

CYCLE NOW CHOREOGRAPHY TEMPLATE OCTOBER 2021

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>I Knew You Were Trouble</i>	128		4 min. 45 sec.
TRACK 2 Seated Flat <i>Ready For It</i>	160		4 min. 48 sec.
TRACK 3 Slow Climb <i>The Archer</i>	136		3 min. 31 sec.
TRACK 4 Endurance <i>bury a friend vs. Look What You Made Me Me Do</i>	140		3 min. 52 sec.
TRACK 5 Jumps <i>Gorgeous</i>	126		4 min. 03 sec.
TRACK 6 Endurance <i>Bad Blood</i>	130		4 min. 49 sec.
TRACK 7 Seated Flat <i>Style</i>	145		3 min. 58 sec.
TRACK 8 Sprint <i>I Don't Wanna Live Forever (Fifty Shades Darker)</i>	130		4 min. 48 sec.
TRACK 9 Slow Climb <i>Red</i>	128		4 min. 22 sec.
TRACK 10 Jumps <i>Shake It Off</i>	160		3 min. 35 sec.
TRACK 11 Seated Climb <i>New Romantics</i>	122		4 min. 50 sec.
TRACK 12 Sprint <i>End Game</i>	160		4 min. 36 sec.
TRACK 13 Cool Down <i>You Need To Calm Down</i>	85		3 min. 19 sec.
TRACK 14 Stretch <i>Cardigan</i>	65		3 min. 56 sec.