TABATA NOW CHOREOGRAPHY TEMPLATE SEPTEMBER 2022

TRACK 1 WARM UP Rock 'i' fold (Part 2) TRACK 2 BUCK 1 It Takes Two TRACK 3 BUCK 1 BUCK 1 ROve 5: TRACK 3 BUCK 1 ROve 6: TRACK 3 BUCK 2 ROve 6: TRACK 3 BUCK 1 ROve 6: TRACK 4 BUCK 2 ROve 7: TRACK 4 BUCK 2 ROve 1: TRACK 4 BUCK 2 ROve 6: TRACK 4 BUCK 2 ROVE 1: TRACK 5 BUCK 2 ROve 6: TRACK 5 BUCK 2 ROve 6: TRACK 5 BUCK 2 ROVE 1: TRACK 5 BUCK 2 ROve 6: TRACK 5 BUCK 2 ROVE 1: TRACK 6 BUCK 7 ROVE 1: TRACK 7 BUCK 7 ROVE 1: TRACK 6 BUCK 7 ROVE 1: TRACK 6 BUCK 7 ROVE 1: TRACK 7 BUCK 7 ROVE 1: TR	SECTION	ВРМ	DESCRIPTION	COUNTS	TIME	MUSIC CUES
TRACK 1 Work 1 128 Move 3 32 x 2 30 sec.	TRACK 1 WARM UP		PREP	32 x 2	30 sec.	
Mark 128		128	Move 1:	32 x 2	30 sec.	
Move 4:			Move 2:	32 x 2	30 sec.	
Repeat Moves 1-4 32 x 8 2 min 32 x 2 30 sec.			Move 3:	32 x 2	30 sec.	
Move 1: 32 x 3 45 sec. 0.015 "3, 2, 1, Work" to start Move 1	(Part 2)		Move 4:	32 x 2	30 sec.	
TRACK 2 BLOCK 1 If Tokes Two Move 2: 32 x 2 30 sec. 32 x 3			Repeat Moves 1-4	32 x 8	2 min	
TRACK 2 BLOCK 1 It Takes Two Move 2: 32 x 2 30 sec. 00:35 "3, 2, 1, Rest, Cycle 1 Complete" to stop 00:05 "3-2-1 Rest, Cycle 2 Complete" to stop 00:05 "3-2-1 Rest, Cycle 2 Complete" to stop 01:15 "3-2-1 Work" to start Move 2 01:15 "3-2-1 Work" to start Move 3 01:15 "3-2-1 Work" to start Move 3 01:15 "3-2-1 Work" to start Move 3 01:15 "3-2-1 Work" to start Move 4 01:15 "3-2-1 Work" to start Move 5 01:15 "3-2-1 Rest, Cycle 2 Complete" to stop 01:15 "3-2-1 Rest, Cycle 1 Complete" to stop 01:15 "3-2-1 Rest, Cycle 2 Complete" to stop 01:15 "3-2-1 Rest, Cycle 3 C			REST	32 x 2	30 sec.	
TRACK 2 BLOCK 1 144 It Takes Two Move 3: 32 x 2 30 sec. Move 4: 32 x 2 30 sec. 144 It Takes Two Move 4: 32 x 2 30 sec. 144 It Takes Two Move 5: 32 x 2 30 sec. Move 6: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 7: 32 x 2 30 sec. Move 8: 32 x 2 30 sec. 144 Move 8: TRACK 4 BLOCK 2 BLOCK 2 A BLOCK 3 A BLOCK 2 A BLOCK 3 A BLOCK 3 A BLOCK 3 A BLOCK 4 BLOCK			Move 1:	32 x 3	45 sec.	
Nove 3: 30 sec. 01.15 "3-2-1 Work" to start Move 3 01.35 "3-2-1 Rest, Cycle 3 Complete" to stop			Move 2:	32 x 2	30 sec.	00:45 " 3-2-1 Work " to start Move 2
Move 4: 32 x 2 30 sec. 01:45 "3-2:1 Work" to start Move 4	_	144	Move 3:	32 x 2	30 sec.	01:15 " 3-2-1 Work " to start Move 3
Repeat Moves 1-4 32 x 8 2 min 04:05 "3-2-1 Recover, Tabata Complete" to stop stop 05:00 - 3, 2, 1, Work" to start Move 5 32 x 2 30 sec. 00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop 05:00 - 2 x 1		144	Move 4:	32 x 2	30 sec.	01:45 " 3-2-1 Work " to start Move 4
Move 5: 32 x 2 30 sec. 00:20 "3, 2, 1, Work" to start Move 5			Repeat Moves 1-4	32 x 8	2 min	04:05 "3-2-1 Recover, Tabata Complete" to
TRACK 3 BLOCK 1 Rock That Body Repeat Moves 5-8 Salar 1			REST	32 x 4	1 min.	
TRACK 3 BLOCK 1			Move 5:		30 sec.	00:20 "3, 2, 1, Rest, Cycle 1 Complete" to stop
TRACK 3 BLOCK 1			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 3 Complete" to stop 03:50 "3-2-1 Rest, Cycle 3 Complete" to stop 03:4 "3, 2, 1, Work" to start Move 1 00:34 "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 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" to stop 03:50 "3-2-1 Rest,		144	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 Crazy Train 144 Move 4: 32 x 2 30 sec. 32 x 2 30 sec. 00:34 "3, 2, 1, Rest, Cycle 1 Complete" to stop Move 4: 32 x 2 30 sec. 01:14 "3-2-1 Rest, Cycle 2 Complete" to stop Move 4: 32 x 2 30 sec. 01:44 "3-2-1 Rest, Cycle 3 Complete" to stop Move 4: 32 x 2 30 sec. 01:44 "3-2-1 Rest, Cycle 4 Complete" to stop Move 4: 32 x 2 30 sec. 01:44 "3-2-1 Rest, Cycle 4 Complete" to stop Move 5: 32 x 2 30 sec. 00:20 "3-2-1 Rest, Cycle 4 Complete" to stop Stop Move 5: 32 x 2 30 sec. 00:20 "3, 2, 1, Work" to start Move 5 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. 01:20 "3-2-1 Rest, Cycle 3 Complete" to stop Move 7: 32 x 2 30 sec. 01:30 "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 01:50 "3-2-1 Rest, Cycle 4 Complete" 01:50 "3-2-1 Rest, Cycle 4 Complete" 01:50 "3-2-1 Rest			REST	32 x 4	1 min.	
TRACK 4 BLOCK 2 Thunderstruck TRACK 5 THUNDERSTRUCK THUNDERSTRUCK TRACK 5 THUNDERSTRUCK THUN			Move 1:	32 x 3	45 sec.	* * *
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		144	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.	01:44 " 3-2-1 Work " to start Move 4
REST 32 x 4			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.	
TRACK 5 BLOCK 2 Thunderstruck Move 7: 32 x 2 30 sec. 00:50 "3-2-1 Rest, Cycle 2 Complete" to stop 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 01:30 "3-2-1 Work" to start Move 8 32 x 2 30 sec. 01:30 "3-2-1 Rest, Cycle 4 Complete" to stop 01:50 "3-2-1 Rest, Cycle 4 Complete" to stop 03:50 "3-2-1 Recover, Tabata Complete" to 03:50 "3-2-1 Recover, Tabata Complete" 03:50 "3-2-1 Recover, Tabat	BLOCK 2		Move 5:	32 x 2	30 sec.	00:20 "3, 2, 1,Rest, Cycle 1 Complete" to stop
BLOCK 2 Thunderstruck 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 Repeat Moves 5-8 32 x 8 2 min 03:50 "3-2-1 Recover, Tabata Complete" to			Move 6:	32 x 2	30 sec.	00:50 "3-2-1 Rest, Cycle 2 Complete" to stop
Thunderstruck 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		144	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			Move 8:	32 x 2	30 sec.	01:30 " 3-2-1 Work " to start Move 8
			Repeat Moves 5-8	32 x 8	2 min	03:50 "3-2-1 Recover, Tabata Complete" to
REST 32 x 4 1 min.			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 01:03 "3-2-1 Rest, Cycle 2 Complete" to stop
	450	Move 3:	32 x 2	30 sec.	01:13 " 3-2-1 Work " to start Move 3
BLOCK 3	150				01:33 "3-2-1 Rest, Cycle 3 Complete" to stop
Yeah 3x		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
		Repeat Moves 1-4	32 x 8	2 min	04:03 "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
		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	150	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
We Like To Party	150	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.	
		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
TRACK 8 BLOCK 4	160	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
C'Mon N Ride It (The Train)		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.	05:02 – " 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
	160	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 BLOCK 4		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
Push It Again		Move 8:	32 x 2	30 sec.	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 Move 1:	32 x 4	1 min.	00:12 " 3, 2, 1, Work " to start Move 1
TRACK 10 BLOCK 5 Get Ready for This		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 01:02 " 3-2-1 Rest, Cycle 2 Complete" to stop
	160	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

I Like To Move It		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 The Power	110				