TABATA NOW CHOREOGRAPHY TEMPLATE JULY 2021

SECTION	BPM	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 WARM UP Something Stupid		PREP	32 x 2	30 sec.	
	128	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.	
		Repeat Moves 1-4	32 x 8	2 min	
		REST	32 x 2	30 sec.	
TRACK 2 BLOCK 1 Dancing On Dangerous	144	Move 1:	32 x 3	45 sec.	00:15 "3, 2, 1, Work" to start Move 1 00:35 "3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 2:	32 x 2	30 sec.	00:45 " 3-2-1 Work " to start Move 2 01:05 " 3-2-1 Rest, Cycle 2 Complete" to stop
		Move 3:	32 x 2	30 sec.	01:15 " 3-2-1 Work " to start Move 3 01:35 " 3-2-1 Rest, Cycle 3 Complete" to stop
		Move 4:	32 x 2	30 sec.	01:45 " 3-2-1 Work " to start Move 4 02:05 " 3-2-1 Rest, Cycle 4 Complete" to stop
		Repeat Moves 1-4	32 x 8	2 min	04:05 "3-2-1 Recover, Tabata Complete" to 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
	144	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
BLOCK 1		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
God Is A Dancer		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 4 BLOCK 2	144	Move 1:	32 x 3	45 sec.	00:14 " 3, 2, 1, Work " to start Move 1 00:34 " 3, 2, 1, Rest, Cycle 1 Complete" to stop
		Move 2:	32 x 2	30 sec.	00:34 " 3-2-1 Work " to start Move 2 01:04 " 3-2-1 Rest, Cycle 2 Complete" to stop
		Move 3:	32 x 2	30 sec.	01:14 " 3-2-1 Work " to start Move 3 01:34 " 3-2-1 Rest, Cycle 3 Complete" to stop
Big		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
		Repeat Moves 1-4	32 x 8	2 min	04:04 " 3-2-1 Recover, Tabata Complete" to stop
		REST	32 x 4	1 min.	05:03 – " 3, 2, 1, Work " to start Move 5
	144	Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1,Rest, Cycle 1 Complete" to stop
TRACK 5 BLOCK 2 My Head & My Heart		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.	

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TRACK 6 BLOCK 3 you broke me first		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
	150	Move 2:	32 x 2	30 sec.	00:43 " 3-2-1 Work " to start Move 2 01:03 " 3-2-1 Rest, Cycle 2 Complete" to stop
		Move 3:			01:13 "3-2-1 Work " to start Move 3
		Wiove 3.	32 x 2	30 sec.	01:33 "3-2-1 Work to start Move's of the stop
		Move 4:			01:43 " 3-2-1 Work " to start Move 4
			32 x 2	30 sec.	02:03 "3-2-1 Rest, Cycle 4 Complete" to stop
		Depost Moves 1.4	32 x 8	2 min	04:03 "3-2-1 Recover, Tabata Complete" to
		Repeat Moves 1-4		2 111111	stop
	150	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
		Move 6:	32 x 2	30 sec.	00:30 "3-2-1 Work " to start Move 6
TRACK 7		Move 7:			00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 01:00 "3-2-1 Work" to start Move 7
BLOCK 3		Wiove 7.	32 x 2	30 sec.	01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
Climax	150	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
		Barrat Marra F 0	22 0	2	03:50 "3-2-1 Recover, Tabata Complete" to
		Repeat Moves 5-8	32 x 8	2 min	stop
		REST	32 x 4	1 min.	
		Move 1:	32 x 3	45 sec.	00:12 " 3, 2, 1, Work " to start Move 1
			32 X 3	45 3CC.	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
	155				01:02 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 8		Move 3:	32 x 2	30 sec.	01:12 " 3-2-1 Work " to start Move 3
BLOCK 4 Vacation		Move 4:			01:32 "3-2-1 Rest, Cycle 3 Complete" to stop 01:42 "3-2-1 Work" to start Move 4
Vacation		Wiove 4.	32 x 2	30 sec.	02:02 "3-2-1 Rest, Cycle 4 Complete" to stop
					04:02 "3-2-1 Recover, Tabata Complete" to
		Repeat Moves 1-4	32 x 8	2 min	stop
		REST	32 x 4	1 min.	05:02 – "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
	155		32 X Z	30 sec.	
		Move 6:	32 x 2	30 sec.	00:30 " 3-2-1 Work " to start Move 6
TRACK 9			92.42	00 000	00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
BLOCK 4		Move 7:	32 x 2	30 sec.	01:00 "3-2-1 Work " to start Move 7
Plastic					01:20 "3-2-1 Rest, Cycle 3 Complete" to stop
Hearts		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 Recover, Tabata Complete" to
		Repeat Moves 5-8	32 x 8	2 min	stop
		REST	32 x 4	1 min.	
	160	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
		Move 2:	32 x 2	30 sec.	00:42 " 3-2-1 Work " to start Move 2
			32 X Z	30 sec.	01:02 "3-2-1 Rest, Cycle 2 Complete" to stop
TRACK 10		Move 3:	32 x 2	30 sec.	01:12 " 3-2-1 Work " to start Move 3
BLOCK 5 Heavy			32 % 2		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
		REST	32 x 4	1 min.	o5:00 – " 3, 2, 1, Work " to start Move 5
TRACK 11		Move 5:	32 X 4	I 1111111.	
BLOCK 5	160		32 x 2	30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
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Just Like Fire		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 Rise Up	100			5 min.	