

CYCLE NOW CHOREOGRAPHY TEMPLATE MARCH 2023

SECTION	BPM	DESCRIPTION	Qui
TRACK 1 Warm Up <i>Anti-Hero</i>	128		4 min. 48 sec.
TRACK 2 Climb <i>This Girl</i>	128		4 min. 22 sec.
TRACK 3 Hills <i>March March</i>	128		4 min. 30 sec.
TRACK 4 All Terrain <i>Look At Her Now</i>	128		5 min. 46 sec.
TRACK 5 Intervals <i>All By Myself</i>	128		4 min. 00 sec.
TRACK 6 Breakaway <i>Victoria's Secret</i>	167		3 min. 11 sec.
TRACK 7 Recovery <i>Flawless</i>	137		3 min. 51 sec.
TRACK 8 Flats <i>Underdog</i>	124		4 min. 07 sec.
TRACK 9 Climb <i>Run The World (Girls)</i>	128		4 min. 37 sec.
TRACK 10 Recovery <i>Grrrls</i>	69		3 min. 35 sec.
TRACK 11 Intervals <i>Made You Look</i>	145		5 min. 05 sec.
TRACK 12 Mountains <i>Confident</i>	130		4 min. 09 sec.
TRACK 13 Recovery <i>You Don't Own Me</i>	47		4 min. 37 sec.
TRACK 14 Stretch <i>Daydream</i>	75		3 min. 06 sec.