 & 2:	32 x 1 32 x 1 32 x 1	15 sec. 15 sec. 15 sec.
TRACK 13 Block 3 Drill L Mi Gente  TRACK 14 Power 1 Tick Tick		Move 1:  Move 2:  Moves 1 & 2:  Move 3:	32 x 1 32 x 1 32 x 1 32 x 1	15 sec. 15 sec. 15 sec. 15 sec.
TRACK 13 Block 3 Drill L Mi Gente  TRACK 14 Power 1 Tick Tick		Move 1:  Move 2:  Moves 1 & 2:  Move 3:  Moves 1- 3:	32 x 1 32 x 1 32 x 1 32 x 1 32 x 1	15 sec. 15 sec. 15 sec. 15 sec. 15 sec.

		Repeat Moves 1-4 on Left Lead	32 x 10	2 min 30 sec.
		Move 1:	32 x 10	15 sec.
TRACK 15 Block 4 R Players	140			
		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.
	150	Move 1:	32 x 1	15 sec.
TRACK 16 Block 4 Drill R Work		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 Team	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L Work	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 19 Power 2 Power	145	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 Return of the Mack	100			