HIIT NOW CHOREOGRAPHY TEMPLATE JULY 2021

TRACK 1 WARNU UP Move 2: 128 Move 3: 32 x 2 30 sec. Move 4: 32 x 2 30 sec. Move 6: 32 x 2 30 sec. Move 6: 32 x 2 30 sec. Move 1 32 x 2 30 sec. Move 2 32 x 2 30 sec. 1851 Move 3 32 x 2 30 sec. 1851 Move 3 32 x 2 30 sec. 1851 Move 3 32 x 2 30 sec. 1851 Move 4 32 x 2 30 sec. 1851 Move 4 32 x 2 30 sec. 1851 Move 4 32 x 2 30 sec. 1851 Move 5 32 x 2 30 sec. 1851 Move 6 32 x 2 30 sec. 1851 Move 6 32 x 2 30 sec. 1852 Move 6 32 x 2 30 sec. 1853 Move 1 32 x 2 30 sec. 1851 Move 1 32 x 2 30 sec. 1851 Move 2 32 x 2 30 sec. 1852 Move 3 32 x 2 30 sec. 1853 Move 4 32 x 2 30 sec. 1854 Move 5 32 x 2 30 sec. 1855 Move 6 32 x 2 30 sec. 1857 Move 6 32 x 2 30 sec. 1857 Move 6 32 x 2 30 sec. 1857 Move 6 32 x 2 30 sec. 1858 Move 1 32 x 2 30 sec. 1857 Move 1 32 x 2 30 sec. 1858 Move 1 32 x 2 30 sec. 1857 Move 1 32 x 2 30 sec. 1858 Move 1 32 x 2 30 sec. 1857 Move 2 32 x 2 30 sec. 1857 Move 3 32 x 2 30 sec. 1857 Move 4 32 x 2 30 sec. 1857 Move 6 32 x 2 30 sec. 1858 Move 6 32 x 2 30 sec. 1857 Move 6 32 x 2 30 sec. 1858 Move 6 32 x 2 30 sec. 1857 Move 6 32 x 2 30 sec. 1858 Move 6 32 x 2 30 sec. 1859 Move 6 32 x 2 30 sec. 1850 Move 7 3 x 1, Rest* to stop on the start move 1 00 x 1 x 1 x 1 x 1 x 1 x 1 x 1 x 1 x	SECTION	BPM	DESCR		TIME	MUSIC CUES
TRACK 1 WARNUUP More 3:						
TRACK 1 WARM UP Move 3:				32 x 2		
Mode S: 32 x 2 30 sec.			Move 2:	32 x 2	30 sec.	
Move 4: 32 x 2 30 sec.	WARM UP	128	Move 3:	32 x 2	30 sec.	
Move 5: 32 x 2 30 sec.	Knock You		Move 4:	32 x 2	30 sec.	
Move 1	Out		Move 5:	32 x 2	30 sec.	
TRACK 2			Move 6:	32 x 2	30 sec.	
TRACK 2 Apache TRACK 2 Apache TRACK 2 Apache TRACK 3 Jump Around TRACK 3 Jump Around TRACK 4 It's Tricky It's			REST	32 x 2	30 sec.	
TRACK 2 Apache TRACK 2 Apache TRACK 2 Apache TRACK 3 TRACK 4 It's Tricky TRACK 5 TRACK 6 TRACK 7 TR			Move 1	32 x 2	30 sec.	
TRACK 2 Apache TRACK 2 Apache TRACK 2 Apache TRACK 3 In			REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 2 Apache REST Apache Ap			Move 2	32 x 2	30 sec.	
TRACK 2 Apache REST 32 x 1 15 sec. O2.00 **-0.24 5 **-0.15			REST	32 x 1	15 sec.	
Move 4 32 x 2 30 sec. 02:15 "3, 2, 1, 60" to start move 4 02:45 "3, 2, 1, Rest" to stop			Move 3	32 x 2		
REST 32 x 1 15 sec. 02.45 "3, 2, 1, Rest" to stop						
Move 5 32 x 2 30 sec. 03:00 "3, 2, 1, Go" to start move 5	Apacne					
144 144						
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
TRACK 3 144						
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		144				
Move 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, Go" to start move 2						00:30 "3, 2, 1, Rest" to stop
TRACK 3 Jump Around TRACK 3 Jump Around TRACK 4 It's Tricky ITACK 4 ITACK			REST	32 x 1	15 sec.	
TRACK 3 Jump Around REST 32 x 1 15 sec. 02:00 "3, 2, 1, Rest" to stop						01:15 "3, 2, 1, Rest" to stop
TRACK 3 Jump Around REST 32 x 1 15 sec. 02:00 "3, 2, 1, Rest" to stop			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						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	Jump Around					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 TRACK 4 It's Tricky 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. 00:045 "3, 2, 1, Go" to start move 2 01:15 "3, 2, 1, Rest" to stop REST 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						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 It's Tricky						
TRACK 4 It's Tricky 144 REST Move 2 REST 32 x 1 32 x 2 30 sec. 00:30 "3, 2, 1, Rest" to stop 00:30 "3, 2, 1, Rest" to stop 00:30 - 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 15 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 Hit it " to start move 1
TRACK 4 It's Tricky 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
It's Tricky 144 REST 32 x 2 30 sec. 01:15 "3, 2, 1, Rest" to stop Move 3 32 x 2 30 sec. 01:30 "3, 2, 1, Go" to start move 3 of 2:00 "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 v 1 15 coc 02:00 02:15 Stripped down boot						02:00 " 3, 2, 1, Rest " to stop
NEST 52 X 1 15 Sec. 02.00 = 02.15 Stripped down beat			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 The Breaks		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat 02:15 " 3, 2, 1, Go " to start move 4
THE BIEUKS		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 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
	150	REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
TRACK 6		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
You Gotta		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Fight For Your Right		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.	00.00.00.00.00.00.00.00.00.00.00.00.00.
		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
TRACK 7 U Can't		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
Touch This		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.	00.00 (/2.2.4.1)
		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
		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 8		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Takes Two		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		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
C'mon N Ride It (The		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
Train)		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
TRACK 10		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
Pump Up		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
The Jam		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 11 ush It Again		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 Summertime	100			3 min. 20 sec.	