

CYCLE NOW CHOREOGRAPHY TEMPLATE MAY 2023

SECTION	BPM	DESCRIPTION	DURATION
TRACK 1 Warm Up <i>Hey Look Ma, I Made It</i>	128		4 min. 45 sec.
TRACK 2 Jog <i>Hey Mama</i>	86		4 min. 00 sec.
TRACK 3 Flats <i>Mama Said Knock You Out</i>	102		4 min. 44 sec.
TRACK 4 Climb <i>She's a Bad Mama Jama (She's Built, She's Stacked)</i>	130		3 min. 56 sec.
TRACK 5 Brekaway <i>Mother's Daughter</i>	140		4 min. 36 sec.
TRACK 6 Flats <i>More Than A Woman</i>	128		4 min. 15 sec.
TRACK 7 Mixed Terrain <i>MAMACITA</i>	128		4 min. 18 sec.
TRACK 8 Intervals <i>Does Your Mother Know</i>	140		4 min. 20 sec.
TRACK 9 Flats <i>Mother</i>	128		3 min. 52 sec.
TRACK 10 Hills <i>Mama Said</i>	150		4 min. 22 sec.
TRACK 11 Recovery <i>Mama</i>	128		4 min. 09 sec.
TRACK 12 Mountains <i>Bohemian Rhapsody</i>	140		4 min. 20 sec.
TRACK 13 Recovery <i>Female</i>	85		3 min. 37 sec.
TRACK 14 Stretch <i>Cover Me In Sunshine</i>	80		3 min. 17 sec.