CHEER TEAM :

Contact :

Cell # (mandatory) :

Email :

City & Prov/State :

Length of Routine [Time] :

Is Cheer Locked to one Tempo [Yes or No] :

If "YES", indicate TEMPO [Beats Per Minute] :

School / Organization :

by TBONE

Sound Lounge Production Studios
o. 306.241.8625
e. tbone@thesoundlounge.ca
w. www.thesoundlounge.ca
Calculate BPM of any song on my website!

Fill it out
Save it
then email it to me!

SONG TITLE / NAME OF REMIX	ARTIST	SECTION	COUNT NUMBER	1	2	3	4	5	6	7	8
			1								
			2								
			3								
			4								
			5								
			6								
			7								
			8								
			9								
			10								
			11								
			12								
			13								
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			36								
			37								
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			39								
			40								
			41								
			42								
			43								
			44								
			45								
			46								

BPM CHART

This chart is a guideline as to how many counts of 8 your routine should have...based on Beats Per Minute (BPM / speed) and Length (time) of your piece.
BPM Can be calculated on the front page of my website: www.thesoundlounge.ca Just tap along to any song!

LENGTH > TIME V	120 BPM	125 BPM	130 BPM	135 BPM	140 BPM	145 BPM	150 BPM
1:30	21	22	23	24	25	26	27
1:45	25	26	27	28	29	30	31
2:00	28	29	30	31	33	35	36
2:15	32	33	35	36	38	39	40
2:30	36	37	39	41	42	44	45

NOTES: