

**CYCLE NOW CHOREOGRAPHY TEMPLATE NOVEMBER 2021**

SECTION	BPM	DESCRIPTION	TIME
<b>TRACK 1</b> <b>Warm Up</b> <i>Black And Yellow</i>	128		4 min. 45 sec.
<b>TRACK 2</b> <b>Seated Flat</b> <i>Red Lights</i>	130		4 min. 11 sec.
<b>TRACK 3</b> <b>Slow Climb</b> <i>Purple Rain</i>	128		4 min. 17 sec.
<b>TRACK 4</b> <b>Endurance</b> <i>Greenlight</i>	140		4 min. 00 sec.
<b>TRACK 5</b> <b>Jumps</b> <i>Waves Of Blue</i>	126		4 min. 34 sec.
<b>TRACK 6</b> <b>Endurance</b> <i>Filthy vs. Bodak</i> <i>Yellow</i>	142		4 min. 05 sec.
<b>TRACK 7</b> <b>Seated Flat</b> <i>Raspberry Beret</i>	128		4 min. 39 sec.
<b>TRACK 8</b> <b>Sprint</b> <i>Paint It Black</i>	157		3 min. 58 sec.
<b>TRACK 9</b> <b>Slow Climb</b> <i>Red Alert</i>	127		4 min. 17 sec.
<b>TRACK 10</b> <b>Jumps</b> <i>Gold Digger</i>	128		4 min. 37 sec.
<b>TRACK 11</b> <b>Seated Climb</b> <i>Black Or White</i>	118		3 min. 49 sec.
<b>TRACK 12</b> <b>Sprint</b> <i>Purple Hat</i>	140		4 min. 13 sec.
<b>TRACK 13</b> <b>Cool Down</b> <i>Goodbye Yellow Brick</i> <i>Road</i>	122		5 min. 00 sec.
<b>TRACK 14</b> <b>Stretch</b> <i>Red Red Wine</i>	90		2 min. 51 sec.