

CYCLE NOW CHOREOGRAPHY TEMPLATE MAY 2021

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Kryptonite</i>	128		4 min. 45 sec.
TRACK 2 Jump Intervals <i>Party In The U.S.A.</i>	132		4 min. 07 sec.
TRACK 3 Climb <i>We're An American Band</i>	138		4 min. 16 sec.
TRACK 4 Recovery <i>American Boy</i>	135		4 min. 08 sec.
TRACK 5 Climb <i>(You Can Still) Rock In America</i>	155		4 min. 10 sec.
TRACK 6 Hills <i>Soak Up The Sun</i>	135		4 min. 30 sec.
TRACK 7 Jump Intervals <i>My Hero</i>	154		4 min. 12 sec.
TRACK 8 Recovery <i>Come Together</i>	85		4 min. 02 sec.
TRACK 9 Flat <i>Summer of '69</i>	142		3 min. 39 sec.
TRACK 10 Climb <i>America's Sweetheart</i>	135		5 min. 20 sec.
TRACK 11 Climb <i>Born In The U.S.A.</i>	138		3 min. 57 sec.
TRACK 12 Sprint <i>America</i>	145		3 min. 45 sec.
TRACK 13 Cool Down <i>Drift Away</i>	83		4 min. 41 sec.
TRACK 14 Stretch <i>American Oxygen</i>	79		4 min. 39 sec.