

CYCLE NOW CHOREOGRAPHY TEMPLATE DEC2020

SECTION	BPM	DESCRIPTION	TIME
<b>TRACK 1</b> Warm Up <i>Holiday</i> <i>(Celebrate)</i>	118		4 min. 20 sec.
<b>TRACK 2</b> Jump Intervals <i>Christmas</i> <i>Rapping</i>	125		4 min. 03 sec.
<b>TRACK 3</b> Climb <i>Feliz Navidad</i>	138		4 min. 03 sec.
<b>TRACK 4</b> Recovery <i>Underneath The</i> <i>Tree</i>	135		4 min. 32 sec.
<b>TRACK 5</b> Climb <i>Christmas Time</i> <i>IS Here</i>	148		4 min. 08 sec.
<b>TRACK 6</b> Jump Intervals <i>Happy</i> <i>Christmas (War</i> <i>Is Over)</i>	132		4 min. 21 sec.
<b>TRACK 7</b> Sprint <i>All I Want For</i> <i>Christmas</i>	160		4 min. 15 sec.
<b>TRACK 8</b> Recovery <i>The Christmas</i> <i>Song (Chestnuts</i> <i>Roasting On An</i> <i>Open Fire)</i>	128		4 min.
<b>TRACK 9</b> Flat <i>Like It's</i> <i>Christmas</i>	140		4 min. 32 sec.
<b>TRACK 10</b> Climb <i>You Make It Feel</i> <i>Like Christmas</i>	134		4 min. 17 sec.
<b>TRACK 11</b> Climb <i>I Wish It Could</i> <i>Be Christmas</i> <i>Every Day</i>	138		4 min.
<b>TRACK 12</b> Sprint <i>What Christmas</i> <i>Means To Me</i>	155		4 min. 38 sec.
<b>TRACK 13</b> Cooldown <i>Last Christmas</i>	103		3 min. 06 sec.

<b>TRACK 14</b> <b>Stretch</b> <i>Hallelujah</i>	57		4 min. 38 sec.
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