

CYCLE NOW CHOREOGRAPHY TEMPLATE FEBRUARY 2022

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Bad</i>	128		4 min. 45 sec.
TRACK 2 Climb <i>Little Red Corvette</i>	132		4 min. 00 sec.
TRACK 3 Mixed Terrain <i>Higher Love</i>	150		4 min. 56 sec.
TRACK 4 Seated Climb <i>Another One Bites The Dust</i>	122		3 min. 25 sec.
TRACK 5 Flats <i>Use Somebody</i>	136		3 min. 40 sec.
TRACK 6 Intervals <i>Vogue</i>	128		4 min. 51 sec.
TRACK 7 Sprint <i>Let's Go Crazy</i>	196		4 min. 48 sec.
TRACK 8 Recovery <i>Swimming In the Stars</i>	70		3 min. 40 sec.
TRACK 9 Mountains <i>Where Are U Now</i>	140		4 min. 27 sec.
TRACK 10 Flats <i>Beat It</i>	138		4 min. 54 sec.
TRACK 11 Intervals <i>Lose Yourself</i>	170		4 min. 26 sec.
TRACK 12 Sprint <i>Don't Stop Me Now</i>	155		5 min. 25 sec.
TRACK 13 Cool Down <i>Human Nature</i>	93		3 min. 52 sec.
TRACK 14 Stretch <i>MY Love Is Your Love</i>	82		3 min. 08 sec.