

**CYCLE NOW CHOREOGRAPHY TEMPLATE JANUARY 2023**

SECTION	BPM	DESCRIPTION	TIME
<b>TRACK 1</b> <b>Warm Up</b> <i>Lift Me Up</i>	128		4 min. 48 sec.
<b>TRACK 2</b> <b>Climb</b> <i>Into the Unknown</i>	130		4 min. 14 sec.
<b>TRACK 3</b> <b>Hills</b> <i>One Kiss</i>	140		4 min. 19 sec.
<b>TRACK 4</b> <b>All Terrain</b> <i>How Far I'll Go</i>	84		3 min. 26 sec.
<b>TRACK 5</b> <b>Intervals</b> <i>Surface Pressure</i>	128		3 min. 39 sec.
<b>TRACK 6</b> <b>Breakaway</b> <i>Friend Like Me</i>	130		3 min. 56 sec.
<b>TRACK 7</b> <b>Recovery</b> <i>Try Everything</i>	116		4 min. 00 sec.
<b>TRACK 8</b> <b>Flats</b> <i>Life Is a Highway</i> <i>(From "Cars" Motion Picture)</i>	128		3 min. 46 sec.
<b>TRACK 9</b> <b>Climb</b> <i>Back In Black</i>	91		4 min. 07 sec.
<b>TRACK 10</b> <b>Recovery</b> <i>Come and Get Your Love</i>	128		4 min. 02 sec.
<b>TRACK 11</b> <b>Intervals</b> <i>All The Stars</i>	105		4 min. 00 sec.
<b>TRACK 12</b> <b>Mountains</b> <i>Sweet Child O' Mine</i>	126		5 min. 09 sec.
<b>TRACK 13</b> <b>Cool Down</b> <i>All For Love</i>	77		4 min. 21 sec.
<b>TRACK 14</b> <b>Stretch</b> <i>Reflection (2020)</i> <i>[From Mulan]</i>	95		3 min. 39 sec.