

CYCLE NOW CHOREOGRAPHY TEMPLATE JUNE 2022

| SECTION | BPM | DESCRIPTION | TIME |
|---|-----|-------------|----------------|
| TRACK 1 Warm Up <i>About Damn Time</i> | 128 | | 4 min. 46 sec. |
| TRACK 2 Climb <i>Where Did You Go?</i> | 130 | | 3 min. 56 sec. |
| TRACK 3 Sprint <i>Rhythm Nation</i> | 140 | | 4 min. 06 sec. |
| TRACK 4 Recovery <i>Nails, Hair, Hips, Heels</i> | 126 | | 4 min. 28 sec. |
| TRACK 5 Mixed Terrain <i>Vogue</i> | 128 | | 5 min. 28 sec. |
| TRACK 6 Intervals <i>Finally (Cannot Hide It)</i> | 135 | | 3 min. 19 sec. |
| TRACK 7 Climb <i>Born This Way</i> | 132 | | 4 min. 56 sec. |
| TRACK 8 Recovery <i>Hotter Than Hell</i> | 110 | | 4 min. 04 sec. |
| TRACK 9 Sprint <i>I Feel Love</i> | 142 | | 3 min. 47 sec. |
| TRACK 10 Flats <i>Stay Up Till The Mornin'</i> | 145 | | 3 min. 27 sec. |
| TRACK 11 Climb <i>Unstoppable</i> | 128 | | 4 min. 15 sec. |
| TRACK 12 Sprint <i>Run</i> | 128 | | 4 min. 03 sec. |
| TRACK 13 Recovery <i>Rise Up</i> | 60 | | 4 min. 00 sec. |
| TRACK 14 Stretch <i>Scars to Your Beautiful</i> | 97 | | 3 min. 40 sec. |