## **CARDIO NOW CHOREOGRAPHY TEMPLATE SEPTEMBER 2021**

SECTION	ВРМ	DESCRIPTION	COUNTS	TIME
		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.
TRACK 1 WARM UP Ghetto		Move 5:	32 x 1	15 sec.
Supastar		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  Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 2	30 sec.
TRACK 2	140	Move 3:	32 x 1	15 sec.
Block 1 R		Moves 1-3:	32 x 2	30 sec.
Bad Habits		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 3 Block 1 Drill R		Move 2:	32 x 1	15 sec.
Get Your Body		Moves 1 & 2:	32 x 1	15 sec.
Movin' (Dance-A-		Move 3:	32 x 1	15 sec.
Long)		Moves 1-3:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 4 Block 1 L Lonely Together	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 5 Block 1 Drill L Get Your Body Movin' (Dance-A- Long)	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		Move 2:	32 x 1	15 sec.
Love Again		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 Baldadig	150	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 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 8 Block 2 L Remember	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 9 Block 2 Drill L Baldadig	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 Girl From Rio		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	
	150	Move 1:	32 x 1	15 sec.
TRACK 11		Move 2:	32 x 1	15 sec.
Block 3 Drill R MONTERO		Moves 1 & 2:	32 x 1	15 sec.
(Call Me By		Move 3:	32 x 1	15 sec.
Your Name)		Moves 1-3:	32 x 3	45 sec.
TDACK 12		Transition	32 x 1	15 sec.
TRACK 12 Block 3 L Don't Go Yet	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 13 Block 3 Drill L MONTERO (Call Me By	150	Repeat Drill 1 on Left Lead	32 x 8	2 min.
Your Name)		Move 1:	32 x 1	15 sec.
rour Name)		Move 1.	1	
rour namej		Move 2:	32 x 1	15 sec.
TRACK 14 Power 1	4.5			15 sec. 15 sec.
TRACK 14 Power 1 Don't Blame	140	Move 2:	32 x 1	
TRACK 14 Power 1	140	Move 2:  Moves 1 & 2:	32 x 1 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 Problem		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.
	150	Move 2:	32 x 1	15 sec.
TRACK 16 Block 4 Drill R		Moves 1 & 2:	32 x 1	15 sec.
Purple Hat		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 Can't Feel My Face	140	Repeat Combo 1 on Left Lead	32 x 13	3 min.
TRACK 18 Block 4 Drill L Purple Hat	150	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 19		Move 3:	32 x 1	15 sec.
<b>Power 2</b> <i>Move That</i>		Moves 1-3:	32 x 1	15 sec.
Body		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 Skate	112			