



Music Exchange - standing exercises

Track	Good for:-	Artist/CD	Recommended by:-	Length of track	bpm
Do you want the truth or something beautiful	Waists	Paloma Faith/Do you want the truth or something beautiful	Helen Long	4.35	89
Cavatina	Waists, sways, movement, also posture	Royal Philharmonic Orchestra/All time classics	Melody Sturt	3.42	61
Hold up a light	Waists	Take that/The Circus	H Wycome group	4.27	128
Life is a rollercoaster	Waists	Ronan Keating/10 years of hits	H Wycome group	3.54	121
Baby love	Waists	Supremes/Motown 50	H Wycome group	2.36	127
Everybody knows	Waists	Dixie Chicks/Taking the long way	H Wycome group	4.18	117
Just haven't met you yet	Waists	Michael Buble	H Wycome group	4.05	124
Do you mind	Waists	Robbie Williams/Reality killed the video star	H Wycome group	4.08	122
Spotlight	Waists	Jennifer Hudson/Jennifer Hudson	H Wycome group	4.10	109
If this is it	Waists	Newton Faulkner/Rebuilt by humans	NW group	4.00	122
Eight letters	Waists	Take that/Progress	NW group	4.40	98
The Thorn Birds	Waists	Moon River/Henry Mancini	NW group	2.35	62
Fill my little world	Hams standing	The feeling/12 stops and home	H Wycome group	4.07	90
Million love songs	Hams standing	Take that/Never forget	H Wycome group	3.53	69
Don't let me be lonely tonight	Hams standing	James Taylor/October Road	H Wycome group	4.42	69
Advertising space	Shoulders	Robbie Williams/In & out of consciousness	H Wycome group	4.38	115
Push the button	Shoulders	Sugarbabes/Taller in more ways	H Wycome group	3.38	127
Simplicity of the heart	Shoulders	Govi/Andalusian Nights	H Wycome group	6.06	101
Kisses for me	Shoulders	Brotherhood of man/Best of	H Wycome group	3.02	187
Your life is now	Shoulders	John Mellencamp/Words & Music	H Wycome group	3.58	120
Isn't she lovely	Shoulders	Stevie Wonder/Motown 50	H Wycome group	3.19	121
Bust your windows	Knee lifts	Cast of Glee/Volume 1	NW group	4.20	114
Rebelde amor	Knee lifts	Belle Perez/Gypsy	NW group	3.05	117
Let's never stop falling in love	Hip swings	Pink Martini/Hang on little tomato	NW group	3.02	129
Delilah	Hip swings	Tom Jones/Gold album	NW group	3.22	64
Pretty Woman	Hip swings	Roy Orbison/100 Move hits	NW group	2.57	126
Amarillo	Hip swings	Tony Christie/Definitive Collection	NW group	3.12	140
Sunny side of the street	Hip swings	Rod Stewart/Great American Songbook Vol V	NW group	2.56	131
The snow waltz	Hip swings	Andre Rieu/Moonlight serenade	Janice Gronow	3.42	178



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Looking for a girl	Feet	Teddy Thompson/Bella	NW group	3.23	12
My baby just cares for me	Feet	Nina Simone/The Essential Nina Simone	NW group	3.37	121
True Blue	Feet/hips	Madonna /Madonna	H Wycome group	4.18	119
Carnaval de Venise	Feet/hips	Andre Rieu/Forever Vienna	H Wycome group	4.33	68
Bubbles	Feet/hips	Biffy Clyro/Only revolutions	H Wycome group	5.01	148
As if by magic	Feet/hips	La Roux/La Roux	H Wycome group	3.51	134
There's your trouble	Feet/hips	Dixie Chicks/Wide open spaces	H Wycome group	3.12	130
Wild about my loving	Hip Swings	Imelda May/Love Tattoo	Suzie France	3.17	178
Hot Stuff	Footwork / legwork	Donna Summer/Full Monty	Val Augustine	3.49	121
Something in the water	Footwork/legwork	Brooke Fraser/Single	Lucinda Rowles	3.04	123
Morning Dance	Footwork	Spyro Gyra/ The very best of Spyro Gyra	Karen Douglas	4.16	102
Besame Mucho	Salsa /hip swings	Pablo Carcamo/20 best of tropical dance music	Brenda Walker	3.01	143
C'est si bon	Hip swings & nifty footwork	Emilie Claire Barlow/The very thought of you	Julia Hopkins	3.51	137
Tico tico	Legs	Andrews Sisters/Best of the Andrews Sisters	Kathy Kirk	2.17	143