CARDIO NOW CHOREOGRAPHY TEMPLATE MAY 2022

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
TRACK 1 WARM UP <i>MAMII</i>		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		Move 1:	32 x 1	15 sec.
	140	Move 2: Moves 1 & 2:	32 x 1 32 x 2	15 sec. 30 sec.
TRACK 2		Move 3:	32 x 1	15 sec.
Block 1 R Dakiti		Moves 1-3:	32 x 2	30 sec.
Dukiti		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		Moves 1 & 2:	32 x 1	15 sec.
Block 1 Drill R Bingo Bango		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 Mi Gente	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L Bingo Bango	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Move 1:	32 x 1	15 sec.
TRACK 6 Block 2 R telepatia		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.

TRACK 7 Block 2 Drill R Mas Que Nada TRACK 7 Block 3 Drill R Moves 1 & 2 Move 3:	32 x 1 32 x 1 32 x 1	15 sec. 15 sec.
TRACK 7 Block 2 Drill R Mas Que Nada Move 2: Moves 1 & 2 Move 3:		15 sec.
Block 2 Drill R Mas Que Nada Moves 1 & 2 Moves 1 & 2 Move 3:	32 x 1	
Mas Que 150 Move 3:	32 X 1	15 sec.
Nada Move 3:	: 32 x 1	15 sec.
,	32 x 1	15 sec.
Moves 1-3:	32 x 3	45 sec.
Transition	32 x 1	15 sec.
Havana	bo 1 on Left Lead 32 x 13	3 min.
TRACK 9 Block 2 Drill L Mas Que Nada 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 Move 3:	32 x 1	15 sec.
Block 3 R Taki Taki 140 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 11	32 x 1	15 sec.
Block 3 Drill R 150 Moves 1 & 2	: 32 x 1	15 sec.
Dance Dance (The Mexican) Move 3:	32 x 1	15 sec.
Moves 1-3:	32 x 3	45 sec.
Transition	32 x 1	15 sec.
Girl Like Me	bo 1 on Left Lead 32 x 13	3 min.
TRACK 13 Block 3 Drill L Dance Dance (The Mexican) TRACK 13 150 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.
TRACK 14 Moves 1 & 2	: 32 x 1	15 sec.
Power 1 Asi (Like This 140 Move 3:	32 x 1	15 sec.
Like That) 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 Shake Senora		Move 1:	32 x 1	15 sec.
	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.
		Move 1:	32 x 1	15 sec.
TRACK 16 Block 4 Drill R		Move 2:	32 x 1	15 sec.
	150	Moves 1 & 2:	32 x 1	15 sec.
Get On Your Feet		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 Azukita	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L Get On Your Feet	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
TRACK 19 Power 2 Dare (La La La)	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 MIA	100			