ASOR

A STATE OF RIDE
RELEASE 2

OFFICIAL INSTRUCTOR CHOREOGRAPHY

ASOR 2

#			
1	**Warm-Up**	**Higher Ground**	Odesza
2	**Mixed Pace**	**Underwater**	Rufus Du Sol
3	**Climbing**	**Without Me (Illenium Remix)**	Halsey
4	**Attacks**	**Withcraft (Pegboard Nerds Remix)**	Pendulum
5	**Race Endurance**	**Gravity**	Space Corps
6	**Power**	**Run For Your Life**	Sullivan King
7	**Peak**	**Lethal Industry**	Tiesto
8	**Ride Home**	**One Thing Right**	Marshmello feat Kane Brown

Credits

Program Creator Matty Clarke

Music Remixing Matty Clarke

Choreography Matty Clarke

Livestream Producer Jason Warring

Filmed at The ASOR Bunker, Sydney. Australia

Higher Ground
Odesza

ASOR 2

Track Focus: I want riders to feel relaxed and empowered as they embark of the start of their journey.

	The Engineer			The Athlete					The Coach
Time	**Music**	**Element**	**Counts**	**Sequence**	**Position**	**Tempo**	**Load**	**Intensity**	**Options & Cues**
1.01	Intro	[soft beat]	2 x 8	Set-Up	Seated Recovery	1/4			
1.10	Verse	ain't no surprise	4 x 8		Seated Easy	3/4	○	Easy	
1.28	Pre-Chorus	_so won't you	4 x 8			1/2	↗	Easy/Mod	A firmness underfoot to slow the legs.
1.46	Chorus	**save** me	4 x 8	Warm-Up 1	Easy Racing	PP			
2.05	Inst	[soft melody]	4 x 8		Racing	1/1	↗	Easy/Mod	Relaxed reach to race.
2.23	Bridge	[fades]	2 x 8		Seated Easy	1/2+	↓		Slow and reduce. Fid calm.
2.32	Verse	would you give	4 x 8		Seated Easy	3/4			
2.51	Pre-Chorus	_so won't you	4 x 8			1/2	↗	Easy/Mod	
3.09		_so won't you	4 x 8	Warm-Up 2		1/2+	↗	Mod	
3.27	Chorus	**save** me	4 x 8		Easy Racing	PP			
3.45	Inst	[soft melody]	4 x 8		Racing	1/1	↗		
4.04	Bridge	[fades]	2 x 8		Seated Easy	1/2+	↓		Slow.
4.13	Verse	would you give	4 x 8		Seated Easy	3/4			
4.31	Pre-Chorus	_so won't you	4 x 8			1/2	↗	Easy/Mod	Increase resistance to feel the legs slow.
4.49		_so won't you	4 x 8	Warm-Up 3		1/2+	↗	Mod	
5.08	Chorus	**save** me	4 x 8		Easy Racing	PP			
5.26	Inst	[soft melody]	4 x 8		Racing	1/1	↗	Mod	
5.44	Outro	[fades]	4 x 8		Seated Easy	PP			Cruise to the line.

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll.

Track Focus: I want riders to enjoy the depth of the sound as they explore their race pace.

	The Engineer				The Athlete				The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
6.11	Intro	[soft melody]	4 x 8	Set-Up	Seated Recovery	1/4			
6.27	Verse	**sea**side	8 x 8		Seated Easy	1/2+	○	Easy	2 flats before your first climb.
7.00	Pre-Chorus	_stuck underwater	8 x 8	Pace 1	Easy Racing	3/4	↗	Easy/Mod	Feeling fluid from the hips down.
7.32	Chorus	(vocals)	12 x 8		Racing	PP	↗	Mod	Moving closer to beat.
8.21	Verse	some **in**sight	8 x 8		Seated Easy	1/2+	↓	Easy	Reduce pressure, catch your breath.
8.54	Pre-Chorus	_stuck underwater	8 x 8	Pace 2	Easy Racing	3/4	↗	Easy/Mod	Feel the music swell.
9.26	Chorus	(vocals)	12 x 8		Racing	PP	↗	Mod	Take yourself to racing.
10.15	Bridge	[fades]	4 x 8		TRANSITION	1/2+			Slow down. Time to prepare for the climb.
10.31	Pre-Chorus	_stuck underwater	8 x 8	Climb 1	Seated Climb	1/2	↗	Mod	Prepare for your first climb of the day.
11.04	Chorus	(vocals)	12 x 8		Standing Climb	1/2	↗	Mod/Hard	Turn, rise and shine.
11.53	Inst	need some **space**	4 x 8		TRANSITION	1/2+	↓	Mod/Hard	Accelrate over the crest, sit, reduce and race.
12.09		need some **space**	4 x 8	Pace 3	Racing	PP	↗		Redjust if you need it.
12.25	Outro	[soft melody]	4 x 8		Racing	PP		Hard	OPTION: reduce cadence and roll.

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll.

Without Me (Illenium Remix)
Halsey

Track Focus: I want riders to feel the strength of their climb within the relaxed flow of the music.

	The Engineer				The Athlete				The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
12.54	Intro	[soft melody]	4 x 8	Set-Up	Seated Recovery	1/4			
13.08	Verse	**found** you	4 x 8		Seated Climb	1/2+	◯	Easy/Mod	
13.22		i'd **catch** you	4 x 8			3/4			
13.36	Pre-Chorus	hows it **feel**	4 x 8			3/4	↗		
13.50		**live** without me	4 x 8	Climb 1		3/4+			
14.04	Chorus	[big melody]	8 x 8		Standing Climb	1/1	↗	Mod/Hard	OPTION: Adjust gear 4 x 8
14.33	Bridge	[fades]	1 x 8		TRANSITION	1/2+	↓	Easy/Mod	
14.36	Verse	**gave** love	4 x 8		Seated Climb	3/4			
14.50		i'd **catch** you	4 x 8			3/4	↗		
15.05	Pre-Chorus	hows it **feel**	4 x 8			3/4+	↗	Mod	
15.19		**live** without me	4 x 8	Climb 2		1/1	↗	Mod/Hard	
15.33	Chorus	[big melody]	8 x 8		Standing Climb	1/1	↗	Mod/Hard	OPTION: Adjust gear 4 x 8
16.01	Bridge	[fades]	1 x 8		TRANSITION	1/2+	↓	Easy/Mod	
16.05	Verse	**gave** love	4 x 8		Seated Climb	3/4			
16.19		i'd **catch** you	4 x 8			3/4	↗		
16.33	Pre-Chorus	hows it **feel**	4 x 8			3/4+	↗	Mod	
16.47		**live** without me	4 x 8	Climb 3		1/1	↗	Mod/Hard	
17.01	Chorus	[big melody]	8 x 8		Standing Climb	1/1	↗	Hard	
17.29	Bridge	you don't have to	4 x 8		Standing Recovery	1/2+			Walk it slow.

Time	Section	Lyric	Count		Move	Gear		Intensity		
17.43	Pre-Chorus	hows it **feel**	4 x 8		TRANSITION	1/2+	↓			OPTION:
17.57	Reprise		4 x 8	Climb 4	Seated Climb	3/4	↗			
18.12	Chorus	[big melody]	16 x 8		Standing Climb	1/1	↗	Hard		
19.08	Outro	[soft melody]	4 x 8		Standing Attack	1/1+		V Hard		

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll.

Track Focus: I want riders to feel energetic as they attack their interval work.

	The Engineer			The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
19.31	Intro	**it's** in your eyes	4 x 8	Set-Up	Seated Recovery	1/4			
19.53		_does it feel	4 x 8		Seated Easy	1/2+	◯		
20.15	Inst	[big synth]	4 x 8		Time Trial	1/1	↗	Mod	
20.37	Verse	leading on the	4 x 8		Seated Easy	3/4	↓	Easy/Mod	
20.59	Chorus	you gotta get **out**	1 x 8		Standing Attack	1/1	↗	Mod	
21.05		you gotta get **out**	1 x 8	Attack 1	Seated Attack	1/1			
21.10		we gotta get **out**	1 x 8		Standing Attack	1/1	↗	Mod/Hard	
21.15		you gotta get **out**	1 x 8		Seated Attack	1/1			
21.21	Inst	we gotta get **out**	2 x 8		Racing	PP	↗	Hard	Aim for a 1/1 cadence.
21.32	Bridge	[bouncy synth]	1 x 8		Seated Easy	1/2+	↓	Easy	
21.38	Verse	**dark**ness in the	4 x 8		Seated Easy	3/4	↗	Easy/Mod	
22.00	Chorus	you gotta get **out**	1 x 8		Standing Attack	1/1	↗	Mod/Hard	
22.06		you gotta get **out**	1 x 8		Seated Attack	1/1			
22.11		we gotta get **out**	1 x 8	Attack 2	Standing Attack	1/1	↗	Mod/Hard	
22.17		you gotta get **out**	1 x 8		Seated Attack	1/1			
22.22	Inst	we gotta get **out**	2 x 8		Racing	PP	↗	Hard	
22.33	Bridge	[bouncy synth]	1 x 8		Seated Easy	1/2+	↓	Easy	
22.39	Verse	**dark**ness in the	4 x 8	Attack 3	Seated Easy	3/4	↗	Easy/Mod	
23.01	Chorus	you gotta get **out**	1 x 8		Standing Attack	1/1	↗	Mod/Hard	

Time	Section	Cue	Reps	Attack	Move	Level	Arrow	Difficulty
23.06		you gotta get **out**	1 x 8		Seated Attack	1/1		
23.12		we gotta get **out**	1 x 8		Standing Attack	1/1	↗	Hard
23.17		you gotta get **out**	1 x 8		Seated Attack	1/1		
23.23	Chorus Repeat	we gotta get **out**	1 x 8	Attack 3 cont'd	Standing Attack	1/1	↗	Hard
23.28		you gotta get **out**	1 x 8		Seated Attack	1/1		
23.34		we gotta get **out**	1 x 8		Standing Attack	1/1	↗	V Hard
23.39		you gotta get **out**	1 x 8		Seated Attack	1/1		
23.45	Inst	we gotta get **out**	2 x 8		Racing	PP	↗	V Hard
23.56	Bridge	[bouncy synth]	1 x 8		Seated Easy	1/2+	↓	
24.01	Verse	**dark**ness in the	4 x 8		Seated Easy	3/4	↗	Easy/Mod
24.23	Chorus	you gotta get **out**	1 x 8		Standing Attack	1/1	↗	Mod/Hard
24.29		you gotta get **out**	1 x 8		Seated Attack	1/1		
24.34		we gotta get **out**	1 x 8	Attack 4	Standing Attack	1/1	↗	Mod/Hard
24.40		you gotta get **out**	1 x 8		Seated Attack	1/1		
24.46	Inst	we gotta get **out**	2 x 8		Racing	PP	↗	Hard
24.57	Bridge	[bouncy synth]	1 x 8		Seated Easy	1/4+		
25.02	Verse	**dark**ness in the	4 x 8		Seated Easy	3/4		
25.24	Chorus	you gotta get **out**	1 x 8		Standing Attack	1/1	↗	Mod/Hard
25.30		you gotta get **out**	1 x 8	Attack 5	Seated Attack	1/1		
25.35		we gotta get **out**	1 x 8		Standing Attack	1/1	↗	Mod/Hard
25.41		you gotta get **out**	1 x 8		Seated Attack	1/1		
25.46	Chorus Repeat	we gotta get **out**	1 x 8		Standing Attack	1/1	↗	Hard

Time		Lyric	Reps	Section	Position	Resistance		Intensity
25.52		you gotta get **out**	1 x 8		Seated Attack	1/1		
25.57		we gotta get **out**	1 x 8		Standing Attack	1/1	↗	Hard
26.03		you gotta get **out**	1 x 8	Attack 5 cont'd	Seated Attack	1/1		
26.08	Inst	we gotta get **out**	2 x 8		Racing	PP	↗	V Hard
26.19	Outro	we gotta get **out**	2 x 8		Seated Easy	1/2+		

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll.

Gravity
Space Corps

ASOR 2

Track Focus: I want riders to feel the freedom of personal pace with just a little hint of pressure.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
26.04	Intro	[low beat]	4 x 8		Seated Recovery	1/4			
27.20		[soft melody]	4 x 8		Seated Easy	1/2+	○	Easy	
27.35		[drum roll]	4 x 8	Set-Up	Seated Easy	3/4			Building your race pace.
27.50	Inst	[heavy beat]	8 x 8		Racing	PP	↗	Mod	Create length in the motion.
28.20		[fades]	1 x 8		TRANSITION	1/2+			
28.23	Verse	shooting stars	8 x 8		Seated Easy	1/2+	↓	Easy	
28.53		won't look **down**	4 x 8			3/4	↗	Easy/Mod	
29.08		[vocal]	4 x 8	Race 1		3/4+	↗		
29.24	Chorus	(won't look **down**)	8 x 8		Racing	PP		Mod	
29.53	Reprise	_a constellation	8 x 8			1/1	↗	Mod/Hard	Hit the beat.
30.23	Bridge	I won't look **down**	8 x 8		TRANSITION	1/2+	↓	Easy	
30.53		[drum roll]	8 x 8	Race 2	Seated Easy	3/4	↗	Mod	
31.24	Chorus	(won't look **down**)	8 x 8		Racing	PP		Mod/Hard	On the move.
31.53	Reprise	I won't look **down**	8 x 8			1/1	↗	Hard	Adjust load and hold the beat.
32.23	Bridge	I won't look **down**	4 x 8		TRANSITION	1/2+	↓	Easy	Last chance to rest.
32.38		[drum roll]	4 x 8	Race 3	Seated Easy	3/4	↗	Mod	
32.53	Inst	I won't look **down**	8 x 8		Racing	PP		Hard	
33.23	Outro	[low beat]	4 x 8		Time Trial	1/1	↗	V Hard	Slip inside, work for your race.

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll.

Run For Your Life
Sullivan King

Track Focus: I want riders to feel the adrenaline of the Power Attacks in and out of the saddle.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
34.03	Intro	been a **long** long	2 x 8	Set-Up	Seated Recovery	1/4			
34.14	Pre-Chorus	[heavy guitar]	2 x 8			3/4	○	Easy/Mod	
34.25	Chrous	run for your life_	2 x 8		Power Attack	1/1	↗	Mod	Stand, slip to the back.
34.35		run for your life_	2 x 8	Power 1	Power Race	1/1		Mod/Hard	Sit, drive to the rear.
34.45	Inst	[heavy guitar]	4 x 8			PP	↗	Hard	Fight hard.
35.07	Bridge	[fades]	2 x 8		TRANSITION	1/4+			
35.18	Verse	been a **long** long	2 x 8		Seated Easy	1/2+	↓	Easy	
35.29	Pre-Chorus	[heavy guitar]	2 x 8			3/4	↗	Easy/Mod	
35.39	Chrous	run for your life_	2 x 8		Power Attack	1/1	↗	Mod	
35.50		run for your life_	2 x 8	Power 2	Power Race	1/1		Mod/Hard	
36.00	Inst	[heavy guitar]	4 x 8			PP	↗	Hard	
36.22	Bridge	[fades]	2 x 8		TRANSITION	1/4+			
36.33	Verse	been a **long** long	2 x 8		Seated Easy	1/2+	↓	Easy/Mod	
36.43	Pre-Chorus	[heavy guitar]	2 x 8			3/4	↗	Mod	
36.54	Chrous	run for your life_	2 x 8		Power Attack	1/1	↗	Mod/Hard	
37.05		run for your life_	2 x 8	Power 3	Power Race	1/1		Hard	
37.16	Inst	[heavy guitar]	8 x 8			PP	↗	V Hard	
37.58	Bridge	[fades]	2 x 8		TRANSITION	1/4+			
38.09	Verse	been a **long** long	2 x 8	Power 4	Seated Easy	1/2+	↓	Easy/Mod	

Time	Section	Lyric	Sets	Segment	Intensity	Level	Arrow
38.19	Pre-Chorus	[heavy guitar]	2 x 8		3/4	↗	Mod
38.30	Chorus	run for your life_	2 x 8	Power 4 cont'd	Power Attack	1/1	↗	Mod/Hard
38.41		run for your life_	2 x 8		Power Race	1/1		Hard
38.51	Inst	[heavy guitar]	4 x 8			PP	↗	V Hard
39.13	Bridge	[fades]	2 x 8		TRANSITION	1/4+		
39.23	Verse	been a **long** long	2 x 8		Seated Easy	1/2+	↓	Easy/Mod
39.34	Pre-Chorus	[heavy guitar]	2 x 8			3/4	↗	Mod/Hard
39.45	Chorus	run for your life_	2 x 8	Power 5	Power Attack	1/1	↗	Hard
39.55		run for your life_	2 x 8		Power Race	1/1		V Hard
40.07	Inst	[heavy guitar]	8 x 8			PP	↗	V V Hard
40.50	Outro	[fades out]	1 x 8		Seated Easy	1/4+		

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll.

Lethal Industry
Tiesto

ASOR 2

Track Focus: I want riders to feel the highest of peaks as they climb.

	The Engineer			The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
41.16	Intro	[low beat]	8 x 8		Seated Recovery	1/4			Relax into the comfortable place.
41.47		[rising synth]	8 x 8	Set-Up	Seated Climb	1/1	◯	Mod	Establish your base load.
42.17		[fades]	2 x 8		TRANSITION	1/4+			
42.24	Verse	[synth]	4 x 8		Seated Climb	1/2+		Easy	Hold the pressure, move slow.
42.39		[bigger synth]	4 x 8			1/2+		Easy/Mod	
42.54	Pre-Chorus	(the world isn't)	4 x 8			3/4	↗	Mod	
43.09		(the world isn't)	5 x 8	Peak 1	Power Climb	1/1+		Mod/Hard	
43.28	Chorus	[big synth]	14 x 8		Standing Climb	1/1	↗	Hard	OPTION: Readjust anytime you settle in.
44.20		[low melody]	4 x 8		Standing Attack	1/1	↗	V Hard	OPTION: 1/1+
44.35	Bridge	[fades]	2 x 8		TRANSITION	1/4+			
44.43	Verse	[synth]	4 x 8		Seated Climb	1/2+	↓	Easy	
44.58		[synth]	4 x 8		Seated Climb	1/2+	↗	Easy/Mod	
45.13	Pre-Chorus	(the world isn't)	4 x 8			3/4	↗	Mod	
45.28		(the world isn't)	5 x 8	Peak 2	Power Climb	1/1+		Mod/Hard	Use the extra rpms to increase effort
45.47	Chorus	[big synth]	14 x 8		Standing Climb	1/1	↗	Hard	
46.39		[low melody]	4 x 8		Standing Attack	1/1	↗	V Hard	
46.57	Bridge	[fades]	2 x 8		TRANSITION	1/4+			Walk it out.
47.02	Verse	[synth]	4 x 8	Peak 3	Seated Climb	1/2+	↓	Easy/Mod	Back into the saddle, catch your breath.
47.17		[bigger synth]	4 x 8		Seated Climb	1/2+	↗		

Time	Section	Cue	Count	Peak	Move	Resistance		Intensity	Notes
47.32		(the world isn't)	4 x 8			3/4	↗	Mod	
47.47		(the world isn't)	5 x 8		Power Climb	1/1+		Mod/Hard	Last surge.
48.05	Chorus	[deep synth]	8 x 8	Peak 3 cont'd	Seated Climb	1/1	↗	Hard	
48.35		[low melody]	4 x 8		Standing Climb	1/1	↗	V Hard	
48.50		[low melody]	4 x 8		Standing Attack	1/1	↗		Shift your weight forward.
49.05	Outro	[soft synth]	8 x 8		Standing Attack	1/1+		V V Hard	Last attack. Hit your high point.

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll.

One Thing Right
Marshmello feat Kane Brown

ASOR 2

Track Focus: I want riders to feel the connection to their enjoyment as they bring it home.

The Engineer				The Athlete					The Coach
Time	Music	Element	Counts	Sequence	Position	Tempo	Load	Intensity	Options & Cues
50.17	Intro	I've **cheat**ed	4 x 8	Set-Up	Seated Recovery	1/4			
50.38		gonna be **craz**y	2 x 8		Seated Easy	3/4	⭕	Easy	
50.49	Pre-Chorus	at the **wrong** place	4 x 8	Ride Home 1		1/2+	↗	Easy/Mod	
51.11	Chorus	thing right, **you**	2 x 8		Racing	PP		Mod	
51.22	Verse	**saw** right through	4 x 8		Seated Easy	3/4	↓	Easy	
51.44	Pre-Chorus	at the **wrong** place	4 x 8	Ride Home 2		1/2+	↗	Easy/Mod	
52.06	Chorus	thing right, **you**	2 x 8		Racing	PP		Mod	
52.17	Verse	**saw** right through	4 x 8		Seated Easy	3/4	↓	Easy	
52.38	Pre-Chorus	at the **wrong** place	4 x 8	Ride Home 3		1/2+	↗	Easy/Mod	
53.00	Chorus	thing right, **you**	2 x 8		Racing	PP		Mod	
53.11	Bridge	[fades]	1 x 8		TRANSITION	N/A			Bring your legs to a stop.
53.14	Reprise	I've been wrong	2 x 8		Upright Stretch	N/A			
53.25	Pre-Chorus	at the **wrong** place	4 x 8	Stretch	Twist L	N/A			Chest open, rotate
53.47	Chorus	thing right, **you**	4 x 8		Twist R	N/A			Chest open, rotate

Post Track: Maintain working resistance, bring your cadence back to a comfortable roll.