HIIT NOW CHOREOGRAPHY TEMPLATE JANUARY 2022

SECTION	BPM	APHY TEMPLATE JANUARY 2022 DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP Better Days		Prep	32 x 1	15 sec.	
	128	Move 1:	32 x 2	30 sec.	
		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
		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 2		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
The Motto		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
	. 144	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
		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 00:45 " 3, 2, 1, Go " to start move 2
		Move 2	32 x 2	30 sec.	01:15 "3, 2, 1, Go 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
TRACK 3		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Cardio		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
		RECOVER	32 x 4	60 sec.	
TRACK 4 Unbreakable	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
		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 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
Wiggle		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.	
	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 Ghost		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Gnost		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 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
		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 REST	32 x 2 32 x 1	30 sec. 15 sec.	01:15 – 01:30 Stripped down beat
					01:30 " 3 , 2 , 1 , Go " to start move 3
TRACK 7 No Time For Toxic People		Move 3 REST	32 x 2 32 x 1	30 sec. 15 sec.	02:00 " 3, 2, 1, Rest " to stor move 5 02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 " 3, 2, 1, Go " to start move 4
		REST	32 x 2 32 x 1	15 sec.	02:45 " 3 , 2 , 1 , Rest " to stop 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 Power	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 × 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 × 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 × 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
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
	160	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
TRACK 9 Overpass		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
Graffiti		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 Last One		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Standing		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 × 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 × 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 11 Here We Go	170	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.	
TRACK 12 COOL DOWN <i>Mine</i>	75				