HIIT NOW CHOREOGRAPHY TEMPLATE NOVEMBER 2022

TRACK 1 TRACK 2 Ferrori TRACK 2 Ferrori TRACK 2 Fortion TRACK 3 TRACK 4 TRACK 3 TRACK 4 TRACK 3 TRACK 3 TRACK 4 TRACK 4 TRACK 3 TRACK 4 TRACK 3 TRACK 4 TRACK 3 TRACK 4 TRACK 4 TRACK 3 TRACK 3 TRACK 3 TRACK 4 TRACK 3 TRACK 3 TRACK 3 TRACK 4 TRACK 3 TRACK 3 TRACK 3 TRACK 3 TRACK 3 TRACK 3 TRACK 4 TRACK 3 TRACK 3 TRACK 4 TRACK 3 TRACK 3 TRACK 3 TRACK 4 TRACK 4 TRACK 3 TRACK 4 TRACK 5 TRACK 4 TRACK 4 TRACK 4 TRACK 4 TRACK 4 TRACK 5 TRACK 4 TRACK 5 TRACK 6 TRACK 7 TRACK 7 TRACK 7 TRACK 7 TRACK 9 TRA	SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 Move 3: 32 x 2 30 sec.						
TRACK 1 WARM UP Bod Habit Wove 4: Move 5: 32 x 2 30 sec. Move 6: 32 x 2 30 sec. Move 1 32 x 2 30 sec. Move 1 32 x 2 30 sec. Move 1 32 x 2 30 sec. Move 2 32 x 2 30 sec. 00.00"3, 2, 1, Hit It" to start move 1 00.30"3, 2, 2, 8 set. for start move 2 00.15"3, 2, 1, 6 of to start move 2 00.15"3, 2, 1, 6 of to start move 2 01.15"3, 2, 1, 6 of to start move 3 02.00"3, 2, 1, Rest* for stop HSI Move 3 32 x 2 30 sec. 00.05"3, 2, 1, Rest* for stop 01.15"3, 2, 1, 6 of to start move 2 02.00"3, 2, 1, Rest* for stop 03.00"3, 2, 1,	TRACK 1					7
### Move 4: 32 x 2 30 sec.			Move 2:	32 x 2	30 sec.	_
Move 4: 32 x 2 30 sec.		128	Move 3:	32 x 2	30 sec.	
Move 6: 32 x 2 30 sec.			Move 4:	32 x 2	30 sec.	
Move 1 32 x 2 30 sec. 00:00 "3, 2, 1, Hit H" to start move 1 00:30 "3, 2, 1, Rest" to stop 00:30 "3, 2, 1, Rest" t			Move 5:	32 x 2	30 sec.	_
TRACK 2 Ferrori TRACK 2 Ferrori TRACK 3 Hold Me Closer Host 1 Hold Me Closer Host 1 Hold Me Closer Host 1 Host 2 Host 1 Hold Me Closer Host 3 Hold Me Host			Move 6:	32 x 2	30 sec.	
TRACK 2 Ferrail TRACK 2 Ferrail TRACK 3 Hold Mee C TRACK 4 Super Freeky Girl TRACK 4 Super Freeky Girl TRACK 4 Super Freeky Girl Move 1 TRACK 4 Super Freeky Girl Move 2 TRACK 3 Hove 6 TRACK 3 Hold Mee C TRACK 4 Move 6 TRACK 3 Hold Mee C TRACK 4 Move 5 TRACK 3 Hold Mee C TRACK 3 Hold Mee C TRACK 3 Hold Mee C TRACK 4 Move 6 TRACK 3 Hold Mee C TRACK 4 Move 6 TRACK 3 Hold Mee C TRACK 4 Move 6 TRACK 3 Hold Mee C TRACK 4 Move 6 TRACK 3 Hold Mee C TRACK 3 Hold Mee C TRACK 4 Move 6 TRACK 3 Hold Mee C TRACK 4 Move 6 TRACK 3 TRACK 3 Hold Mee C TRACK 4 Move 6 TRACK 3 TRACK 3 Hold Mee C TRACK 4 Move 6 TRACK 3 Hold Mee C TRACK 4 Move 6 TRACK 3 TRACK 3 Hold Mee C TRACK 4 Move 6 TRACK 3 TRACK 4 Move 6 TRACK 3 TRACK 4 TRACK 4 Move 1 TRACK 3 Hold Mee C TRACK 4 Move 1 TRACK 4 TRACK 4 TRACK 4 Move 1 TRACK 4 TRACK 4 TRACK 4 TRACK 4 Move 1 TRACK 4 TRACK 4 TRACK 4 TRACK 4 TRACK 4 TRACK 4 TRACK 5 Hold Mee C TRACK 6 Hove 1 TRACK 6 TRACK 7 Hold Track 7 TRACK 8 Hold Track 7 TRACK 8 Hold Track 7 TRACK 9			REST	32 x 2	30 sec.	
TRACK 2 Fetrori TRACK 3 TRACK 3 TRACK 4 Super Freeky Girl Move 2 32 x 2 30 sec. 30			Move 1	32 x 2	30 sec.	
TRACK 2 Ferrari TRACK 2 Ferrari TRACK 2 Ferrari TRACK 3 Ferrari TRACK 4 Super freaky Girl TRACK 3 Move 3 32 x 2 30 sec. 03.10 3.2 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1, 1,			REST	32 x 1	15 sec.	
TRACK 2 Ferrari			Move 2	32 x 2		01:15 " 3, 2, 1, Rest " to stop
TRACK 2 Ferrari Move 4 32 x 2 30 sec. 02:05 "3, 2, 1, Rest" to stop REST Move 5 32 x 1 15 sec. 02:05 "3, 2, 1, Rest" to stop REST Move 5 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST Move 6 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST Move 6 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST Move 1 32 x 4 60 sec. Move 1 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1 00:00 "3, 2, 1, Rest" to stop REST Move 1 32 x 2 30 sec. 00:00 "3, 2, 1, Hit it" to start move 1 00:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:00 "3, 2, 1, Hit it" to start move 1 00:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:10 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:10 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 4 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:30 "3, 2, 1, Rest" to stop REST 32 x 1 Move 5 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST 32 x 1 Move 6 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST Move 1 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST Move 1 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST Move 1 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST Move 1 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST Move 1 32 x 2 30 sec. 03:00 "3, 2, 1, Rest" to stop REST Move 1 3						
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 Hold Me Closer TRACK 4 Super Freeky Girl TRACK 3 Move 3 32 x 1 15 sec. 32 x 1 15 sec. 32 x 1 15 sec. 32 x 1 30 sec. 33 0 sec. 34 1 15 sec. 35 0 sec. 36 0 sec. 37 1 sec. 38 1 sec. 38 2 x 1 sec. 38 2 x 1 sec. 39 2 x	_					
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	reman					02:45 " 3, 2, 1, Rest " to stop
TRACK 3 Hold Me Closer Move 4 32 x 2 30 sec. 02.45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 03.30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 03.60 "3, 2, 1, Ger to start move 1 00.30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00.30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00.30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00.30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00.30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00.30 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00.30 "3, 2, 1, Ger to start move 2 01.15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00.30 "3, 2, 1, Ger to start move 4 02.00 "3, 2, 1, Ger to start move 4 02.00 "3, 2, 1, Ger to start move 4 02.00 "3, 2, 1, Ger to start move 4 02.00 "3, 2, 1, Ger to start move 4 02.00 "3, 2, 1, Ger to start move 4 02.00 "3, 2, 1, Ger to start move 5 03.30 "3, 2, 1, Ger to start move 6 03.30 "3, 2, 1, Ger to start move 6 04.15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 03.30 "3, 2, 1, Ger to start move 6 04.15 "3, 2, 1, Rest" to stop REST 32 x 2 30 sec. 03.00 "3, 2, 1, Ger to start move 6 04.15 "3, 2, 1, Rest" to stop REST 32 x 2 30 sec. 03.00 "3, 2, 1, Ger to start move 6 04.15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00.30 "3, 2, 1, Rest" to stop REST 32 x 2 30 sec. 00.00 "3, 2, 1, Rest" to stop REST 32 x 2 30 sec. 00.30 "3, 2, 1, Rest" to stop 00.30 "3, 2						
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						
Move 1 32 x 2 30 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		144	RECOVER	32 x 4	60 sec.	00:00 (2.2.4. Lit it " to start move 1
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						00:30 " 3, 2, 1, Rest " to stop
TRACK 3 Hold Me Closer Move 4 REST 32 x 1 15 sec. 01:15 "3, 2, 1, Rest" to stop 02:00 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 02:00 "0, 22:15 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. 02:00 "0, 22:15 Stripped down beat 02:45 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 03:30 "3, 2, 1, Rest" to stop 03:30 "3, 2, 1, Rest" to stop 03:30 "3, 2, 1, Recover" to stop REST 32 x 1 15 sec. 03:30 "3, 2, 1, Recover" to stop 03:45 "3, 2, 1, Recover" to stop RECOVER 32 x 2 30 sec. 03:45 "3, 2, 1, Recover" to stop 04:15 "3, 2, 1, Recover" to stop REST 32 x 1 32 x 1 32 x 2 30 sec. 03:45 "3, 2, 1, Recover" to stop 04:15 "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 15 sec. 00:00 "3, 2, 1, Rest" to stop 00:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:30 "0, 2, 1, Rest" to stop 00:415 "3, 2, 1, Rest" to stop REST Move 2 32 x 2 30 sec. 00:45 "3, 2, 1, Rest" to stop 00:45 "3, 2, 1, Rest" to stop 00:15 "3, 2, 1, Rest" to stop REST 32 x 1 15 sec. 00:30 "0, 3, 2, 1, Rest" to stop 00:15 "3, 2, 1, Rest" to stop 00:15 "3, 2, 1, Rest" to stop 00:15 "3, 2, 1, Rest" to stop 00:30 "3, 2, 1, Rest" to stop 00:30 "3, 2, 1, Rest" to stop 00:30 "3, 2, 1, Rest" to stop			REST	32 X I	15 sec.	
TRACK 3 Hold Me Closer			Move 2	32 x 2	30 sec.	
## TRACK 3 Hold Me Closer Move 4			REST	32 x 1	15 sec.	01:15 – 01:30 Stripped down beat
Hold Me Closer	TDACV 2		Move 3	32 x 2	30 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			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	Closer					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 Super Freaky Girl REST 32 x 1 15 sec. 00:00 "3, 2, 1, Hit it" to start move 1 00:30 "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 "3, 2, 1, Rest" to stop REST 32 x 1 15 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 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					15 sec.	
TRACK 4 Super Freaky Girl 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 Super Freaky Girl 144 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		144				
TRACK 4 Super Freaky Girl 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	Super Freaky		REST	32 x 1	15 sec	· ·
REST 32 x 1 15 sec. 01:15 – 01:30 Stripped down beat 01:30 sec. 01:30 "3, 2, 1, Go" to start move 3 02:00 "3, 2, 1, Rest" to stop						00:45 " 3, 2, 1, Go " to start move 2
32 x 2 30 sec. 02:00 " 3, 2, 1, Rest " to stop			REST	32 x 1	15 sec.	
REST 32 x 1 15 sec. 02:00 – 02:15 Stripped down beat				32 x 2		01:30 " 3, 2, 1, Go " to start move 3
			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
		0.707			03:30 "3, 2, 1, Recover " to stop
		REST Move 6	32 x 4	15 sec.	03:30-03:45 Stripped down beat 03:45 " 3, 2, 1, Go " to start move 6
		INIOVE 0	32 x 2	30 sec.	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
Narco		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.	00.00 //2 2 4 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
	150	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
Jump		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 Hit it has about mouse 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		Move 3	32 x 2	30 sec.	02:00 " 3, 2, 1, Rest " to stop
W.I.T.C.H.		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.	
		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	150	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
BILLIE EILISH	130	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.	
		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 All These		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
Nights		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
TRACK 10		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
Gangsta's		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Gangsta's Paradise		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	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

ALIEN		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
SUPERSTAR		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 Careless Whisper	80				