

CYCLE NOW CHOREOGRAPHY TEMPLATE OCTOBER 2022

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Pour Some Sugar On Me</i>	128		4 min. 49 sec.
TRACK 2 Climb <i>Watermelon Sugar vs. Peaches</i>	130		4 min. 51 sec.
TRACK 3 Sprint <i>Ice Cream</i>	156		4 min. 36 sec.
TRACK 4 Flats <i>Sour Candy</i>	120		2 min. 37 sec.
TRACK 5 All Terrain <i>Sugar</i>	130		4 min. 09 sec.
TRACK 6 Hills <i>I Want Candy</i>	110		4 min. 17 sec.
TRACK 7 Intervals <i>Yummy</i>	146		3 min. 10 sec.
TRACK 8 Flats <i>Lollipop</i>	145		4 min. 38 sec.
TRACK 9 Sprint <i>TREAT MYSELF</i>	128		5 min. 14 sec.
TRACK 10 Recovery <i>Candy</i>	128		4 min. 59 sec.
TRACK 11 Climb <i>Cake By The Ocean</i>	128		4 min. 59 sec.
TRACK 12 Sprint <i>Sweet But Psycho</i>	130		3 min. 44 sec.
TRACK 13 Cool Down <i>Dessert</i>	97		3 min. 28 sec.
TRACK 14 Stretch <i>Candy</i>	102		3 min. 27 sec.