


# Ride Run Roll n Rock

type/description

time

| Elapsed Time       | Tune  | Movement  | Intensity | Tempo | Cadence | Notes                 | Duration |
|--------------------|---|---|-----------|-------|---------|-----------------------|----------|
| 0<br>5:02          | Tour De France - Kraftwerk                            |    | 1         | 134   | alt     | Start before class    | 5:12     |
| 5:02<br>8:45       | Hypnotize – Notorious BIG                             |    | 5         | 93    | Sing    |                       | 3:50     |
| 8:45<br>11:27      | Cry (just a little) – Bingo Players                   |    | 8         | 126   | alt     |                       | 2:47     |
| 11:27<br>15:00     | Slam - Onyx   |    | 6         | 98    | sing    |                       | 3:39     |
| 15:00<br>18:42     | Happy Accident – Tantric Decks                        |    | 6         | 103   | Sing    | RACE!                 | 3:44     |
| 18:42<br>24:10     | Check Baby – WhiteNoize                               |    | 8         | 124   | Alt     |                       | 5:32     |
| 24:10<br>27:47     | Rolling in the Deep – Adele                           |    | 1, 6      | 105   | Sing    | Chill then RACE!      | 3:48     |
| 27:47<br>31:25     | Run Run Away – Slade                                  |    | 8         | 130   | Alt     |                       | 3:44     |
| 31:25<br>33:14     | Sirius – Alan Parsons Project                         |  | 9         |       |         | Sprint at guitar solo | 1:55     |
| 33:14<br>36:54     | Heat of The Moment – Asia                             |  | 5         | 142   | Alt     |                       | 3:52     |
| 36:54<br>41:47     | Let's get Rocked – Def Leppard                        |  | 6         | 92    | Sing    |                       | 4:56     |
| 41:47<br>45:41     | Here (in your arms) – Hellogoodbye                    |  | 8         | 126   | Alt     |                       | 4:00     |
| 45:41<br>48:45     | My Songs Know What you Did in the Dark – Fall out Boy |  | 5         | 152   | Alt     |                       | 3:06     |
| 48:45<br>52:01     | Rhinestone Eyes – Gorillaz                            |  | 5         | 93    | Sing    |                       | 3:20     |
| 52:01<br>56:17     | Round and Round – Ratt                                |  | 8         | 126   | Alt     |                       | 4:26     |
| 56:57<br>58:52     | Rock this Town – Stray Cats                           |  | 6         | 99    | Sing    |                       | 2:39     |
| 58:52<br>1:01:52   | Oh Yeah – Yello                                       |  | 8         | 133   | Alt     |                       | 3:05     |
| 1:01:52<br>1:05:57 | Up all Night – Slaughter                              |  | 6         | 98    | Sing    |                       | 4:17     |
| 1:05:57<br>1:08:00 | Cups – Anna Kendrick                                  |  | 3         | 130   | Alt     |                       | 2:06     |

