

CYCLE NOW CHOREOGRAPHY TEMPLATE AUGUST 2021

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Pour Some Sugar On Me</i>	128		4 min. 45 sec.
TRACK 2 Seated Flat <i>Blaze Of Glory</i>	158		3 min. 32 sec.
TRACK 3 Slow Climb <i>Smoke On The Water</i>	110		4 min. 36 sec.
TRACK 4 Endurance <i>I Was Made for Lovin' You</i>	140		4 min. 28 sec.
TRACK 5 Jumps <i>Welcome To The Jungle</i>	126		4 min. 38 sec.
TRACK 6 Endurance <i>Panama</i>	142		4 min. 30 sec.
TRACK 7 Seated Flat <i>Rock You Like A Hurricane</i>	126		3 min. 38 sec.
TRACK 8 Sprint <i>Take Me Home Tonight</i>	156		4 min. 19 sec.
TRACK 9 Slow Climb <i>Purple Haze</i>	100		3 min. 40 sec.
TRACK 10 Jumps <i>Rock 'n' Roll (Part 2)</i>	128		4 min. 09 sec.
TRACK 11 Seated Climb <i>Back In Black</i>	97		4 min. 02 sec.
TRACK 12 Sprint <i>Born To Be Wild</i>	151		4 min. 51 sec.
TRACK 13 Cool Down <i>Hotel California</i>	76		4 min. 52 sec.
TRACK 14 Stretch <i>Dust In The Wind</i>	91		3 min. 38 sec.