

CYCLE NOW CHOREOGRAPHY TEMPLATE MARCH 2022

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Everybody's</i> <i>(Backstreet's Back)</i>	128		4 min. 47 sec.
TRACK 2 Climb <i>Bennie and the Jets</i>	135		4 min. 14 sec.
TRACK 3 Sprint <i>Mr. Brightside</i>	146		4 min. 01 sec.
TRACK 4 Recovery <i>I Can't Help Myself</i> <i>(Sugar Pie, Honey Bunch)</i>	130		2 min. 21 sec.
TRACK 5 Flats <i>HandClap</i>	140		4 min. 03 sec.
TRACK 6 Intervals <i>Tubthumping</i>	128		3 min. 15 sec.
TRACK 7 Sprint <i>Getting' Jiggy Wit It</i>	108		5 min. 06 sec.
TRACK 8 Recovery <i>Come On Eileen</i>	115		4 min. 16 sec.
TRACK 9 Climb <i>Uptown Girl</i>	128		3 min. 59 sec.
TRACK 10 Mixed Terrain <i>I Want You To Want Me</i>	93		4 min. 24 sec.
TRACK 11 Recovery <i>Sweet Caroline</i>	128		4 min. 00 sec.
TRACK 12 Sprint <i>Shake It Off</i>	135		4 min. 15 sec.
TRACK 13 Cool Down <i>Shoop</i>	97		3 min. 48 sec.
TRACK 14 Stretch <i>Thinking Out Loud</i>	80		4 min. 33 sec.