## HIIT NOW CHOREOGRAPHY TEMPLATE OCTOBER 2022

TRACK 1 WARM UP Skyline  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 6:  32 x 2 30 sec.  Move 1 32 x 2 30 sec.  0.030 "3, 2, 1, Hit it" to start move 1 0.15 "3, 2, 1, Go' to start move 2 0.15 "3, 2, 1, Go' to start move 2 0.15 "3, 2, 1, Go' to start move 2 0.15 "3, 2, 1, Go' to start move 2 0.15 "3, 2, 1, Go' to start move 3 0.15 "15 "15 "15 "15 "15 "15 "15 "15 "15 "	SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARMALUP Skyline  Move 2: 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 7: 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.  Move 2 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 4 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 6 32 x 2 30 sec.  Move 6 32 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 6 32 x 2 30 sec.  Move 7 32 x 1, Rest to stop  Move 8 32 x 2 30 sec.  Move 9 33 x 2 30 sec.  Move 9 33 x 2 30 sec.  Move 9 33 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 2 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 2 32 x 2 30 sec.  Move 3 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.  Move 1 32 x 1 Rest to stop  Move 6 32 x 2 30 sec.  Move 1 32 x 1 Rest to stop  Move 6 32 x 2 30 sec.  Move 1 32 x 1 Rest to stop  Move 1 32 x 1 Rest to stop  Move 6 32 x 2 30 sec.  Move 1 32 x 1 Rest to stop  Move 1 32 x 1 Rest to stop  Move 2 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 1 32 x 1 Rest to stop  Move 3 32 x 2 30 sec.  Move 1 32 x 1 Rest to stop  Move 1 32 x 1 Rest to stop  Move 2 32 x 2 30 sec.  Move 1 32 x 1 Rest to stop  Move 3 32 x 2 30 sec.  Move 1 32 x 1 Rest to stop  Move 1 32 x 1 Rest to stop  Move 2 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 1 32 x 1 Rest to stop  Move 1 32 x 1 Rest to stop  Move 2 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 3						
### TRACK 1 WARM UP Skyline    Move 4:   32 x 2   30 sec.	WARM UP					
Move 4:			Move 2:	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.  Move 1 32 x 2 30 sec.  Move 2 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 4 32 x 2 30 sec.  Move 4 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.  Move 7 32 x 1 15 sec.  Move 8 32 x 2 30 sec.  Move 9 33 x 3 x 3 x 3 sec.  Move 1 32 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 6 32 x 2 30 sec.  Move 6 32 x 2 30 sec.  Move 7 3 x 1, 1, 6° to start move 9 6 15 sec.  Move 8 32 x 2 30 sec.  Move 9 32 x 2 30 sec.  Move 9 32 x 2 30 sec.  Move 1 32 x 2 30 sec.  Move 3 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 3 32 x 2 30 sec.  Move 3 32 x 2 30 sec.  Move 1 32 x 2		128	Move 3:	32 x 2	30 sec.	
Move 6:   32 x 2   30 sec.			Move 4:	32 x 2	30 sec.	
## TRACK 3 ## Words    Hest   12			Move 5:	32 x 2	30 sec.	
TRACK 2   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			Move 6:	32 x 2		
TRACK 2    TRACK 3   Words			REST	32 x 2	30 sec.	
TRACK 2   Move 2			Move 1	32 x 2	30 sec.	
TRACK 2   TRACK 3			REST	32 x 1	15 sec.	
### TRACK 2 I'm Good (Blue)    Move 3						01:15 " <b>3, 2, 1, Rest</b> " to stop
TRACK 2						
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 2					02:00 " <b>3, 2, 1, Rest</b> " to stop
144						
Move 5   32 x 2   30 sec.   03:00 "3, 2, 1, Go" to start move 5	(Blue)					02:45 " <b>3, 2, 1, Rest</b> " to stop
TRACK 3   Words						
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		. 144				03:30 <b>"3, 2, 1</b> , <b>Recover</b> " to stop
TRACK 3   Words     Wove 1						
Move 1   32 x 2   30 sec.   00:00 "3, 2, 1, Hit it" to start move 1						
REST   32 x 1   15 sec.   00:30 "3, 2, 1, Rest" to stop			RECOVER	32 x 4	bU sec.	00:00 <b>"3 2 1 Hit it</b> " to start move 1
Move 2   32 x 2   30 sec.   00:45 "3, 2, 1, Go" to start move 2 on:15 "3, 2, 1, Rest" to stop						00:30 " <b>3, 2, 1, Rest</b> " to stop
TRACK 3   Words   Sec.   O1:15 "3, 2, 1, Rest" to stop						
TRACK 3   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			Move 2	32 x 2	30 sec.	
TRACK 3   Words   Sec.   O2:00 "3, 2, 1, Rest" to stop			REST	32 x 1	15 sec.	
Words         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 "3, 2, 1, Rest" to stop           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           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 "0:45 Stripped down beat           Move 2         32 x 2         30 sec.         00:45 "3, 2, 1, Rest" to stop           REST         32 x 1         15 sec.         00:45 "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.         01:15 - 01:30 Stripped down beat						02:00 " <b>3, 2, 1, Rest</b> " to stop
Move 4   32 x 2   30 sec.   02:45 "3, 2, 1, Rest" to stop	ł.		REST	32 x 1	15 sec.	
Move 5   32 x 2   30 sec.   03:00 "3, 2, 1, Go" to start move 5	vvords					02:45 " <b>3, 2, 1, Rest</b> " to stop
Move 5   32 x 2   30 sec.   03:30 "3, 2, 1, Recover" to stop			KEST	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						03:30 <b>"3, 2, 1, Recover</b> " to stop
Move 6   32 x 2   30 sec.   04:15 "3, 2, 1, Recover" to stop						
TRACK 4       Bad Decisions       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 4       Bad Decisions       144       REST       32 x 1       15 sec.       00:30 – 00:45 Stripped down beat         REST       32 x 2       30 sec.       00:45 "3, 2, 1, Go" to start move 2 on: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 on:00 "3, 2, 1, Rest" to stop		144				
TRACK 4         Bad Decisions         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 se <u>c.</u>	· · · · · · · · · · · · · · · · · · ·
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 " <b>3, 2, 1, Go</b> " to start move 2
32 X 2 30 Sec. 02:00 " <b>3, 2, 1, Rest</b> " to stop			REST	32 x 1	15 sec.	
REST 32 x 1 15 sec. 02:00 – 02:15 Stripped down beat			Move 3	32 x 2	30 sec.	01:30 " <b>3, 2, 1, Go</b> " 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 <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
		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 Easy Lover		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
Lusy Lovei		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	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.	00.00 #2 2 4 Hit it // to stort move 1
	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 Move 2	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat 00:45 " <b>3, 2, 1, Go</b> " to start 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 6 HISTORY		REST Move 4	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat 02:15 " <b>3, 2, 1, Go</b> " to start move 4
HISTORY			32 x 2	30 sec.	02:45 " <b>3, 2, 1, Rest</b> " to stop
		REST Move 5	32 x 1	15 sec.	02:45-03:00 Stripped down beat 03:00 " <b>3, 2, 1, Go</b> " to start move 5
		Moves	32 x 2	30 sec.	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 <b>"2 2 1 Hit it</b> " to start move 1
		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 32 x 1	30 sec. 15 sec.	01:15 " <b>3, 2, 1, Rest</b> " to start move 2 01:15 – 01:30 Stripped down beat
		REST			01:30 <b>"3, 2, 1, Go"</b> to start move 3
TRACK 7 Wait A		Move 3 REST	32 x 2	30 sec. 15 sec.	02:00 <b>"3, 2, 1, Rest"</b> to stop  02:00 – 02:15 Stripped down beat
Minute!		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</b> , <b>Recover</b> " to stop
		REST	32 x 4	60 sec.	
TRACK 8 I Feel Good		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
	150	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
	100	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</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
		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
<b>TD 4 6</b> 17 6		REST	32 x 1		02:00 – 02:15 Stripped down beat
TRACK 9 When You're Gone	160	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
Gone		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</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
		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 10	160	REST	32 x 1	15 sec.	02:00 – 02:15 Stripped down beat
Massive	100	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. 2.4.111.11)
TRACK 11	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

2 Be Loved		REST	32 x 1	15 sec.	00:30 – 00:45 Stripped down beat
(Am I Ready)		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 Be For You	120				