

CYCLE NOW CHOREOGRAPHY TEMPLATE JUNE 2021

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Summer</i>	128		4 min. 45 sec.
TRACK 2 Jump Intervals <i>SummerThing!</i>	132		4 min. 07 sec.
TRACK 3 Climb <i>Cool for the Summer</i>	138		4 min. 31 sec.
TRACK 4 Recovery <i>7 Summers</i>	135		4 min. 12 sec.
TRACK 5 Climb <i>Astronaut In The Ocean</i>	150		4 min. 48 sec.
TRACK 6 Hills <i>I Know What You Did Last Summer</i>	135		3 min. 54 sec.
TRACK 7 Jump Intervals <i>I Melt With You</i>	156		3 min. 53 sec.
TRACK 8 Recovery <i>All Summer Long</i>	120		4 min. 52 sec.
TRACK 9 Flat <i>We're Good</i>	142		4 min. 03 sec.
TRACK 10 Climb <i>Summer Days</i>	135		4 min. 23 sec.
TRACK 11 Climb <i>Lovers on the Sun</i>	138		4 min. 03 sec.
TRACK 12 Sprint <i>Summer of '69</i>	154		4 min. 00 sec.
TRACK 13 Cool Down <i>Put Your Records On</i>	100		4 min. 50 sec.
TRACK 14 Stretch <i>Cover Me In Sunshine</i>	80		3 min. 39 sec.

