

CYCLE NOW CHOREOGRAPHY TEMPLATE SEPTEMBER 2021

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Legends Are Made</i>	128		4 min. 46 sec.
TRACK 2 Seated Flat <i>Stay</i>	170		4 min. 32 sec.
TRACK 3 Seated Hill <i>Flashdance... What a Feeling</i>	125		3 min. 43 sec.
TRACK 4 Endurance <i>All You Need To Know</i>	150		4 min. 15 sec.
TRACK 5 Seated Flat <i>Sit To Next Me</i>	126		4 min. 00 sec.
TRACK 6 Standing Hill <i>Heartbreak Anthem</i>	130		2 min. 49 sec.
TRACK 7 Seated Flat <i>We Can't Stop</i>	145		5 min. 31 sec.
TRACK 8 Combo Hill Stand <i>Up</i>	130		4 min. 01 sec.
TRACK 9 Seated Flat <i>Bad Habits</i>	128		5 min. 30 sec.
TRACK 10 Sprint <i>Power</i>	162		4 min. 08 sec.
TRACK 11 Seated Climb <i>BURN IT DOWN</i>	110		3 min. 46 sec.
TRACK 12 Sprint <i>Higher Power</i>	170		4 min. 35 sec.
TRACK 13 Cool Down <i>All I Know So Far</i>	108		4 min. 33 sec.
TRACK 14 Stretch <i>Till Forever Falls Apart</i>	68		3 min. 43 sec.