

CYCLE NOW CHOREOGRAPHY TEMPLATE JULY 2022

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Club Can't Handle Me</i>	128		4 min. 46 sec.
TRACK 2 Climb <i>Crazy What Love Can Do</i>	130		3 min. 41 sec.
TRACK 3 Sprint <i>Heartbreak Anthem</i>	150		4 min. 28 sec.
TRACK 4 Recovery <i>Sexy Chick</i>	130		4 min. 03 sec.
TRACK 5 Mixed Terrain <i>Better When You're Gone</i>	128		4 min. 44 sec.
TRACK 6 Intervals <i>Bang My Head</i>	130		4 min. 03 sec.
TRACK 7 Climb <i>Dangerous</i>	128		4 min. 31 sec.
TRACK 8 Recovery <i>Lovers On The Sun</i>	128		4 min. 22 sec.
TRACK 9 Sprint <i>Bad</i>	128		3 min. 37 sec.
TRACK 10 Flats <i>Hey Mama</i>	86		4 min. 50 sec.
TRACK 11 Climb <i>Getting' Over You</i>	128		3 min. 52 sec.
TRACK 12 Sprint <i>Titanium</i>	132		4 min. 14 sec.
TRACK 13 Cool Down <i>When Love Takes Over</i>	60		5 min. 12 sec.
TRACK 14 Stretch <i>One Last Time</i>	125		3 min. 15 sec.