

CYCLE NOW CHOREOGRAPHY TEMPLATE SEPTEMBER 2022

SECTION	BPM	DESCRIPTION	TIME
TRACK 1 Warm Up <i>Yeah!</i>	128		4 min. 46 sec.
TRACK 2 Climb <i>BREAK MY SOUL</i>	130		5 min. 26sec.
TRACK 3 Sprint <i>2 Be Loved (Am I Ready)</i>	156		4 min. 19 sec.
TRACK 4 Flats <i>Do It To It</i>	128		3 min. 30 sec.
TRACK 5 All Terrain <i>abcdefu vs. Careless Whisper</i>	130		3 min. 58 sec.
TRACK 6 Hills <i>Running Up the Hill (A Deal With God)</i>	128		4 min. 28 sec.
TRACK 7 Climb <i>INDUSTRY BABY</i>	150		5 min. 33 sec.
TRACK 8 Flats <i>Betty (Get Money)</i>	102		3 min. 20 sec.
TRACK 9 Sprint <i>Enemy</i>	154		3 min. 30 sec.
TRACK 10 Recovery <i>W.I.T.C.H.</i>	122		3 min. 08 sec.
TRACK 11 Climb <i>First Class</i>	128		5 min. 00 sec.
TRACK 12 Sprint <i>In Da Club</i>	130		3 min. 52 sec.
TRACK 13 Cool Down <i>Jiggle Jiggle</i>	100		4 min. 00 sec.
TRACK 14 Stretch <i>Numb Little Bug</i>	85		4 min. 20 sec.