



Music Exchange - Warm up & walking

Track	Good for:-	Artist/CD	Recommended by:-	Length of track	bpm
Celebration	Warm up	Madonna/Celebration remixes	Karen Erasmus	3:35	127
Le freak (single edit)	1 st warm up	Chic/Chic's g'test hits	Sarah Price	7:05	119
Sensitivity (Sensitive Mix)	2 nd warm up	Shapeshifters & Chic/Sensitivity	Sarah Price	5.22	126
If we ever meet again	Warmup/Hip swings, mambo/salsa/wor kout	Timbaland feat Katy Perry/Shock Value 11	Kim Davis	4.52	127
Teenage Fanclub	Warm up /revite	Baby Lee/Baby Lee Single	Jean Lewis	4.23	114
It's raining again	Warm up /revite	Supertramp/Very Best of Supertramp	Jean Lewis	4.27	121
The Way Love Goes	Warm up	Lemar/Single	Melody Sturt	3.32	126
Love is a hurricane	Warm up	Boyzone/Brother	Hanah Garrad	3.29	127
Whoops Now	Breezy warm up	Janet Jackson/single	Julia Hopkins	4.07	134
Big Panty Woman	Warm up	Barefoot man/Only the good stuff	Kathy Kirk	5.26	131
Sous le soleil (Cuba mix)	Warm up	Major boys featuring Aurelia/Sous le soleil	Janice Gronow	8.05	131
Set fire to the rain (Moto Blanco Edit)	Warm up	Adele/Set fire to the rain	Christine Underhill	3.35	127
What a feeling (Radio Edit)	Warm up	Alex Gaudino/What a feeling remixes	Christine Underhill	3.01	129
Human	2 nd warm up	The Killers/Day & Age	H Wycome group	4.05	136
You should be dancing	Warm up	Bee Gees/Sat Night Fever	H Wycome group	4.17	124
Hollywood (odd beats)	Warm up	Michael Buble/single	H Wycome group	4.14	133
Uptight	Warm up	Phil Collins/Going black	H Wycome group	4.04	134
September	Warm up	Earth,Wind&Fire/Greatest hits	H Wycome group	3.34	127
Left my heart in Tokyo	Warm up	Mini Viva/ Now 74	H Wycome group	3.46	129
I gotta feeling	Warm up	Black Eyed Peas/Now 74	H Wycome group	4.06	134
Higher	Warm up	Tribute to Taio Cruz & Kylie	NW group	3.11	130
Go west	Warm up	Pet Shop Boys/Popart the hits	NW group	5.04	120
If I only knew	Warm up	Tom Jones/Intolerable Cruelty	NW group	4.18	117
Yes sir I can boogie	Warm up	Sophie E Bexter/I won't change you	NW group	3.58	128
Outside	Warm up	George Michael/Ladies & Gentlemen	NW group	4.43	126
Good times	Warm up	Ben Preston/Good times EP	NW group	6.42	129
How will I know	Warm up	Whitney Houston/	NW group	4.35	121

Nice to see you	Warm up	Mango Groove/	NW group	4.15	131
San Marco	Warm up	Rondo Veneziano	NW group	3.22	136
Waiting for tonight	Warm up	Jennifer Lopez/On the 6	NW group	4.06	128
Hung up	Warm up	Madonna	NW group	3.27	126
Jealousy	Warm up	Will Young/Moto Blanco Club Mix	Christine Underhill	7.24	130
All about tonight	Warm up	Pixie Lot/The Alias Remix	Christine Underhill	5.52	130
Angel Street	Walking	M People/Best of M People	H Wycome group	4.14	126
Kidz	Walking	Take that/Progress	H Wycome group	4.42	123
Twist & shout	Walking	Beatles/Please please me	H Wycome group	2.33	127
Carnaval de Venise	Waltz steps	Andre Rieu/Forever Vienna	H Wycome group	4.33	68
Love it when you call	Walking	The Feeling/ 12 steps and home	NW group	3.34	119
Nice to see you	Walking	Mango Groove/Best of Mango Groove	NW group	4.15	131