KICKBOX NOW CHOREOGRAPHY TEMPLATE

	Prep Move 1: Move 2: Move 3: Move 4:	32 x 1 32 x 1 32 x 1 32 x 1	15 sec. 15 sec. 15 sec.
	Move 2: Move 3: Move 4:	32 x 1 32 x 1	15 sec.
	Move 4:	32 x 1	
	Move 4:		15 sec.
		22 1	
		32 x 1	15 sec.
TRACK 1	Transition Transition	32 x 1	15 sec.
WARM-UP	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.
1	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 32 x 1	15 sec 15 sec.
	Prep Move 1:	32 x 2	30 sec.
	Move 2:	32 x 2	30 sec.
TRACK 2	Moves 1 & 2:	32 x 2	30 sec.
Combo 1	Move 3:	32 x 2	30 sec.
(20 phrases)	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.
	Prep	32 x 1	15 sec.
	Move 1:	32 x 2	30 sec.
	Move 2:	32 x 2	30 sec.
TRACK 3	Moves 1 & 2:	32 x 2	30 sec.
Combo 1	Move 3:	32 x 2	30 sec.
(20 phrases)	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.
	Prep	32 x 1	15 sec.
TRACK 4 Combo 2	Move 1:	32 x 2	30 sec.
	40 Move 2:	32 x 2	30 sec.
	Moves 1 & 2:	32 x 2	30 sec.

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

Right Lead		Move 2:	32 x 2	30 sec.
(20 phrases)		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.
			32 x 1	15 sec.
		Transition	32 x 1	15 sec.
TRACK 10	140	Prep		
		Move 1: Move 2:	32 x 2 32 x 2	30 sec. 30 sec.
		Moves 1 & 2:	32 x 2	30 sec.
Combo 4		Move 3:	32 x 2	30 sec.
Left Lead (20 phrases)		Moves 1-3:	32 x 2	30 sec.
(20 pinuses)		Move 4:		
		111515.11	32 x 2	30 sec.
		Moves 1-4:	32 x 5	1 min 15 sec.
		Transition	32 x 2	30 sec.
	140	Move 1:	32 x 1	15 sec.
TRACK 11 Power 2		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.
(20 phrases)		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.
	140	Move 1:	32 x 1	15 sec.
		Move 2:	32 x 1	15 sec.
		Moves 1 & 2:	32 x 1	15 sec.
TRACK 12		Move 3:	32 x 1	15 sec.
Power 3		Moves 1-3:	32 x 1	15 sec.
(20phrases)		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			