## HIIT NOW CHOREOGRAPHY TEMPLATE OCTOBER 2021

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP Sour Candy	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.	
		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 2		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
It's Tricky		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
	144	RECOVER	32 x 4	60 sec.	
	111	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
TRACK 3		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
Sweet		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Dreams		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 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
		RECOVER Move 1	32 x 4	60 sec.	00:00 <b>"3, 2, 1, Hit it</b> " to start move 1
	144	Move 1	32 x 2	30 sec.	00:30 " <b>3, 2, 1, Rest</b> " to stop
TRACK 4		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
Sweet But		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
Psycho		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 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, 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
		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 5		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Sugar		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.	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 #2.2.4 115 127 to start second
	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
TDACKS		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 Pour Some		REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Sugar On Me		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 (2 2 1 11:4 :4" += -11
		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 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
TRACK 7		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
Sweet		Move 3	32 x 2 32 x 1	30 sec. 15 sec.	02:00 <b>"3, 2, 1, Rest"</b> to stop  02:00 - 02:15 Stripped down beat
Dreams (Are of This)		REST			02:15 <b>"3, 2, 1, Go"</b> to start move 4
G, 11113)		Move 4 REST	32 x 2 32 x 1	30 sec. 15 sec.	02:45 <b>"3, 2, 1, Rest"</b> to stop  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. 15 sec.	03:30 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
		Move 6	32 x 2	30 sec.	03:30-03:45 Stripped down beat 03:45 <b>"3, 2, 1, Go"</b> to start move 6
			J4 A 4	JU JUL.	55.75 5, 2, 1, GO to start move o

					04:15 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
		REST	32 x 4	60 sec.	
TRACK 8 Ice Cream		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 Sugar		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		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
	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
TRACK 10 Starving		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.	00.00 //0.00
TRACK 11 Sucker	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
		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 I Want Candy	110			3 min. 14 sec.	