CARDIO NOW CHOREOGRAPHY TEMPLATE

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
		Prep	32 x 2	30 sec.
TRACK 1	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.
WARM-UP		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
		Prep	32 x 1	15 sec.
	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 Combo 1		Move 3:	32 x 1	15 sec.
Right Lead		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
TRACK 3 Drill 1 Right Lead		Moves 1 & 2:	32 x 1	15 sec.
Right Ledd		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 2	45 sec.
		Transition	32 x 1	15 sec.
TRACK 4 Combo 1 Left Lead		Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Drill 1 Left Lead		Repeat Drill 1 on Left Lead	32 x 8	2 min.
		Prep	32 x 1	15 sec.
TRACK 6 Combo 2	140	Move 1:	32 x 1	15 sec.
Right Lead		Move 2:	32 x 1	15 sec.

1		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 3	45 sec.
		Transition	32 x 1	15 sec.
		Prep	32 x 1	15 sec.
		Move 1:	32 x 1	15 sec.
		Move 2:		
TRACK 7 Drill 2			32 x 1	15 sec.
Left Lead	140	Moves 1 & 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 2	45 sec.
		Transition	32 x 1	15 sec.
TRACK 8 Combo 2 Left Lead		Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Drill 2 Left Lead		Repeat Drill 1 on Left Lead	32 x 8	2 min.
	140	Prep	32 x 1	15 sec.
		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.
Combo 3 Right Lead		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 1	15 sec.
TRACK 11 Drill 3		Move 2:	32 x 1	15 sec.
Right Lead		Moves 1 & 2:	32 x 1	15 sec.
Mynt Leuu		Move 3:	22 4	15 sec.
		Move 3:	32 x 1	13 Sec.
		Moves 1-3:	32 x 1	45 sec.
		Moves 1-3:	32 x 2	45 sec.
TRACK 12 Combo 3 Left Lead				
Combo 3		Moves 1-3: Transition	32 x 2 32 x 1	45 sec. 15 sec.
Combo 3 Left Lead TRACK 13 Drill 3		Moves 1-3: Transition Repeat Combo 1 on Left Lead	32 x 2 32 x 1 32 x 13	45 sec. 15 sec. 3 min.
Combo 3 Left Lead TRACK 13 Drill 3	140	Moves 1-3: Transition Repeat Combo 1 on Left Lead Repeat Drill 1 on Left Lead	32 x 2 32 x 1 32 x 13 32 x 8	45 sec. 15 sec. 3 min. 2 min.

		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.
		Prep	32 x 1	15 sec.
		Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
TRACK 15		Moves 1 & 2:	32 x 2	30 sec.
Combo 4	140	Move 3:	32 x 1	15 sec.
Right Lead		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 1	15 sec.
TRACK 16		Move 2:	32 x 1	15 sec.
Drill 4		Moves 1 & 2:	32 x 1	15 sec.
Right Lead		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 2	45 sec.
		Transition	32 x 1	15 sec.
TRACK 17 Combo 4 Left Lead		Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Drill 4 Left Lead		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.
TD 4 6 1/ 4 6		Move 3:	32 x 1	15 sec.
TRACK 19 Power 2		Moves 1-3:	32 x 1	15 sec.
1011612		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	TBD			