

**CYCLE NOW CHOREOGRAPHY TEMPLATE AUGUST 2022**

SECTION	BPM	DESCRIPTION	TIME
<b>TRACK 1</b> <b>Warm Up</b> <i>I Feel It Coming</i>	128		4 min. 46 sec.
<b>TRACK 2</b> <b>Climb</b> <i>In The Night</i>	130		3 min.41sec.
<b>TRACK 3</b> <b>Sprint</b> <i>Can't Feel My Face</i>	140		4 min. 28 sec.
<b>TRACK 4</b> <b>Recovery</b> <i>Over Now</i>	128		4 min. 03 sec.
<b>TRACK 5</b> <b>Mixed Terrain</b> <i>Starboy</i>	145		4 min. 44 sec.
<b>TRACK 6</b> <b>Intervals</b> <i>Call Out My Name</i>	134		4 min. 03 sec.
<b>TRACK 7</b> <b>Climb</b> <i>Power is Power</i>	180		4 min. 31 sec.
<b>TRACK 8</b> <b>Recovery</b> <i>In Your Eyes</i>	128		4 min. 22 sec.
<b>TRACK 9</b> <b>Sprint</b> <i>Pray For Me</i>	128		3 min. 37 sec.
<b>TRACK 10</b> <b>Flats</b> <i>Love Me Harder</i>	128		4 min. 50 sec.
<b>TRACK 11</b> <b>Climb</b> <i>Take My Breath</i>	128		3 min. 52 sec.
<b>TRACK 12</b> <b>Sprint</b> <i>Blinding Lights</i>	171		4 min. 14 sec.
<b>TRACK 13</b> <b>Cool Down</b> <i>One Right Now</i>	100		5 min. 12 sec.
<b>TRACK 14</b> <b>Stretch</b> <i>Save Your Tears</i> <i>(Duet Remix)</i>	118		3 min. 15 sec.