

# LA Revolution Spinning® Playlist

Instructor: Les

Ride Title: The Hump

First Ride: November 2014



Track	Artist	Profile	BPM
Manhattan	The Sideways	Flat	100
Bad Treatment Riddim	Kaushan Band	Flat	91
Kwaito	Zulu	Hill	128
LFO (Leeds Warehouse Mix)	LFO	Hill	125
Dub Experience	Saint Germain	Hill	130
5 in 1 Night	Kaotic Chemistry	Hill	129
5 in 1 Night (remix)	Kaotic Chemistry	Flat	96
Wine Up Your Body (version)	Top Cat	Flat	99
Time To Make a Change	Sugar Minott	Jumps	96
Fhumalani	Maduvha	Cool Down	
Sweet Tides	Thievery Corporation feat LouLou	Stretch	

Ride information: The Hump means we go over one hill, just like the shape of a camels back! There are tunes here for the ravers, groovers and skankers!