HIIT NOW CHOREOGRAPHY TEMPLATE FEBRUARY 2021

TRACK 1 128 Move 3: 32 x 2 30 sec.	SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
Move 1:						
Move 2: 32 x 2 30 sec.	WARM UP					7
TRACK 1 Warm UP Let's Love Wove 5: 32 x 2 30 sec.						
Move 4: 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.	
TRACK 2			Move 5:	32 x 2	30 sec.	
TRACK 2			Move 6:	32 x 2	30 sec.	
TRACK 2			REST	32 x 2	30 sec.	
TRACK 2 PACK 3 TRACK 2 Now 2 12			Move 1			
TRACK 2 Nothing's Genno Stop Us Now 144 TRACK 3 Now Again TRACK 3 Now Again TRACK 4 Dynamite TRACK 5 Move 2 32 x 2 30 sec. 0.00.05 S, 2, 1, Rest* to stop 13 x 1 15 sec. 0.00.05 S, 2, 1, Rest* to stop 15 x 1 15 sec. 0.00.05 S, 2, 1, Rest* to stop 0.00.07 3, 2, 1, Text* to stop 16 x 1 15 sec. 0.00.07 3, 2, 1, Text* to stop 17 x 1 15 sec. 0.00.07 3, 2, 1, Text* to stop 18 x 1 18 x 1 20 x 1 20 x 1 20 x 1 20 x 2			REST	32 x 1	15 sec.	•
TRACK 2 Nothing's Gonno Stop US Now TRACK 2 Nothing's Gonno Stop US Now TRACK 3 TRACK 3 Show Me Love vs. Love Me Again TRACK 3 Show Me Love vs. Love Me Again TRACK 4 Dynamite TRACK 3 TRACK 4 Dynamite TRACK 3 TRACK 3 TRACK 4 Dynamite TRACK 4 Dynamite TRACK 4 Dynamite TRACK 3 TRACK 3 TRACK 4 Dynamite TRACK 4 Dynamite TRACK 4 Dynamite TRACK 3 Move 1 TRACK 3 TRACK 3 TRACK 3 TRACK 4 Dynamite TRACK 4 Dynamite TRACK 4 Dynamite TRACK 3 Move 1 TRACK 3 TRACK 3 TRACK 4 Dynamite TRACK 4 Dynamite TRACK 4 Dynamite TRACK 3 TRACK 3 TRACK 4 Dynamite TRACK 4 Dynamite TRACK 4 Dynamite TRACK 4 Dynamite TRACK 3 TRACK 3 TRACK 3 TRACK 4 Dynamite TRACK 3 TRACK 3 TRACK 4 Dynamite TRA						00:45 " 3, 2, 1, Go " to start move 2
TRACK 2 Nothing's Gonna Stop Us Now REST 32 x 1 15 sec. 15 x 1 15 sec. 10			REST	32 x 1	15 sec.	
Nothing's Gonna Stop Us Now	TRACK 2		Move 3	32 x 2	30 sec.	
Now			REST	32 x 1	15 sec.	
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			Move 4	32 x 2	30 sec.	
TRACK 3 Show Me Love Vs. Love Me Again Move 4 32 x 2 30 sec. 02.15 '3, 2, 1, Ger to start move 4 32 x 2 30 sec. 02.15 '3, 2, 1, Ger to start move 5 02.10 '3, 2, 1, Ger to start move 6 04.15 '3, 2, 1, Ger to start move 6 04.15 '3, 2, 1, Ger to start move 1 00.30 '3, 2, 1, Rest" to stop 00.00 '3, 2, 1, Hit it" to start move 1 00.30 '3, 2, 1, Rest" to stop 00.00 '3, 2, 1, Hit it" to start move 1 00.30 '3, 2, 1, Rest" to stop 00.00 '3, 2, 1, Ger to start move 2 01.15 '3, 2, 1, Ger to start move 2 01.15 '3, 2, 1, Ger to start move 3 02.00 '3, 2, 1, Ger to start move 3 02.00 '3, 2, 1, Ger to start move 4 02.45 '3, 2, 1, Ger to start move 4 02.45 '3, 2, 1, Ger to start move 4 02.45 '3, 2, 1, Ger to start move 4 02.45 '3, 2, 1, Ger to start move 5 03.30 '3, 2, 1, Ger to start move 5 03.30 '3, 2, 1, Ger to start move 6 04.15 '3, 2, 1, Ger to start move 7 04.15 '4, 2, 1, Ger to start move 7 04.15 '4, 2, 1, Ger to start move 8 04.15 '4, 2, 1, Ger to start move 8 04.1			REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
TRACK 3 Show Me Love vs. Love Me Again Move 4 32 x 2 30 sec. 03:45 "3, 2, 1, 60" to start move 6 04:15 "3, 2, 1, Recover" to stop		144	Move 5	32 x 2	30 sec.	
TRACK 3 Show Me Love vs. Love Me Again Move 1 32 x 2 30 sec. 03.00 "3, 2, 1, Hit it" to start move 3 02.05 "3, 2, 1, Go" to start move 4 03.00 "3, 2, 1, Go" to start move 4 03.00 "3, 2, 1, Go" to start move 5 03.00 "3, 2, 1, Rest" to stop 03.00 "3, 2, 1, Recover" to stop 03.00 "3, 2, 1, Rest" to stop 03.0			REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
Move 1 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1			Move 6	32 x 2	30 sec.	
Move 1 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1			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	30 sec.	
TRACK 3 Show Me Love vs. Love Me Again REST 32 x 1 32 x 2 30 sec. 01:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 01:030 "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 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 03:30 "3, 2, 1, Go" to start move 4 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 03:30 "3, 2, 1, Go" to start move 5 03:30 "3, 2, 1, Recover" to stop REST 32 x 1 15 sec. 03:30 "3, 2, 1, Recover" to stop REST 32 x 1 32 x 2 30 sec. 03:45 "3, 2, 1, Recover" 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 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 REST 32 x 1 15 sec. 00:00 "3, 2, 1, Rest" to stop 00:00 "3, 2, 1, Recover" to stop REST 32 x 1 32 x 1 32 x 2 30 sec. 00:00 "3, 2, 1, Recover" to stop 00:30 "3, 2, 1, Recover" to stop REST 32 x 1 32 x 1 33 sec. 00:00 "3, 2, 1, Recover" to stop 00:30			REST	32 x 1	15 sec.	
TRACK 3 Show Me Love vs. Love Move 4 32 x 2 30 sec. 01:30 "3, 2, 1, 60" to start move 3			Move 2	32 x 2		01:15 " 3, 2, 1, Rest " to stop
TRACK 3 Show Me Love vs. Love Me Again REST 32 x 1 15 sec. 02:00 "3, 2, 1, Rest" to stop 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 03:30 "3, 2, 1, Rest" to stop REST 32 x 2 30 sec. 03:30 "3, 2, 1, Recover" to stop REST 32 x 2 30 sec. 03:30 "3, 2, 1, Recover" to stop REST 32 x 2 30 sec. 03:30 "3, 2, 1, Recover" to stop RECOVER 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			REST	32 x 1	15 sec.	
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	TRACK 3		Move 3	32 x 2	30 sec.	7 7 7
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 Move 5 32 x 2 30 sec. 03:00 "3, 2, 1, Go" to start move 5 on 3:30 "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 on 4:15 "3, 2, 1, Recover" to stop RECOVER 32 x 4 60 sec. 00:00 "3, 2, 1, Hit it" to start move 1 on 3:30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:30 - 00:45 "3, 2, 1, Go" to start move 2 on 1:15 "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 on 1:30 "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			Move 4			02:45 " 3, 2, 1, Rest " to stop
Move 5 32 x 2 30 sec. 03:30 "3, 2, 1, Recover" to stop			REST	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			REST	32 x 1	15 sec.	
TRACK 4 Dynamite 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 4 Dynamite 144 REST Move 2 REST 32 x 1 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop 00:45 Stripped down beat 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		144		32 x 4	60 sec.	00:00 #2 2 1 15:4 14" to start make 4
TRACK 4 Dynamite 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						00:30 " 3, 2, 1, Rest " to stop
Dynamite 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 Move 3 32 x 2 30 sec. 01:30 "3, 2, 1, Go" to start move 3 o2:00 "3, 2, 1, Rest" to stop				32 x 1	15 sec.	
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						01:15 " 3, 2, 1, Rest " to stop
32 X 2 30 Sec. 02:00 " 3, 2, 1, Rest " to stop				32 x 1	15 sec.	
REST 32 x 1 15 sec. 02:00 – 02:15 Stripped down beat						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 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
		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 5		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
New Love		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 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.	
	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
		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 6		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Falling		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 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. 11:1:1:1:1:1:1:1:1:1:1:1:1:1:1:1:1:1:1
		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 01:30 " 3, 2, 1, Go " to start move 3
TRACK 7 Let Me Love		Move 3	32 x 2	30 sec.	02:00 " 3, 2, 1, Rest " to stop
You		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.	
TRACK 8 Higher Love		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
		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.	
	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
		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		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Love In This Club		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
5.5.5		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
Savage Love		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 "3, 2, 1, Hit it " to start move 1
TRACK 11		Move 1	32 x 2	30 sec.	00:30 "3, 2, 1, Rest " to start move 1

If The World		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
Was Ending		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 COOLDOWN Love	100			4 min.	