

CYCLE NOW CHOREOGRAPHY TEMPLATE FEBRUARY 2023

SECTION	BPM	DESCRIPTION	Qui
TRACK 1 Warm Up <i>2 Legit 2 Quit</i>	128		4 min. 48 sec.
TRACK 2 Climb <i>Vegas</i>	128		4 min. 24 sec.
TRACK 3 Hills <i>First Class</i>	128		3 min. 33 sec.
TRACK 4 All Terrain <i>The Choice Is Yours</i>	101		3 min. 56 sec.
TRACK 5 Intervals <i>JUMP</i>	128		4 min. 30 sec.
TRACK 6 Breakaway <i>In Da Club</i>	128		4 min. 30 sec.
TRACK 7 Recovery <i>Persuasive</i>	120		3 min. 36 sec.
TRACK 8 Flats <i>INDUSTRY BABY</i>	75		4 min. 41 sec.
TRACK 9 Climb <i>Ain't No Mountain High Enough</i>	128		4 min. 15 sec.
TRACK 10 Recovery <i>Poke It Out</i>	100		4 min. 38 sec.
TRACK 11 Intervals <i>Savage (Remix)</i>	128		3 min. 55 sec.
TRACK 12 Mountains <i>Still D.R.E.</i>	128		3 min. 51 sec.
TRACK 13 Recovery <i>Ultra Black</i>	100		4 min. 30 sec.
TRACK 14 Stretch <i>I'm Tired (From Euphoria)</i>	71		3 min. 05 sec.