## HIIT NOW CHOREOGRAPHY TEMPLATE JUNE 2021

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP Immigrant Song	51 11	Prep	32 x 1	15 sec.	
		Move 1:	32 x 2	30 sec.	7
		Move 2:	32 x 2	30 sec.	
	120	Move 3:	32 x 2	30 sec.	
	128				
		Move 4:	32 x 2	30 sec.	
		Move 5:	32 x 2	30 sec.	
		B4	222	20	
		Move 6:	32 x 2	30 sec.	
		REST	32 x 2	30 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 " <b>3, 2, 1, Go</b> " to start move 3
TRACK 2		DECT	32 x 1	15 sec.	02:00 <b>"3, 2, 1, Rest"</b> to stop 02:00 – 02:15 Stripped down beat
We Will Rock		REST Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4
You		10000 4	32 12	30 300.	02:45 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6
		RECOVER	32 x 4	60 sec.	04:15 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
	144	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1
		REST	32 x 1	15 sec.	00:30 <b>"3, 2, 1, Rest"</b> to stop 00:30 – 00:45 Stripped down beat
					00:45 <b>"3, 2, 1, Go"</b> to start move 2
		Move 2	32 x 2	30 sec.	01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
TRACK 3		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Incredible		Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4 02:45 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6
		RECOVER	32 x 4	60 sec.	04:15 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
	144	Move 1			00:00 <b>"3, 2, 1, Hit it</b> " to start move 1
			32 x 2	30 sec.	00:30 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
TRACK 4 Danger Zone		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
Danger Zone		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 " <b>3, 2, 1, Go</b> " to start move 3 02:00 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat

			1		
		Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4 02:45 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1</b> , <b>Recover"</b> to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
<b>TRACK 5</b> Separate		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
Ways		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
(Worlds Apart)		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
, ,		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go</b> " to start move 5 03:30 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 4	15 sec.	03:30-03:45 Stripped down beat 03:45 " <b>3, 2, 1, Go</b> " to start move 6
		Move 6	32 x 2	30 sec.	04:15 <b>"3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	
	150	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
TRACK 6		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Zombie		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	00.00//0.00
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go</b> " to start move 2 01:15 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat 01:30 " <b>3, 2, 1, Go</b> " to start move 3
TRACK 7 La Grange		Move 3	32 x 2	30 sec.	02:00 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat 02:15 " <b>3, 2, 1, Go</b> " to start move 4
		Move 4	32 x 2	30 sec.	02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat 03:00 " <b>3, 2, 1, Go</b> " to start move 5
		Move 5	32 x 2	30 sec.	03:30 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
		REST Move 6	32 x 1 32 x 2	15 sec.	03:30-03:45 Stripped down beat 03:45 " <b>3, 2, 1, Go</b> " to start move 6
		IVIOVE 0	32 X 2	30 sec.	03.43 <b>3, 2, 1, 00</b> to start move 6

					04:15 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
		REST	32 x 4	60 sec.	
TRACK 8 Movement		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 " <b>3, 2, 1, Go</b> " to start move 3 02:00 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " <b>3, 2, 1, Go</b> " to start move 5 03:30 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6 04:15 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	
	155	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 " <b>3, 2, 1, Go</b> " to start move 3 02:00 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
TRACK 9 Ride		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 " <b>3, 2, 1, Go</b> " to start move 6 04:15 " <b>3, 2, 1, Recover</b> " to stop
		REST	32 x 4	60 sec.	
		Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
	160	Move 1	32 x 2	30 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1 00:30 <b>"3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		Move 2	32 x 2	30 sec.	00:45 " <b>3, 2, 1, Go</b> " to start move 2 01:15 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat 01:30 " <b>3, 2, 1, Go</b> " to start move 3
		Move 3	32 x 2	30 sec.	02:00 " <b>3, 2, 1, Rest</b> " to stop
TRACK 10		REST Mayo 4	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Radioactive		Move 4	32 x 2	30 sec.	02:15 " <b>3, 2, 1, Go</b> " to start move 4 02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 " <b>3, 2, 1, Go</b> " to start move 5 03:30 " <b>3, 2, 1, Recover</b> " to stop
		REST Mayo 6	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1
TRACK 11		Move 1	32 x 2	30 sec.	00:30 <b>"3, 2, 1, Rest</b> " to start move 1

Blaze of		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
Glory		Move 2	32 x 2	30 sec.	00:45 <b>"3, 2, 1, Go"</b> to start move 2 01:15 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
		Move 3	32 x 2	30 sec.	01:30 <b>"3, 2, 1, Go"</b> to start move 3 02:00 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
		Move 4	32 x 2	30 sec.	02:15 <b>"3, 2, 1, Go"</b> to start move 4 02:45 <b>"3, 2, 1, Rest"</b> to stop
		REST	32 x 1	15 sec.	02:45-03:00 Stripped down beat
		Move 5	32 x 2	30 sec.	03:00 <b>"3, 2, 1, Go"</b> to start move 5 03:30 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 1	15 sec.	03:30-03:45 Stripped down beat
		Move 6	32 x 2	30 sec.	03:45 <b>"3, 2, 1, Go"</b> to start move 6 04:15 <b>"3, 2, 1, Recover"</b> to stop
		REST	32 x 4	60 sec.	
TRACK 12 COOL DOWN Dust In The Wind	90			3 min. 20 sec.	