CARDIO NOW CHOREOGRAPHY TEMPLATE NOV 2020

| SECTION | вРМ | DESCRIPTION | COUNTS | TIME |
|---------------------------------------|-----|-----------------------------|------------------|--------------------|
| TRACK 1 WARM-UP Dynamite | | 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 |
| | | Move 1: Move 2: | 32 x 1 32 x 1 | 15 sec. 15 sec. |
| | | Moves 1 & 2: | 32 x 2 | 30 sec. |
| TRACK 2 | 140 | Move 3: | 32 x 1 | 15 sec. |
| Block 1 R Some Say | | Moves 1-3: | 32 x 2 | 30 sec. |
| Some Suy | | Move 4: | 32 x 1 | 15 sec. |
| | | Moves 1-4: | 32 x 4 | 45 sec. |
| | | Transition | 32 x 1 | 15 sec. |
| | 140 | 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. |
| Truth Hurts | | 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 Heartless | | Repeat Combo 1 on Left Lead | 32 x 13 | 3 min. |
| TRACK 5 Block 1 Drill L Truth Hurts | | Repeat Drill 1 on Left Lead | 32 x 8 | 2 min. |
| | 140 | Move 1: | 32 x 1 | 15 sec. |
| | | Move 2: | 32 x 1 | 15 sec. |
| TRACK 6 Block 2 R Midnight | | 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. |
|--|-----|-----------------------------|---------|---------|
| 1 | | Transition | 32 x 1 | 15 sec. |
| | | Move 1: | 32 x 1 | 15 sec. |
| TRACK 7 Block 2 Drill R Nice To Meet Ya | 140 | 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 Cool Again | | Repeat Combo 1 on Left Lead | 32 x 13 | 3 min. |
| TRACK 9 Block 2 Drill L Nice To Meet Ya | | 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 10 | | Moves 1 & 2: | 32 x 2 | 30 sec. |
| Block 3 R | | Move 3: | 32 x 1 | 15 sec. |
| Nobody's Love | 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. |
| | 140 | 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. |
| Get Low | | 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 Head & Heart | | Repeat Combo 1 on Left Lead | 32 x 13 | 3 min. |
| TRACK 13 Block 3 Drill L Get Low | | Repeat Drill 1 on Left Lead | 32 x 8 | 2 min. |
| | 140 | Move 1: | 32 x 1 | 15 sec. |
| | | Move 2: | 32 x 1 | 15 sec. |
| | | Moves 1 & 2: | 32 x 1 | 15 sec. |
| TRACK 14 Power 1 WHAT'S POPPIN | | 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. |

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| | | Repeat Moves 1-4 on Left Lead | 32 x 10 | 2 min 30 sec. |
| TRACK 15 Block 4 R Chained to the Rhythm vs. Gonna Fly Now | 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 | | Move 1: | 32 x 1 | 15 sec. |
| | | Move 2: | 32 x 1 | 15 sec. |
| Block 4 Drill R | 140 | Moves 1 & 2: | 32 x 1 | 15 sec. |
| All The Stars | 140 | 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 Moves | | Repeat Combo 1 on Left Lead | 32 x 13 | 3 min. |
| TRACK 18 Block 4 Drill L All The Stars | | Repeat Drill 1 on Left Lead | 32 x 8 | 2 min. |
| 7 iii The Stars | 140 | 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. |
| Anthem | | 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 Cooldown What Do You Think Of? | 81 | | | |