

HIIT NOW CHOREOGRAPHY TEMPLATE JUNE 2022

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
<b>TRACK 1</b> WARM UP <i>All Star</i>	128	Prep	32 x 1	15 sec.	
		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.	
<b>TRACK 2</b> <i>I Just Wanna Live</i>	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 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
<b>TRACK 3</b> <i>All The Small Things</i>	144	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
		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		
<b>TRACK 4</b> <i>Pretty Fly (For a White Guy)</i>	144	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
		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		

		<b>Move 4</b>	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
		<b>Move 5</b>	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
		<b>Move 6</b>	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.	
<b>TRACK 5</b> <i>WITHOUT YOU</i>		<b>Move 1</b>	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
		<b>Move 2</b>	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
		<b>Move 3</b>	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
		<b>Move 4</b>	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
		<b>Move 5</b>	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
		<b>Move 6</b>	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.	
<b>TRACK 6</b> <i>Basket Case</i>	150	<b>Move 1</b>	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
		<b>Move 2</b>	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
		<b>Move 3</b>	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
		<b>Move 4</b>	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
		<b>Move 5</b>	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
		<b>Move 6</b>	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.	
<b>TRACK 7</b> <i>Hash Pipe</i>		<b>Move 1</b>	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
		<b>Move 2</b>	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
		<b>Move 3</b>	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
		<b>Move 4</b>	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
		<b>Move 5</b>	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
		<b>Move 6</b>	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 <i>Home</i>	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
		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
TRACK 9 <i>Say Amen (Saturday Night)</i>	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
		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
TRACK 10 <i>The Middle</i>	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
		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
TRACK 11	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

<i>Dear Future Self (Hands Up)</i>		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
		<b>Move 2</b>	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>Move 3</b>	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
		<b>Move 4</b>	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
		<b>Move 5</b>	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
		<b>Move 6</b>	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.	
<b>TRACK 12</b> COOL DOWN <i>Never Let You Go</i>	114				