

**CYCLE NOW CHOREOGRAPHY TEMPLATE APRIL 2023**

SECTION	BPM	DESCRIPTION	Qui
<b>TRACK 1</b> <b>Warm Up</b> <i>Lil Bit</i>	128		4 min. 45 sec.
<b>TRACK 2</b> <b>Climb</b> <i>Don't Threaten Me with a Good Time</i>	128		4 min. 22 sec.
<b>TRACK 3</b> <b>Hills</b> <i>Heartless</i>	128		3 min. 45 sec.
<b>TRACK 4</b> <b>All Terrain</b> <i>Fighter</i>	128		4 min. 07 sec.
<b>TRACK 5</b> <b>Intervals</b> <i>Cruise</i>	140		4 min. 30 sec.
<b>TRACK 6</b> <b>Breakaway</b> <i>Meant To Be</i>	155		4 min. 20 sec.
<b>TRACK 7</b> <b>Recovery</b> <i>Dirt Road Anthem (Remix)</i>	70		3 min. 46 sec.
<b>TRACK 8</b> <b>Flats</b> <i>Dance with Me</i>	128		4 min. 41 sec.
<b>TRACK 9</b> <b>Climb</b> <i>Miss Me More</i>	132		4 min. 14 sec.
<b>TRACK 10</b> <b>Recovery</b> <i>Cool Again</i>	128		4 min. 07 sec.
<b>TRACK 11</b> <b>Intervals</b> <i>Old Town Road (Remix)</i>	128		4 min. 22 sec.
<b>TRACK 12</b> <b>Mountains</b> <i>Tick Tick Boom</i>	128		4 min. 18 sec.
<b>TRACK 13</b> <b>Recovery</b> <i>All Summer Long</i>	103		4 min. 43 sec.
<b>TRACK 14</b> <b>Stretch</b> <i>Memory</i>	85		3 min. 02 sec.