HIIT NOW CHOREOGRAPHY TEMPLATE DEC 2020

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
		Prep	32 x 1	15 sec.	
TRACK 1 WARM-UP Holy		Move 1:	32 x 2	30 sec.	
	128	Move 2:	32 x 2	30 sec.	
		Move 3:	32 x 2	30 sec.	
		Move 4:	32 x 2	30 sec.	
		Move 5:	32 x 2	30 sec.	
		Move 6:	32 x 2	30 sec.	
		REST	32 x 2	30 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 2		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
BLOCK 1		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Home With You	144	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.	05:15 "3, 2, 1, Go " to start move 1
TRACK 3 So Close		Repeat Moves 1-6	32 x 21	5 min 15 sec	
	144	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 4		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
BLOCK 2		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Louder		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.	05:15 " 3, 2, 1, Go " to start move 1
TRACK 5 17		Repeat Moves 1-6	32 x 21	5 min 15 sec	
TRACK 6 BLOCK 3	150	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
	Jump	REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat

		Move 2			00:45 " 3, 2, 1, Go " to start move 2
		Wiove 2	32 x 2	30 sec.	01:15 "3, 2, 1, Rest " to start move 2
		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.	05:15 "3, 2, 1, Go" to start move 1
TRACK 7 FRANCHISE		Repeat Moves 1-6	32 x 18	5 min 15 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 Mayo 2	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 Move 3	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 8			32 x 2	30 sec.	01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop
BLOCK 4		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Closer	150	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
TDACK 0		REST	32 x 4	60 sec.	05:15 "3, 2, 1, Go" to start move 1
TRACK 9 Gold		Repeat Moves 1-6	32 x 18	5 min 15 sec	
	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 Move 3	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat 01:30 "3, 2, 1, Go" to start move 3
TRACK 10			32 x 2	30 sec. 15 sec.	02:00 " 3, 2, 1, Rest " to stop 02:00 – 02:15 Stripped down beat
BLOCK 5 Mother's		REST Move 4			02:15 "3, 2, 1, Go" to start move 4
Daughter		REST	32 x 2	30 sec.	02:45 " 3, 2, 1, Rest " to stop
		Move 5		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 Move 6	32 x 1	15 sec.	03:30-03:45 Stripped down beat 03:45 "3, 2, 1, Go" to start move 6
			32 x 2	30 sec.	04:15 "3, 2, 1 , Recover " to stop
TRACK 11		REST	32 x 4	60 sec.	05:15 "3, 2, 1, Go" to start move 1
Made For This		Repeat Moves 1-6	32 x 18	5 min 15 sec	
TRACK 12 COOLDOWN	85			4 min.	
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Courage To			1
Change			