

## Music Suggestions for Total Barre® — Creating Great Choreography to Music

### **Music Theme: Popular Dance Tunes**

- 1. Warm Up 1: Spinal Mobility —**  
Flexion, Extension, Rotation & Side Bending  
Music: I Can't Feel My Face  
Length: 3:40 – **approx. 114 bpm**  
Artist: Walk off the Earth  
Album: Walk off the Earth  
Download: [\*\*itunes.com\*\*](https://www.apple.com/itunes/lookup?term=I+Can't+Feel+My+Face&resultFrom=itunes)
- 2. Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**  
Music: Love Yourself  
Length: 3:54 – **approx. 110 bpm**  
Artist: Justin Bieber  
Album: Purpose (deluxe version)  
Download: [\*\*itunes.com\*\*](https://www.apple.com/itunes/lookup?term=Love+Yourself&resultFrom=itunes)
- 3. Workout 1: Lower Body — Hip, Knee, Ankle & Foot**  
Music: I Don't Like It I Love It  
Length: 4:27 – **approx. 138 bpm**  
Artist: Flo Rida (feat. Robin Thicke & Verdine White)  
Album: Single  
Download: [\*\*itunes.com\*\*](https://www.apple.com/itunes/lookup?term=I+Don't+Like+It+I+Love+It&resultFrom=itunes)
- 4. Workout 2: Upper Body — Arms Front**  
Music: Don't Tell Me  
Length: 4:10 – **approx. 108 bpm**  
Artist: Madonna  
Album: Celebration (deluxe version)  
Download: [\*\*itunes.com\*\*](https://www.apple.com/itunes/lookup?term=Don't+Tell+Me&resultFrom=itunes)
- 5. Workout 3: Upper Body — Arms Back**  
Music: All I Want is You  
Length: 4:56 – **approx. 108 bpm**  
Artist: Miguel, (feat. J. Cole)  
Album: All I Want is You  
Download: [\*\*itunes.com\*\*](https://www.apple.com/itunes/lookup?term=All+I+Want+is+You&resultFrom=itunes)
- 6. Workout 4: Hip Abduction & Extension Series**  
Music: Time of My Life  
Length: 3:49 – **approx. 132 bpm**  
Artist: Pitbull & Ne-Yo  
Album: Globalization  
Download: [\*\*itunes.com\*\*](https://www.apple.com/itunes/lookup?term=Time+of+My+Life&resultFrom=itunes)

Music: I Like It  
Length: 3:52 – **approx. 132 bpm**  
Artist: Enrique Iglesias (feat. Pitbull)  
Album: Euphoria (deluxe version)  
Download: [\*\*itunes.com\*\*](https://www.apple.com/itunes/lookup?term=I+Like+It&resultFrom=itunes)
- 7. Workout 5: Cardio Legs**  
Music: I'm Coming Out  
Length: 6:00 – **approx 114 bpm**  
Artist: Diana Ross  
Album: Original CHIC Mix Diana (deluxe version)  
Download: [\*\*itunes.com\*\*](https://www.apple.com/itunes/lookup?term=I'm+Coming+Out&resultFrom=itunes)
- 8. Workout 6: Standing Abs**  
Music: Take Back the Night  
Length: 5:53 – **approx. 114 bpm**  
Artist: Justin Timberlake  
Album: The 20/20 Experience (deluxe version)  
Download: [\*\*itunes.com\*\*](https://www.apple.com/itunes/lookup?term=Take+Back+the+Night&resultFrom=itunes)
- 9. Workout 7: Calf, Quad & Adductor / Abductor**  
Music: Lay it All on Me  
Length: 4:02 – **approx. 132 bpm**  
Artist: Rudimental, featuring Ed Sheeran  
Album: We the Generation  
Download: [\*\*itunes.com\*\*](https://www.apple.com/itunes/lookup?term=Lay+it+All+on+Me&resultFrom=itunes)
- 10. Floor Work 1: Abs, Back & Arms**  
Music: Supermassive Black Hole  
Length: 3:32 – **approx. 126 bpm**  
Artist: Muse  
Album: Single (deluxe version)  
Download: [\*\*itunes.com\*\*](https://www.apple.com/itunes/lookup?term=Supermassive+Black+Hole&resultFrom=itunes)
- 11. Floor Work 2: Cool Down & Stretching**  
Music: When We Were Young  
Length: 4:51 – **approx. 80 bpm**  
Artist: Adele  
Album: 25  
Download: [\*\*itunes.com\*\*](https://www.apple.com/itunes/lookup?term=When+We+Were+Young&resultFrom=itunes)