

CYCLE NOW CHOREOGRAPHY TEMPLATE NOV2020

SECTION	BPM	DESCRIPTION	TIME
<b>TRACK 1</b> Warm Up <i>Lasting Lover</i>	126		3 min. 50 sec.
<b>TRACK 2</b> Jump Intervals <i>Diamonds</i>	128		4 min. 37 sec.
<b>TRACK 3</b> Climb <i>Midnight</i>	134		4 min. 17 sec.
<b>TRACK 4</b> Recovery <i>Head &amp; Heart</i>	130		4 min. 11 sec.
<b>TRACK 5</b> Climb <i>WHATS POPPIN</i>	148		4 min. 32 sec.
<b>TRACK 6</b> Jump Intervals <i>Let's Love</i>	128		4 min. 15 sec.
<b>TRACK 7</b> Sprint <i>Hot Stuff</i>	150		4 min. 08 sec.
<b>TRACK 8</b> Recovery <i>OK Not To Be OK</i>	103		4 min. 02 sec.
<b>TRACK 9</b> Flat <i>Seven Nation Army</i>	124		4 min. 40 sec.
<b>TRACK 10</b> Climb <i>Separate Ways (Worlds Apart)</i>	132		4 min. 29 sec.
<b>TRACK 11</b> Climb <i>Ain't Talkin' Bout Love</i>	140		4 min. 14 sec.
<b>TRACK 12</b> Sprint <i>Dream On</i>	150		4 min. 07 sec.
<b>TRACK 13</b> Cooldown <i>Lost Without You</i>	107		4 min. 15 sec.
<b>TRACK 14</b> Stretch <i>come out and play</i>	73		4 min. 12 sec.