

CYCLE NOW CHOREOGRAPHY TEMPLATE DECEMBER 2021

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Troublemaker</i>	128		4 min. 47 sec.
TRACK 2 Seated Flat <i>Don't Call Me An Angel (Charlie's Angels)</i>	130		5 min. 10 sec.
TRACK 3 Combo Hill <i>Sweet but Psycho</i>	128		3 min. 30 sec.
TRACK 4 Endurance <i>Boyz</i>	90		4 min. 48 sec.
TRACK 5 Jumps <i>S&M</i>	128		3 min. 30 sec.
TRACK 6 Endurance <i>Bad Child</i>	140		5 min. 08 sec.
TRACK 7 Hills <i>Naughty Girl</i>	128		4 min. 15 sec.
TRACK 8 Sprint <i>Sorry Not Sorry</i>	150		3 min. 37 sec.
TRACK 9 Flats <i>Be Nice</i>	128		4 min. 15 sec.
TRACK 10 Hills <i>ily (i love you baby)</i>	128		4 min. 15 sec.
TRACK 11 Seated Climb <i>Bad Habits</i>	128		4 min. 00 sec.
TRACK 12 Sprint <i>Demons</i>	150		4 min. 17 sec.
TRACK 13 Cool Down <i>Nice To Meet Ya</i>	93		3 min. 19 sec.
TRACK 14 Stretch <i>Sweet Creature</i>	106		4 min. 47 sec.