

CYCLE NOW CHOREOGRAPHY TEMPLATE MAY 2022

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Eye Of The Tiger</i>	128		4 min. 46 sec.
TRACK 2 Climb <i>Nothing's Gonna Stop Us Now</i>	130		3 min. 56 sec.
TRACK 3 Sprint <i>Danger Zone</i>	140		4 min. 11 sec.
TRACK 4 Recovery <i>(Sittin' On) The Dock of the Bay</i>	126		4 min. 27 sec.
TRACK 5 Mixed Terrain <i>Take On Me</i>	170		4 min. 09 sec.
TRACK 6 Intervals <i>I'm So Excited</i>	128		3 min. 28 sec.
TRACK 7 Climb <i>Separate Ways (Worlds Apart)</i>	132		4 min. 58 sec.
TRACK 8 Recovery <i>Takin' Care of Business</i>	124		3 min. 44 sec.
TRACK 9 Sprint <i>Livin' On A Prayer</i>	145		3 min. 48 sec.
TRACK 10 Flats <i>Here I Go Again</i>	90		5 min. 25 sec.
TRACK 11 Climb <i>Broken Wings</i>	128		4 min. 09 sec.
TRACK 12 Sprint <i>The Final Countdown</i>	120		4 min. 20 sec.
TRACK 13 Recovery <i>Almost Paradise (Love Theme "Footlose")</i>	66		3 min. 45 sec.
TRACK 14 Stretch <i>Rocket Man</i>	69		4 min. 38 sec.