

KICKBOX NOW CHOREOGRAPHY TEMPLATE

SECTION	BPM	DESCRIPTION	COUNTS	TIME
TRACK 1 WARM-UP	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Move 4:	32 x 1	15 sec.
		Transition	32 x 1	15 sec.
		Repeat Moves 1-4	32 x 4	1 min
		Transition	32 x 1	15 sec.
		Move 5:	32 x 1	15 sec.
		Move 6:	32 x 1	15 sec.
		Move 7:	32 x 1	15 sec.
		Move 8:	32 x 1	15 sec.
		Transition	32 x 1	15 sec.
		Repeat Moves 5-8	32 x 4	1 min
		Transition	32 x 1	15 sec.
TRACK 2 Combo 1 <i>Right Lead</i> (20 phrases)	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min 30 sec.
		Transition	32 x 1	15 sec.
TRACK 3 Combo 1 <i>Left Lead</i> (20 phrases)	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min. 30 sec.
		Transition	32 x 1	15 sec.
TRACK 4 Combo 2 <i>Right Lead</i> (20 phrases)	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.

		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min 30 sec.
		Transition	32 x 1	15 sec.
TRACK 5 Combo 2 Left Lead (20 phrases)	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min 30 sec.
TRACK 6 Combo 3 Right Lead (20 phrases)	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min 30 sec.
TRACK 7 Combo 3 Left Lead (20 phrases)	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min 30 sec.
TRACK 8 Power Track (20 phrases)	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1- 3:	32 x 1	15 sec.
		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
TRACK 9 Combo 4	140	Repeat Moves 1-4 on Left Lead	32 x 10	2 min 30 sec.
		Transition	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.

<i>Right Lead</i> (20 phrases)		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 6	1 min. 30 sec.
		Transition	32 x 1	15 sec.
TRACK 10 Combo 4 <i>Left Lead</i> (20 phrases)	140	Prep	32 x 1	15 sec.
		Move 1:	32 x 2	30 sec.
		Move 2:	32 x 2	30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
		Move 3:	32 x 2	30 sec.
		Moves 1-3:	32 x 2	30 sec.
		Move 4:	32 x 2	30 sec.
		Moves 1-4:	32 x 5	1 min 15 sec.
Transition	32 x 2	30 sec.		
TRACK 11 Power 2 (20 phrases)	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 1	15 sec.
		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
		Repeat Moves 1-4 on Left Lead	32 x 10	2 min 30 sec.
TRACK 12 Power 3 (20 phrases)	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
		Move 3:	32 x 1	15 sec.
		Moves 1-3:	32 x 1	15 sec.
		Move 4:	32 x 1	15 sec.
		Moves 1-4:	32 x 3	45 sec.
		Transition	32 x 1	15 sec.
		Repeat Moves 1-4 on Left Lead	32 x 10	2 min 30 sec.
TRACK 13 Cooldown	85			