TABATA NOW CHOREOGRAPHY TEMPLATE AUGUST 2022

TRACK 1 WARNU UP Jiggle Algele TRACK 2 BLOCK 1 BREAK MY SOUL TRACK 3 BLOCK 1 BREAK MY SOUL TRACK 4 BLOCK 2 BLOCK 2 BLOCK 2 BLOCK 2 BLOCK 2 BLOCK 3 BREAK MY SOUL TRACK 3 BLOCK 2 BLOCK 2 BLOCK 3 B	SECTION	ВРМ	DESCRIPTION	COUNTS	TIME	MUSIC CUES
Move 1: 32 x 2 30 sec.			PREP	32 x 2	30 sec.	
TRACK 1 Work 2 32 x 2 30 sec	WARM UP					
128				32 X Z	30 sec.	
Move 4:		128	Move 2:	32 x 2	30 sec.	
## Repeat Moves 1-4 1231 32 x 8 30 sec.			Move 3:	32 x 2	30 sec.	
Move 1:			Move 4:	32 x 2	30 sec.	
TRACK 2 BLOCK 1 Pation 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 4: 32 x 2 30 sec. Move 5: Repeat Moves 1-4 Move 5: 32 x 2 30 sec. Move 6: 32 x 2 30 sec. Move 7: Move 8: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 7: Move 8: 32 x 2 30 sec. Move 7: Move 8: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 7: Move 8: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 7: Move 8: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 7: Move 8: 32 x 8 2 min Move 1: 32 x 9 30 sec. Move 3: 32 x 9 30 sec. Move 3: 32 x 1 mest, Cycle 1 Complete" to stop 00:00 "3-2.1 work" to start Move 2 00:00 "3-2.1 work" to start Move 2 00:00 "3-2.1 work" to start Move 8 0:00 "3-2.1 work" to start Move 1 00:04 "3-2.1 work" to start Move 2 00:04 "3-2.1			Repeat Moves 1-4	32 x 8	2 min	
TRACK 2 BLOCK 1 Potion TRACK 2 BLOCK 1 Potion TRACK 3 BLOCK 1 Repeat Moves 1-4 TRACK 3 BLOCK 2 I Like Foru (A Happier Song) TRACK 4 BLOCK 2 I Like Foru (A Happier Song) TRACK 4 BLOCK 2 I Like Foru (A Happier Song) TRACK 3 BLOCK 2 I Like Foru (A Happier Song) TRACK 4 BLOCK 2 I Like Foru (A Happier Song) TRACK 5 BLOCK 2 I Like Foru (A Happier Song) TRACK 6 BLOCK 2 I Like Foru (A Happier Song) TRACK 6 BLOCK 2 I Like Foru (A Happier Song) TRACK 6 BLOCK 2 I Like Foru (A Happier Song) TRACK 6 BLOCK 2 I Like Foru (A Happier Song) TRACK 6 BLOCK 7 I Like Foru (A Happier Song) TRACK 7 I Like Foru (A Happier S			REST	32 x 2	30 sec.	
## TRACK 2 BIOCK 1 Polion Move 3: 32 x 2 30 sec. 0.155 "3-2-1 Rest, Cycle 2 Complete" to stop		144	Move 1:	32 x 3	45 sec.	00:35 "3, 2, 1, Rest, Cycle 1 Complete" to stop
BLOCK 1 Polition Politic P			Move 2:	32 x 2	30 sec.	
TRACK 3 BLOCK 2 ILIKe You A Happier Song			Move 3:	32 x 2	30 sec.	
Repeat Moves 1-4 32 x 8 2 min 10 10 10 10 10 10 10 1	Potion		Move 4:	32 x 2	30 sec.	
TRACK 3 BLOCK 1 BREAK MY SOUL 144 Move 5: 32 x 2 30 sec. 30 sec. 00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop			Repeat Moves 1-4	32 x 8	2 min	•
TRACK 3 BLOCK 1 BREAK MY SOUL 144 TRACK 3 BLOCK 1 BREAK MY SOUL 144 TRACK 4 BLOCK 2 I Like You (A Happier Song) TRACK 4 BLOCK 2 First Class TRACK 5 BLOCK 2 First Class Move 6: 32 x 2 30 sec. 32 x 2 30 sec. 3			REST	32 x 4	1 min.	05:00 – "3, 2, 1, Work " to start Move 5
TRACK 3 BLOCK 1 BREAK MY SOUL		144	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
Move 7: 32 x 2 30 sec. 01:00 "3-2-1 Work" to start Move 7			Move 6:	32 x 2	30 sec.	
Move 8: 32 x 2 30 sec. 01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest, Cycle 1 Complete" to stop 03:4 "3, 2, 1, Rest, Cycle 1 Complete" to stop 03:4 "3, 2, 1, Rest, Cycle 1 Complete" to stop 03:4 "3, 2, 1, Rest, Cycle 1 Complete" to stop 03:4 "3, 2, 1, Rest, Cycle 2 Complete" to stop 03:4 "3-2-1 Work" to start Move 2 03:4 "3-2-1 Work" to start Move 3 03:4 "3-2-1 Work" to start Move 3 03:4 "3-2-1 Rest, Cycle 2 Complete" to stop 03:4 "3-2-1 Rest, Cycle 3 Complete" to stop 03:4 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest, Cycle 2 Complete" to stop 03:50 "3-2-1 Rest, Cycle 2 Complete" to stop 03:50 "3-2-1 Rest, Cycle 3 Complete" to stop 03:50 "3-2-1 Rest, Cycle 3 Complete" to stop 03:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest, Cycle 3 Complete" to stop 03:50 "3-2-1 Rest, Cycle 3 Complete" to stop 03:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest, Cycle 3 Complete" to stop 03:50 "3-2-1 Rest, Cycle 4 Complete"			Move 7:	32 x 2	30 sec.	01:00 " 3-2-1 Work " to start Move 7
Repeat Moves 5-8 32 x 8 2 min 03:50 "3-2-1 Recover, Tabata Complete" to stop			Move 8:	32 x 2	30 sec.	01:30 " 3-2-1 Work " to start Move 8
REST 32 x 4			Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to
TRACK 4 BLOCK 2 I Like You (A Happier Song) TRACK 5 BLOCK 2 First Class Assoc Block 2 144 Move 3: 32 x 2 30 sec. 30 sec. 01:34 "3.2-1 Work" to start Move 2 01:04 "3.2-1 Rest, Cycle 2 Complete" to stop 01:34 "3.2-1 Rest, Cycle 3 Complete" to stop 01:34 "3.2-1 Rest, Cycle 4 Complete" to stop 01:34 "3.2-1 Rest, Cycle 1 Complete" to stop 01:34 "3.2-1 Rest, Cycle 1 Complete" to stop 01:34 "3.2-1 Rest, Cycle 1 Complete" to stop 01:30 "3.2-1 Rest, Cycle 2 Complete" to stop 01:30 "3.2-1 Rest, Cycle 2 Complete" to stop 01:30 "3.2-1 Rest, Cycle 3 Complete" to stop 01:30 "3.2-1 Rest, Cycle 3 Complete" to stop 01:30 "3.2-1 Rest, Cycle 4 Complete"			REST	32 x 4	1 min.	·
TRACK 4 BLOCK 2 1 144		144	Move 1:	32 x 3	45 sec.	
Move 3: 32 x 2 30 sec. 01:14 "3-2-1 Work" to start Move 3	BLOCK 2		Move 2:	32 x 2	30 sec.	00:34 " 3-2-1 Work " to start Move 2
Move 4: 32 x 2 30 sec. 01:44 "3-2-1 Work" to start Move 4 02:04 "3-2-1 Rest, Cycle 4 Complete" to stop			Move 3:	32 x 2	30 sec.	01:14 " 3-2-1 Work " to start Move 3
Repeat Moves 1-4 32 x 8 2 min 04:04 "3-2-1 Recover, Tabata Complete" to stop	•		Move 4:	32 x 2	30 sec.	
Move 5: 32 x 2 30 sec. 00:20 "3, 2, 1,Rest, Cycle 1 Complete" to stop			Repeat Moves 1-4	32 x 8	2 min	04:04 "3-2-1 Recover, Tabata Complete" to
Move 6: 32 x 2 30 sec. 00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop			REST	32 x 4	1 min.	05:03 – " 3, 2, 1, Work " to start Move 5
TRACK 5 BLOCK 2 First Class Move 7: 32 x 2 30 sec. 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 01:00 "3-2-1 Work" to start Move 7 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop 01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Recover, Tabata Complete" to stop 03:50 "3-2-1 Recover, Tabata Complete" to stop	BLOCK 2	144	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1,Rest, Cycle 1 Complete" to stop
BLOCK 2 First Class Move 8: 32 x 2 30 sec. 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop 01:30 "3-2-1 Work" to start Move 8 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Recover, Tabata Complete" to stop 144 Repeat Moves 5-8 32 x 8 2 min 03:50 "3-2-1 Recover, Tabata Complete" to stop			Move 6:	32 x 2	30 sec.	00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
Repeat Moves 5-8 30 sec. 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Recover, Tabata Complete" to stop 32 x 8 2 min 30 sec. 01:50 "3-2-1 Recover, Tabata Complete" to stop			Move 7:	32 x 2	30 sec.	
Repeat Moves 5-8 32 x 8 2 min 03:50 "3-2-1 Recover, Tabata Complete" to stop			Move 8:	32 x 2	30 sec.	
			Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to
			REST	32 x 4	1 min.	

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TRACK 6		Move 1:	32 x 3	45 sec.	00:13 "3, 2, 1, Work " to start Move 1 00:33 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 2:	32 x 2	30 sec.	00:43 " 3-2-1 Work " to start Move 2
		Move 3:	32 x 2	30 sec.	01:03 "3-2-1 Rest, Cycle 2 Complete" to stop 01:13 "3-2-1 Work" to start Move 3
BLOCK 3	150		92.7.2	00000	01:33 "3-2-1 Rest, Cycle 3 Complete" to stop
Grrrls		Move 4:	32 x 2	30 sec.	01:43 "3-2-1 Work" to start Move 4 02:03 "3-2-1 Rest, Cycle 4 Complete" to stop
					04:03 "3-2-1 Recover, Tabata Complete" to
		Repeat Moves 1-4	32 x 8	2 min	stop
		REST	32 x 4	1 min.	05:00 – " 3, 2, 1, Work " to start Move 5
		Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
	150	Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work " to start Move 6 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 7 BLOCK 3		Move 7:	32 x 2	30 sec.	01:00 " 3-2-1 Work " to start Move 7 01:20 " 3-2-1 Rest, Cycle 3 Complete " to stop
Sweetest Pie	130	Move 8:			01:30 "3-2-1 Work " to start Move 8
			32 x 2	30 sec.	01:50 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	3.60
		Move 1:			00:12 " 3, 2, 1, Work " to start Move 1
			32 x 3	45 sec.	00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop
	160	Move 2:	32 x 2	30 sec.	00:42 " 3-2-1 Work " to start Move 2 01:02 " 3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 8 BLOCK 4		Move 3:	32 x 2	30 sec.	01:12 " 3-2-1 Work " to start Move 3 01:32 " 3-2-1 Rest, Cycle 3 Complete" to stop
Maybe You're		Move 4:			01:42 "3-2-1 Work " to start Move 4
The Problem			32 x 2	30 sec.	02:02 "3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 1-4	32 x 8	2 min	04:02 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	05:02 – "3, 2, 1, Work " to start Move 5
	160	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 6:	32 x 2	30 sec.	00:30 " 3-2-1 Work " to start Move 6 00:50 " 3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 9		Move 7:	32 x 2	30 sec.	01:00 " 3-2-1 Work " to start Move 7
BLOCK 4 So Good		Move 8:	32 x 2	30 sec.	01:20 "3-2-1 Rest, Cycle 3 Complete" to stop 01:30 "3-2-1 Work" to start Move 8
		Repeat Moves 5-8	32 x 8	2 min	01:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Recover, Tabata Complete" to
		•			stop
		REST	32 x 4	1 min.	00.42 (2.2.4.14-1// 5
TRACK 10 BLOCK 5 Hot	160	Move 1:	32 x 3	45 sec.	00:12 "3, 2, 1, Work " to start Move 1 00:32 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 2:	32 x 2	30 sec.	00:42 " 3-2-1 Work " to start Move 2 01:02 " 3-2-1 Rest, Cycle 2 Complete" to stop
		Move 3:	32 x 2	30 sec.	01:12 " 3-2-1 Work " to start Move 3 01:32 " 3-2-1 Rest, Cycle 3 Complete" to stop
		Move 4:	32 x 2	30 sec.	01:42 " 3-2-1 Work " to start Move 4 02:02 " 3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 1-4	32 x 8	2 min	04:02 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	05:00 – "3, 2, 1, Work" to start Move 5
TRACK 11	160	Move 5:		30 sec.	
BLOCK 5	100		32 x 2	so sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop

Mi Gente		Move 6:	32 x 2	30 sec.	00:30 " 3-2-1 Work " to start Move 6 00:50 " 3-2-1 Rest, Cycle 2 Complete " to stop
		Move 7:	32 x 2	30 sec.	01:00 " 3-2-1 Work " to start Move 7 01:20 " 3-2-1 Rest, Cycle 3 Complete" to stop
		Move 8:	32 x 2	30 sec.	01:30 " 3-2-1 Work " to start Move 8 01:50 " 3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	
TRACK 12 COOL DOWN Slidin	100				