HIIT NOW CHOREOGRAPHY TEMPLATE AUGUST 2021

TRACK 1 TRACK 2 Butter TRACK 2 Butter TRACK 2 Butter TRACK 3 Soy Goodbye TRACK	SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP Buy Move 2: 32 x 2 33 x 2						1110010 00-23
Move 2: 32 x 2 30 sec.						7
## TRACK 1 WARNUUP Run Move 3: 32 x 2 30 sec.						
### Move 4: 32 x 2 30 sec. Move 6: 32 x 2 30 sec.		128	Move 2:	32 x 2	30 sec.	
Move 4: 32 x 2 30 sec.			Move 3:	32 x 2	30 sec.	
Move 6: 32 x 2 30 sec.			Move 4:	32 x 2	30 sec.	
Move 1 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1			Move 5:	32 x 2	30 sec.	
## TRACK 2 ## TRACK 3 ## SO Ways 70 **Say Goodbye** Move 1			Move 6:	32 x 2	30 sec.	
TRACK 2 Butter TRACK 2 Butter TRACK 2 Butter TRACK 3 TRACK 4 TRACK 3			REST	32 x 2	30 sec.	ī
TRACK 2 Butter TRACK 2 Butter TRACK 2 Butter TRACK 3 Butter TRACK 3 Butter TRACK 4 Butter TRACK 5 Butter TRACK 5 Butter TRACK 6 Butter TRACK 7 Butter TRACK 8 Butter TRACK 8 Butter TRACK 9 Butter			Move 1	32 x 2	30 sec.	
TRACK 2 Butter Move 2			REST	32 x 1	15 sec.	-
TRACK 2 Butter Move 3			Move 2	32 x 2	30 sec.	00:45 " 3, 2, 1, Go " to start move 2
TRACK 2 Butter Move 4			REST	32 x 1	15 sec.	
### Recover 144 32 x 2 30 sec. 02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop 02:45 "3, 2, 1, Recover" to stop 02:45 "3, 2, 1, Rest" to stop 02:45 "3, 02:			Move 3	32 x 2	30 sec.	
144 15 15 15 15 15 15 15			REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Move 5 32 x 2 30 sec. 03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop	Butter		Move 4	32 x 2	30 sec.	
TRACK 3 South State Sout			REST	32 x 1	15 sec.	
Nove 6 32 x 2 30 sec. 03:45 "3, 2, 1, 60" to start move 6 04:15 "3, 2, 1, Recover" to stop			Move 5	32 x 2		
TRACK 3		144	REST	32 x 1	15 sec.	
Move 1 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1			Move 6		30 sec.	
Nove 1 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop			RECOVER	32 x 4	60 sec.	
Move 2 32 x 2 30 sec. 00:45 "3, 2, 1, 60" to start move 2 01:15 "3, 2, 1, Rest" to stop			Move 1	32 x 2		00:30 " 3, 2, 1, Rest " to stop
TRACK 3 50 Ways To Say Goodbye TRACK 4 50 Ways To Say Say C. 03:30 Sec. 03:			REST	32 x 1	15 sec.	
TRACK 3 SO Ways To Say Goodbye REST 32 x 1 15 sec. 01:30 "3, 2, 1, Rest" to stop						01:15 " 3, 2, 1, Rest " to stop
TRACK 3 SO Ways To Say Goodbye FEST So Ways To Say Goodbye TRACK 4 So Ways			REST	32 x 1	15 sec.	
Move 4 32 x 2 30 sec. 02:05 - 02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop	TRACK 3					02:00 " 3, 2, 1, Rest " to stop
Move 4 32 x 2 30 sec. 02:45 "3, 2, 1, Rest" to stop			REST	32 x 1	15 sec.	
Move 5 32 x 2 30 sec. 03:00 "3, 2, 1, Go" to start move 5	Say Goodbye					02:45 " 3, 2, 1, Rest " to stop
Move 5 32 x 2 30 sec. 03:30 "3, 2, 1, Recover" to stop			KESI	32 x 1	15 sec.	
Move 6 32 x 2 30 sec. 03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop						03:30 "3, 2, 1 , Recover " to stop
Move 6 32 x 2 30 sec. 04:15 "3, 2, 1, Recover" to stop			KEST	32 x 1	15 sec.	
TRACK 4 50 Ways To Say Goodbye 144 Move 1 32 x 2 30 sec. 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1 00:30 "3, 2, 1, Rest" to stop 00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop REST 32 x 1 30 sec. 01:15 - 01:30 Stripped down beat 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop						
TRACK 4 50 Ways To Say Goodbye 144 TRACK 4		144		32 x 4	bU sec.	00:00 #2 2 1 Hit it" to start move 1
TRACK 4 50 Ways To Say Goodbye 32 x 2 30 sec. 00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 01:15 - 01:30 Stripped down beat Move 3 32 x 2 30 sec. 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop						00:30 " 3, 2, 1, Rest " to stop
50 Ways To Say Goodbye 32 x 2 30 sec. 00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 01:15 - 01:30 Stripped down beat Move 3 32 x 2 30 sec. 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop	50 Ways To			32 x 1	15 sec.	
Move 3 32 x 2 30 sec. 01:15 – 01:30 Stripped down beat 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop			IVIOVE Z	32 x 2	30 sec.	
32 X 2 30 sec. 02:00 " 3, 2, 1, Rest " to stop	Suy Goodbye		REST	32 x 1	15 sec.	
REST 32 x 1 15 sec. 02:00 – 02:15 Stripped down beat			Move 3	32 x 2	30 sec.	
			REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat

		Move 4	32 x 2	30 sec.	02:15 " 3, 2, 1, Go " to start move 4 02:45 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " 3, 2, 1, Go " to start move 5 03:30 " 3, 2, 1, Recover " to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 5		Move 3	32 x 2	30 sec.	01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop
I Want It		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
That Way		Move 4	32 x 2	30 sec.	02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat 03:00 " 3, 2, 1, Go " to start move 5
		Move 5	32 x 2	30 sec.	03:30 "3, 2, 1 , Recover " to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat 03:45 " 3, 2, 1, Go " to start move 6
		Move 6	32 x 2	30 sec.	04:15 "3, 2, 1, Recover " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
	150	Move 2	32 x 2	30 sec.	00:45 " 3, 2, 1, Go " to start move 2 01:15 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop
TRACK 6 Poison		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
POISOII		Move 4	32 x 2	30 sec.	02:15 " 3, 2, 1, Go " to start move 4 02:45 " 3, 2, 1, Rest " to stop
		REST Move 5	32 x 1	15 sec.	02:45-03:00 Stripped down beat 03:00 "3, 2, 1, Go" to start move 5
			32 x 2	30 sec.	03:30 "3, 2, 1 , Recover " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat 03:45 " 3, 2, 1, Go " to start move 6
		Move 6	32 x 2	30 sec.	04:15 "3, 2, 1, Recover " to stop
		REST	32 x 4	60 sec.	00:00 "3, 2, 1, Hit it " to start move 1
		Move 1	32 x 2	30 sec.	00:30 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat 00:45 " 3, 2, 1, Go " to start move 2
		Move 2	32 x 2	30 sec.	01:15 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat 01:30 " 3, 2, 1, Go " to start move 3
TRACK 7 Can You Feel It		Move 3	32 x 2	30 sec.	02:00 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat 02:15 " 3, 2, 1, Go " to start move 4
		Move 4	32 x 2	30 sec.	02:45 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat 03:00 " 3, 2, 1, Go " to start move 5
		Move 5	32 x 2	30 sec.	03:30 "3, 2, 1 , Recover " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " 3, 2, 1, Go " to start move 6

					04:15 "3, 2, 1 , Recover " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 8		Move 3	32 x 2	30 sec.	01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop
Uma		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Thurman		Move 4	32 x 2	30 sec.	02:15 " 3, 2, 1, Go " to start move 4 02:45 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop
		REST	32 x 4	60 sec.	
	155	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop
TRACK 9 One Way or		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Another (Teenage		Move 4	32 x 2	30 sec.	02:15 " 3, 2, 1, Go " to start move 4 02:45 " 3, 2, 1, Rest " to stop
(reenage Kicks)		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
,		Move 5	32 x 2	30 sec.	03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " 3, 2, 1, Go " to start move 6 04:15 " 3, 2, 1, Recover " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
	160	Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop
TRACK 10		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Believer		Move 4	32 x 2	30 sec.	02:15 " 3, 2, 1, Go " to start move 4 02:45 " 3, 2, 1, Rest " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop
		REST	32 x 4	60 sec.	00.00 (2.2.4 11:4:4// += -++
TRACK 11		Move 1	32 x 2	30 sec.	00:00 "3, 2, 1, Hit it " to start move 1 00:30 "3, 2, 1, Rest " to stop

Somebody		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
Told Me		Move 2	32 x 2	30 sec.	00:45 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 "3, 2, 1, Go" to start move 6 04:15 "3, 2, 1, Recover" to stop
		REST	32 x 4	60 sec.	
TRACK 12 COOL DOWN Leave Before You Love Me	120			3 min. 31 sec.	