

LES MILLS BARRE

12

MUSIC AND FORMATS

01. WARM-UP

02. DEEPEN

03. EXTEND

04. PEAK

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS
05. STRENGTHEN

BONUS
03. EXTEND

BONUS
07. ESCAPE

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



MUSIC

01. **First Love** (3:32)
Lost Kings feat. Sabrina Carpenter
© 2017 Disruptor Records/RCA Records.
Written by: Nedler, Fogelmark, Yacoub, Amaradio, Abisi, Shanholtz

02. **Freaking Out** (3:18)
A R I Z O N A
© 2018 Artist Partner Group, Inc. for the United States and WEA International Inc. for the world outside of the United States.
Written by: Esquite, Hannah, Labuguen, Bianco

03. **Natural** (3:08)
Imagine Dragons
© Courtesy of the Universal Music Group.
Written by: Reynolds, Sermon, McKee, Platzman, Fredriksson, Larsson, Tranter

04. **How Will I Know (Sonny Vice Remix)** (4:14)
Nicola Fasano, Miami Rockets feat. Anni
© 2016 Armada Music B.V. under exclusive license from Jolly Roger.
Written by: Walden, Merrill, Rubicam

05. **Clap Snap** (2:44)
Icona Pop
© 2015 Record Company TEN, under exclusive license to Atlantic Records for the United States and WEA International for the world outside of the United States ex Sweden.
Written by: Chase, K. Werner, S. Werner

06. **Say What You Wanna** (2:40)
Tujamo
© 2018 SpinninRecords.com.
Written by: Richter, van Day, Martin, Bullimore, Persson

07. **Body** (2:43)
Loud Luxury feat. Brando
© 2017 Hussle Recordings, a division of TMRW Music Pty Ltd.
Written by: Fedyk, De Pace, Lopes, McClain, Henriques

08. **TROUBLE (LIONE Remix)** (4:10)
The Knocks feat. Absofacto
© 2017 Big Beat Records Inc. for the United States and WEA International for the World outside of the United States. A Warner Music Group Company.
Written by: Patterson, Ruttner, Visger

BONUS
05. **The Way You Move (Radio Edit)** (3:53)
Outkast
© 2006 LaFace Records LLC.
Written by: Patton, Brown, Mahone

BONUS
03. **Original** (3:37)
Blue Diamond
© 2020 Les Mills Music Licensing Ltd.
Written by: Furler, Douglas, Shatkin

BONUS
07. **Lose You To Love Me** (3:26)
Selena Gomez
Courtesy of the Universal Music Group.
Written by: Gomez, Fredriksson, Larsson, Michaels, Tranter



L-R: Lauren Ferris, Desmond Helu, Yayoi Matches

PRESENTERS

Desmond Helu (New Zealand) is a LES MILLS TONE™, BODYPUMP™, BORN TO MOVE™, LES MILLS BARRE, LES MILLS THE TRIP™ and SH’BAM™ Instructor and a LES MILLS GRIT™ Coach/Presenter. He is based in Auckland where he is also a personal trainer.

Lauren Ferris (New Zealand) is a LES MILLS BARRE and BODYBALANCE® Instructor and she is based in Auckland.

CREDITS

Choreography – Diana Archer Mills and Summer Bradley
Chief Creative Officer – Dr. Jackie Mills
Creative Director – Kylie Gates
Technical Consultants – Andrew Newmarch and Bryce Hastings
Production Coordinator – Hannah Lofroth

45-MINUTE OPTION

Track 01	Warm-up
Track Bonus 05	Warm-up
Track 02	Deepen
Track 03	Extend
Track Bonus 03	Extend
Track 04	Peak
Track 05	Strengthen
Track 06	Power
Track 07	Escape
Track 08	Burn
Track Bonus 07	Stretch
Total Time	37:25

30-MINUTE OPTION

Track 01	Warm-up
Track 02	Deepen
Track 03	Extend
Track 04	Peak
Track 05	Strengthen
Track 06	Power
Track 07	Escape
Total Time	22:19

KEY

B up	Build up	Br	Bridge (non-chorus)
C	Chorus	QC	Quiet Chorus
ct/cts	Musical counts	HOH	Hands on hips
Instr	Instrumental	L	Left
Intro	Introduction	O/H	Overhead
mins	Minutes	R	Right
OTS	On the spot	PC	Pre-chorus
Outro	Last few bars of music	Rep	Reprise (part of the chorus repeated)
Ref	Refrain (recurring phrase or song lines)	Reps Xx	Perform the Sequence/ Exercise x times
F&B	Forward and Backward	V	Verse
ROM	Range of motion	↓	Low Option
↑	Advanced Option	BPD	Body Part & Direction
	Preview		

RELEASE FEEDBACK

Tell us what you think of this release.
Visit lesmills.com/release-feedback



01. WARM-UP

TRACK SET-UP

I want to welcome my participants to the class by introducing them to some core Barre movements. Warming their bodies and connecting them to their posture.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro	2x8	Set up 1 st Position, HOH	16	
0:15	V1 / I can't	8x8	A Full Plié with Relevé		4x
			Demi Plié, HOH	4	
			Full Plié, HOH	4	
			Demi Plié HOH	4	
			1 st Position, HOH	2	
			Relevé in 1 st Position, HOH	2	
0:55	C / Love	4x8	A ¹ Full Plié with Relevé		4x
			Demi Plié, HOH	2	
			Full Plié, HOH	2	
			Demi Plié HOH	2	
			1 st Position, HOH	1	
			Relevé in 1 st Position, HOH	1	
1:15	V2 / We're just	4x8	B Tendu Derrière L&R		2x
			Tendu Derrière L, HOH	4	
			1 st Position	4	
			Repeat to R	8	
1:35	PC / Love, give	4x8	B ¹ Tendu Derrière L&R		2x
			Tendu Derrière L, arms to 1 st Arabesque	4	
			Arms to Bras Bas	4	
			Repeat to R	8	
1:56	C / Love	8x8	B ² Tendu Derrière with Tap L&R		4x
			4x Tendu Derrière with Tap L, arms to 1 st Arabesque	8	
			Arms to Bras Bas		
			Repeat to R	8	
			↓ Option: HOH		
2:36	B / I can't	2x8	C Step feet out to 2 nd Position	16	
			2 nd Position Plié, arms to HOH		
2:45	PC / Love, give	4x8	C ¹ 2 nd Position, Plié Pulse with Port de Bras Arms		1x
			4x Plié Pulse, arms to 2 nd position	8	
			4x Plié Pulse, arms to 5 th	8	
			4x Plié Pulse, arms to 1 st	8	
			4x Plié Pulse, arms to Bras Bas	8	
			↓ Option: HOH		
3:06	C / Love	4x8	C ² 2 nd Position, Plié Pulse with Port de Bras Arms		2x
			2x Plié Pulse, arms to 2 nd position	4	
			2x Plié Pulse, arms to 5 th	4	
			2x Plié Pulse, arms to 1 st	4	
			2x Plié Pulse, arms to Bras Bas	4	
			↓ Option: HOH		



01. FIRST LOVE 3:32mins

TEACHING TIPS

Enjoy using this upbeat song to set the mood of your class with your welcoming energy! Introduce your class to some of the foundation exercises of this workout by using simple coaching that can be understood at any ability level.

Keep your balletic terminology simple and allow space for your participants to actually feel their muscles warming and priming for use throughout the workout!

COACHING CUES

FULL PLIÉ WITH RELEVÉ

Layer 1

- Feet in 1st Position, hands on hips
- Super slow Plié
- Bend knees to 90 degrees
- Heels down, stand tall
- Knees press out over toes
- Spine long and chest proud
- Belly engaged
- Double time

Layer 2

- Keep opening your hips on the Plié using the strength of your glutes
- We're welcoming leg and posture muscles into the workout

TENDU DERRIÈRE /1ST ARABESQUE ARMS

Layer 1

- Left leg Tendu Derrière
- Back, back, close, switch sides
- Leg extends behind the hip
- Close to 1st Position, leading with the heel
- Hips stay square to the front
- Add arms to 1st Arabesque
- Pointe your toes, extend your knee

Layer 2

- Extend your leg as far away as you can

TENDU DERRIÈRE WITH TAP

Layer 1

- Stretch back and tap 4, 3, 2, 1 switch
- Brace abs to help you change sides with balance

Layer 2

- Squeeze glutes more to make the tap feel lighter and warm the muscles quicker
- Squeeze your shoulders back and down to connect with your posterior chain warming the back body

2ND POSITION PLIÉ PULSE WITH PORT DE BRAS

Layer 1

- Feet step outside shoulders
- Maintain foundation turnout
- Pulse hips low, just above knees
- Arms slowly move from 2nd Position, to 5th, 1st, and Bras Bas
- Keep pulsing, lets move a little faster

Layer 2

- We're warming our hips and inner thighs to help our external rotation
- Allow some freedom through the upper body to warm the arms and shoulders



02. DEEPEN

TRACK SET-UP

I want my participants to explore single leg balance training, with a focus on weight distribution between the two movements.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	2x8	A	Set up 2 st Position, arms to Bras Bas	16
0:08	V1 / Lately	4x8	A ¹	2nd Position, Plié Pulse with Port de Bras Arms 8x Plié Pulse, arms rise through 2 nd to 5 th Position then cross F and down to Demi Seconde ↓ Option: HOH	4x 16
0:23	PC / I, I'm	8x8	A ²	2nd Position, Plié Pulse with Port de Bras, Arabesque Tap L&R 8x Plié Pulse, arms rise through 2 nd to 5 th Position then cross F to Demi Seconde Transition to L diagonal 2x Slow Arabesque Tap R, 1 st Arabesque Arms R foot returns to 2 nd position, arms to Bras Bas (face front) Repeat to R ↓ Option: HOH	1x 16 16 32
0:54	C / Oh, oh	4x8	A ³	2nd Position, Plié Pulse with Port de Bras, Arabesque Tap L&R 4x Plié Pulse, arms rise through 2 nd to 5 th Position then cross F to Demi Seconde Transition to L diagonal 4x Fast Arabesque Tap R, 1 st Arabesque Arms R foot returns to 2 nd position, arms to Bras Bas (face front) Repeat to R ↓ Option: HOH	2x 8 8 16
1:24	V2 / It's stupid	16x8	B	Arabesque Tap, Arms in 1st Arabesque L&R L Diagonal, lift R leg 16x Tap R foot to floor 16x Tap R foot to floor, in Fondu, 1st Arabesque Arms Last count, step on R, L leg B, facing R diagonal Repeat on R ↓ Option: HOH	1x 32 32 64
2:26	C / Oh, oh	12x8	A ⁴	2nd Position, Plié Pulse with Port de Bras, Arabesque Tap L&R 4x Plié Pulse, arms rise through 2 nd to 5 th Position then cross F to Demi Seconde Transition to L diagonal 4x Fast Arabesque Tap R, 1 st Arabesque Arms R foot returns to 2 nd position, arms to Bras Bas (face front) Repeat to R ↓ Option: HOH	3x 8 8 16
3:12	Instr	1x8	A ¹	2nd Position, Plié Pulse with Port de Bras Arms ↓ Option: HOH	8



02. FREAKING OUT 3:18mins

TEACHING TIPS

This track is perfect for challenging knee alignment and overall stability in the three movements. Although it's the 2nd track in the class, your participants are guaranteed to feel the burn through their legs and glutes within the first minute! Channel your coaching towards single glute engagement and exploring their weight distribution or balance, to guide your participants towards their own success in this track. Don't forget to look out and watch your participants as they move, and offer them some helpful tips along the way!

COACHING CUES

2ND POSITION, PLIÉ PULSE WITH PORT DE BRAS ARMS

Layer 1

- Feet step wide to 2nd Position
- Plié down and pulse, opening arms wide to 2nd Position, 5th then cross forward and release down
- Knees press out over your toes
- Maintain your long spine
- Stay in the bottom range of the Plié

Layer 2

- If pressing knees wide becomes challenging, try bringing your toes in slightly to half the glute engagement
- Feel your weight pressing down evenly through both feet to ground your Plié

2ND POSITION, PLIÉ PULSE WITH ARABESQUE TAP SLOW

Layer 1

- Let's add to this, 8 Pulses in Plié
- 8, 7, 6, 5, 4
- Arabesque right corner
- Left leg lifts, slow tap, lift and step to 2nd Position again
- 8 Pulses
- Square hips and shoulders to the corner on the Arabesque

Layer 2

- Transfer your weight fully onto your supporting leg to help you balance in Arabesque
- Hold Fondu in your Arabesque to feel grounded and steady

2ND POSITION, PLIÉ PULSE, ARABESQUE TAP FAST

Layer 1

- Moving faster now, cut it in half
- 4 pulses, lift, lower lift and reset
- Squeeze your glutes to lift you out of the Plié and into the Arabesque

Layer 2

- Strong core brace now that we're moving faster

ARABESQUE TAP, ARMS 1ST ARABESQUE

Layer 1

- Back to the right side, Arabesque Tap
- Up and down with the beat
- Squeeze your butt to lightly tap the leg
- Arms to 1st Arabesque, or HOH if you want to focus on your legs!
- Bend right knee into Fondu, and keep knee over 2nd and 3rd toes
- Other side, find the beat, up, down
- Now Fondu

Layer 2

- We're really waking up our glutes for the workout, can you feel them engaging?
- Single leg stability training starts with great alignment, so keep pressing your knee over toes and feel your smaller muscles start to engage

2ND POSITION, PLIÉ PULSE, ARABESQUE TAP x4

Layer 1

- Back to our combo
- 4 Pulses in Plié and 4 Arabesque Taps

Layer 2

- Press down through your supporting foot to anchor your Arabesque
- Feel how your arms bring some lightness into this tough balance challenge!



03. EXTEND

TRACK SET-UP

I want my participants to feel their entire posterior chain engaged by introducing hamstring activation and arm lines in the Attitude.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro	2x8	A	Set up 3 rd Position, facing L diagonal, HOH	4	
0:10	V1 / Will you	4x8	A ¹	Attitude Lift Derrière L, HOH	16	2x
				R leg Tendu Derrière	4	
				R leg lifts to Attitude Derrière	4	
				R leg Tendu Derrière	4	
				R leg closes in 3 rd Position	4	
0:28	PC / You pay	4x8	A ²	Attitude Lift Derrière L, HOH		4x
				R leg Tendu Derrière	2	
				R leg lifts to Attitude Derrière	2	
				R leg Tendu Derrière	2	
				R leg closes in 3 rd Position	2	
0:47	C / Natural	4x8	A ³	Attitude Pulse Derrière L, HOH		1x
				R leg lifts to Attitude Derrière		
				8x R Attitude Pulses, HOH	16	
				8x R Attitude Pulses, Arms to 5 th Position	16	
				Last count, step on R, L leg behind 3 rd Position, facing R diagonal		
				↓ Option: HOH, tap toes to floor		
1:07	V2/ Will somebody	4x8	A ¹	Attitude Lift Derrière R, HOH	16	2x
1:26	PC / You pay	4x8	A ²	Attitude Lift Derrière R, HOH	8	4x
1:45	C / Natural	4x8	A ³	Attitude Pulse Derrière R, HOH	32	1x
				Last count, close feet to 1 st Position, arms Bras Bas (face front)		
2:04	B / _Deep	4½x8	B	Angel Pose		1x
				Feet in 1 st position, arms Bras Bas		
				Relevé, arms through 1 st Position, then 5 th Position	16	
				Relevé, draw arms back and down	16	
				Transition	4	
2:26	C / Natural	8x8	A ⁴	Attitude Pulse Derrière L&R, HOH	32	1x
				16x R Attitude Pulses, arms Pullback		
				Last count, step on R, L leg Attitude Derrière		
				Repeat on R		
				Last count, close feet to 1 st Position, arms Bras Bas (face front)		
				↓ Option: HOH, tap toes to floor		



03. NATURAL 3:08mins

TEACHING TIPS

Your participants will experience the full back body burn with the introduction of the “Attitude Derrière” in this release. Ensure you encourage the lift of the thigh so that your participants learn to feel the contrast between an “Attitude” and an “Arabesque” – this will help them understand the shape of the movement!

The song is strong and powerful! Allow yourself to come into your strength as a role model and feel free to explore your vocals with the contrasts through the music.

COACHING CUES

ATTITUDE LIFT DERRIÈRE

Layer 1

- Back leg Tendu Derrière
- Lift to Attitude
- Tendu, and close in 3rd Position
- Again, move smoothly through Tendu, to Attitude, Tendu and close
- Double time, up, up, down, down
- Like an Arabesque with a slight bend in your knee
- Keeping hips and shoulders square to the corner

Layer 2

- Lift through your thigh bone to maintain hip turn out
- Feel your hamstrings lead the movement
- Smooth it out to maintain the tension through your legs

ATTITUDE PULSE DERRIÈRE

Layer 1

- This time, stay up and pulse the Attitude
- We’ve got 16 Pulses here!
- Squeeze your abs and glutes
- Arms lift to 5th Position if the balance feels good
- Any time, bring your hands back to your hips to focus on your attitude

Layer 2

- We can engage our posterior chain more by lifting arms to 5th Position, working the entire back body!

ANGEL POSE

Layer 1

- Feet to first, heels rise slowly
- Arms draw to 5th Position
- Angel Pose, release arms back and down

Layer 2

- Entire body feeling strong and elegant in this powerful pose

ATTITUDE PULSE DERRIÈRE WITH PULL BACK ARMS

Layer 1

- Attitude Right corner
- Lift and Pulse
- This time, arms pull back behind you to target the back again

Layer 2

- Such a fantastic way to strengthen our posture and balance here!



04. PEAK

TRACK SET-UP

I want my participants to explore different intensity levels through simple coaching, so they can reach the peak that is suitable for their fitness and ability.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	1x8	A	Set up 1 st Position, HOH	8
0:05	Instr	3x8	A ¹	Tendu à La Seconde R&L R Tendu à La Second, HOH Return to 1 st Position, HOH Repeat L	3x 2 2 4
0:16	Instr	4x8	B	Échappé Relevé 2nd Position , HOH, L&R 3 rd Position, HOH Slow Échappé 2 nd Position, HOH Close in 3 rd Position, HOH Repeat R ↓ Option: 1 st Position Relevé Add Port de Bras Arms on 3 rd Rep	4x 2 2 4
0:32	V1 / There's	8x8	B ¹	Échappé Relevé Arm Combo 2x Fast Échappé L&R HOH 2x Fast Échappé L&R, Port de Bras Arms ↓ Option: 1 st Position Relevé / Tendu à La Seconde, HOH	4x 8 8
1:02	PC / _How	8x8	B ²	Échappé Arabesque Combo L&R 2x Fast Échappé L&R, Port de Bras Arms 4x Arabesque Relevé from 3 rd L, arms 1 st Arabesque Repeat R ↓ Option: HOH	2x 8 8 16
1:33	C / Wake me	12x8	B ³	Changement Arabesque Combo L&R 8x Changement L&R, Port de Bras Arms 4x Arabesque Relevé from 3 rd L, arms 1 st Arabesque Repeat R ↑ Option: Split Jump / Sissone / Isometric	3x 8 8 16
2:19	V2 / Wake me	8x8	C	Double Glissade L&R, HOH Step to L side Close 3 rd Positon Step to L side Close 3 rd Position Repeat R Arms to 2 nd position on 3 rd rep	4x 2 2 2 2 16
2:50	PC / _How	12x8	C ¹	Glissade Arabesque Combo L&R 2x Glissade L, arms to 2 nd position 4x Arabesque Relevé from 3 rd L, arms 1 st Arabesque Repeat R ↑ Option: Side Leap	3x 8 8 16
3:36	C / Know	8x8	B ³	Changement Arabesque Combo L&R ↑ Option: Split Jump / Sissone / Isometric	32 2x



04. HOW WILL I KNOW 4:14mins

TEACHING TIPS

A simple peak track with lots of variations for participants to literally create the workout that aligns with their fitness and their goals. Offering low impact options at the beginning will ease your class into the pace of the track and allow them to explore more challenging variations at their own accord!

As you move throughout the track, remember to reiterate the lower impact variations should they require, and keep the high impact variations light and fun! The Glissade section will offer a slight active recovery, enjoy this with your class use it as an opportunity to connect with them and check in! They are likely to need some motivation to get through the last round so explore this in any way that suits your people!

COACHING CUES

TENDU À LA SECONDE

Layer 1

- Simple start
- Tendu side to side
- Out and in
- Stretch your legs and toes
- Pull the heel back to close in 1st Position

Layer 2

- This is a great variation to stay with helping to strengthen the ankle for the Échappé!

ÉCHAPPÉ RELEVÉ

Layer 1

- Or Échappé, feet out and in
- Lift onto the balls of your feet
- Land softly in Plié
- 3rd Position changing feet each time
- Same thing double time
- 4 with hands on hips, 4 with Port de Bras
- Arms open, lift, cross and release

Layer 2

- At any time, come back to your Tendu if that's what your body wants to do today
- If you're looking to lift your heart rate, stay with the Échappé

ÉCHAPPÉ ARABESQUE COMBO

Layer 1

- 4 Échappé Relevé, now 4 Arabesques forward
- 4, 3, 2, Échappé, Arabesque other side
- Arabesque Relevé coming to the ball of the foot or you can stay grounded

Layer 2

- For strength, keep working the Échappé, feeling all the muscles of your legs draw up towards your hips
- Isometric Arabesque hold offers us another way to train and gain better control

CHANGEMENT ARABESQUE COMBO

Layer 1

- If the energy is right, try 8 fast Changements this time!
- Arabesque forward, 4, 3
- Jump on the last one, try the Sissone
- Land in a Plié with soft knees
- 2 more times through!

Layer 2

- Pick the level that makes your body feel energized
- Hook into the beat and try your best to stay in the workout!
- This combination to finish, you have everything you need to make it feel good for you!

DOUBLE GLISSADE

Layer 1

- Double step to the right, now to the left
- Push from the balls of the feet
- Stay low in your Plié
- Try a little push, pointing your toes
- Or a leap, letting your arms lift you
- Adding on, 2 Glissades, 4 Arabesques

Layer 2

- Feel the travel on the Glissades, and the control in your Arabesques
- We're still working towards our peak here, pull it back as much as you need to so you can reach that!
- A few more, enjoy the leap, enjoy the strength



05. STRENGTHEN

TRACK SET-UP

I want my participants to feel the benefits of circuit style training by targeting the muscles of their posterior chain from multiple angles.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	2x8	A	Collect plates Set up 2 nd Position Plié, Arms / Plates to 2 nd Position, palms down	16
0:07	V1 / Three , six	4x8	A ¹	2nd Position Plié Pulse with Arm Circles 16x Plié Pulse in 2 nd Position, Arm Circles F of body ⬇ Option: No plates Step / Jump feet to 1 st Position on last rep	16x
0:22	PC / Clap, clap	4x8	B	Single Plié Cobra from 1st Position Single Plié Cobra, Arms Pullback ⬇ Option: Heels under hips, feet parallel	8x
0:37	C / Beat	4x8	B ¹	Pulse Plié Cobra from 1st Position 4 Pulse Plié Cobra, Arms Pullback ⬇ Option: Heels under hips, feet parallel	4x
0:52	V2 / Three , six	4x8	A ¹	2nd Position Plié Pulse with Arm Circles Plié Pulse in 2 nd Position, Arm Circles B ⬇ Option: No plates	16x
1:07	PC / Clap, clap	4x8	B	Single Plié Cobra from 1st Position Single Plié Cobra, Arms Pullback ⬇ Option: Heels under hips, feet parallel	8x
1:21	C / Instr	8x8	B ²	Pulsing Plié Cobra from 1st Position Pulsing Plié Cobra, Arms Pullback ⬇ Option: Heels under hips, feet parallel	32
1:51	B / _Hey	6x8	A ¹	2nd Position Plié Pulse with Arm Circles Plié Pulse in 2 nd Position, Arm Circles F ⬇ Option: No plates	16x
2:13	PC / Clap, clap	4x8	B	Single Plié Cobra from 1st Position Single Plié Cobra, Arms Pullback ⬇ Option: Heels under hips, feet parallel	8x
2:28	C / Instr	4x8	B ²	Pulsing Plié Cobra from 1st Position Pulsing Plié Cobra, Arms Pullback ⬇ Option: Heels under hips, feet parallel	16x



05. CLAP SNAP 2:44mins

TEACHING TIPS

A circuit style training track, offering 3 opportunities to nail some of our core strength moves in Barre. Use the first round of each move to set your class up well and ensure they are moving safely, offering variations if required. The second round can be used for coaching your class through sensation, the feeling of their posterior muscles engaging. You might use this round to coach intensity, or improve the execution depending on what you see your class need! The final round will get challenging, so help your participants to stay motivated by coaching the benefits of these movements! Your energy, matched with this punchy track will inspire your participants to go after their results!

COACHING CUES

2ND POSITION PLIÉ PULSE WITH ARM CIRCLES

Layer 1

- Feet step wide to 2nd Position
- Arms out wide
- Elbows just below shoulder level
- Little Pulses, circling arms forward
- Hips low and knees wide over toes
- Spine stays long, chest lifted
- This time circle arms back to get into the rear delts

Layer 2

- Stay low in the pulse to keep firing up your glutes and quads!
- We really want to feel the burn in the quads here
- Last time through, I know you're starting to feel this!
- Let's stay low to make sure we get the best glute burn!

SINGLE PLIÉ 'COBRA' FROM 1ST POSITION

Layer 1

- Jump feet into 1st Position, single Plié 'Cobra'
- Down, up, plates back and forward
- Bend knees to Plié, and tip from hips to 'Cobra'
- Reach your plates back, squeezing shoulder blades
- Draw belly to spine to protect your lower back

Layer 2

- For more glute engagement, try taking feet parallel and see how it feels!
- Can you feel your glutes more here?
- Search for max glute burn here, where do you need your feet to be to feel this?

4 PULSE PLIÉ 'COBRA' FROM 1ST POSITION

Layer 1

- Let's pulse the 'Cobra', 4 Pulses
- 4, 3, 2, up and down
- Stay on the fast beat

Layer 2

- Tuck your chin to keep your neck and posture long

PULSING PLIÉ 'COBRA'

Layer 1

- Stay down and pulse, 32 Pulses!
- Knees stay pressing out
- Stay low in the Plié
- Half way there, maybe try the legs parallel?

Layer 2

- Press your hips way back so your posterior chain is fully engaged
- Last pulsing set, we're here until the end, stay down!
- How do you want to finish this set?



06. POWER

TRACK SET-UP

I want my participants to explore the length of their bodies by focusing on extension through their muscles.

MUSIC				EXERCISE	CTS	REPS
0:00	Intro	2x8	A	Set up 1 st Position, Plates Bras Bas	16	
0:10	Intro	2x8	A ¹	Relevé 1st Position, Port de Bras Arms Relevé 1 st , Arms through 1 st to 5 th Lower to 1 st on last 2cts, arms by side	16	
0:19	V1 / Promise	4x8	B	Tendu Derrière en Fondu, L 8x L Tendu Derrière in Fondu, Plates Pullback Close in 1 st Position, Plates return to side body ↓ Option: Plates to hips	2	8x
0:39	C / If you wanna	4x8	B ¹	Arabesque Tap, L Arabesque Tap with L leg, Pullback Pulse Arms ↓ Option: Plates to hips	2	16x
0:59	Instr	4x8	B ²	Arabesque Pulse, L 16x Arabesque Pulse with L leg, Pullback Arms ↓ Option: Arabesque Tap 16x Arabesque Tap Pulse with L leg, Extended Arms O/H ↑↓ Option: Extend arms O/H ↓ Option: Pullback Arms	1 16	32x
1:19	V2 / I can feel	4x8	B	Tendu Derrière en Fondu, R ↓ Option: Plates to hips	4	8x
1:39	C / If you wanna	4x8	B ¹	Arabesque Tap, R ↓ Option: Plates to hips	2	16x
1:59	Instr	4x8	B ²	Arabesque Pulse, R ↓ Option: Arabesque Tap 16x Arabesque Tap Pulse with R Leg, Extended Arms O/H Close to 1 st Position, forward facing after last rep ↑↓ Option: Extend arms O/H ↓ Option: Pullback Arms	1 16 16	32x
2:18	Instr	4x8	C	Slow Arabesque Lift, L&R L Leg Slow Lift to Arabesque, en Fondu, Extend Arms O/H Close to 1 st Position Repeat R ↓ Option: Pullback Arms, Tendu Derrière en Fondu Finish in Relevé 1 st Position, Arms to 5 th Position	 4 4 8	2x



06. SAY WHAT YOU WANNA 2:40mins

TEACHING TIPS

This Power track will challenge the strength and control of any participant in your class! Working with longer levers AND weight plates, allows your participants to engage muscles to move with extension and elegance. At any time throughout this track, the Arabesque height can be reduced so participants can focus on single leg balance and movement execution. Encourage them to search for more length in every rep, and be there to help them if they need!

COACHING CUES

RELEVÉ 1ST POSITION, PORT DE BRAS ARMS

Layer 1

- Feet in 1st Position
- Lift heels to Relevé
- Draw arms to 5th Position, and open wide
- Squeeze your glutes and leg muscles
- Gently lower

Layer 2

- Finish in Relevé, big reach to 5th Position

TENDU DERRIÈRE EN FONDU

Layer 1

- Tendu Derrière, left leg
- Same leg
- Bend front knee to Fondu, keeping weight forward
- Plates reach back behind
- Press your front knee out over your toes
- Fondu Derrière on the other leg
- Right leg back and close

Layer 2

- Extend your leg back as far as you can while keeping your weight forward, this helps us to lengthen and strengthen our muscles at the same time

ARABESQUE TAP

Layer 1

- Turn to the right corner, Arabesque Tap
- Up, tap, up, tap
- Square body to corner
- Squeeze glutes
- Arms pull back, or bring plates to hips
- Arabesque Pulse to the left corner

Layer 2

- Use your thigh muscles to lift your leg and keep extending it away even as you balance!

ARABESQUE PULSE

Layer 1

- Let's stay up and Pulse the Arabesque
- Fast baby Pulses in the top range
- If you'd like a challenge, extend your plates just forward of your body

Layer 2

- Pulse high or low, but stay long through your muscles
- Extend your arms to challenge your core stability and feel your entire body's length!

SLOW ARABESQUE LIFT

Layer 1

- Slow Arabesque, left leg
- Lift leg and plates, now switch sides
- Stay square to me, and Fondu your front leg

Layer 2

- Stay slow to control your limb muscles engaging
- We are using our true extension here, feeling length from fingers to toes



07. ESCAPE

TRACK SET-UP

I want my participants to enjoy the athletic benefits of this track by exploring big movements and taking up space with their bodies.

MUSIC				EXERCISE	CTS	REPS
0:00	Intro	2x8	A	Set up 1 st Position, HOH	16	
0:08	V1 / _Babe	4x8	A ¹	1st Position Sauté , HOH ⬆ Option: Slow Échappé Relevé 2 nd Position, L&R	1	32x
0:23	PC / _Hell nah	4x8	A ²	Changement, Arabesque Relevé , HOH L&R 8x Changement 3 rd Position, HOH 4x Arabesque Relevé, R Leg Derrière, Left Corner Repeat R with L leg ⬇ Option: 4x Slow Échappé Relevé	8 8 16	1x
0:39	C / Body	4x8	A ³	Changement, Arabesque Relevé , HOH L&R 4x 1 st Position Sauté, HOH 2x Arabesque Relevé, R Leg Derrière, left corner HOH Repeat R with L leg ⬇ Option: 2x Slow Échappé Relevé	4 4 8	2x
0:55	C / Body	8x8	A ⁴	Changement, Arabesque Relevé , Port de Bras Arms L&R 4x Changement, arms open through 2 nd Position, 5 th Position, cross F of Face, Bras Bas 2x Arabesque Relevé, R Leg Derrière, Arms 1 st Arabesque Repeat R with L Leg ⬇ Option: 2x Slow Échappé Relevé, HOH ⬆ Option: Sissone on 2 nd rep Arabesque	4 4 8	4x
1:26	Instr	1x8	A	1 st Position, HOH	8	
1:30	B2 / _Babe	4x8	A ¹	1st Position Sauté , HOH ⬆ Option: Slow Échappé Relevé 2 nd Position, L&R	1	32x
1:46	PC / _Hell nah	6x8	A ²	Changement, Arabesque Relevé , HOH L&R ⬆ Option: 4x Slow Échappé Relevé	32	1.5x
2:10	C / Body	8x8	A ⁴	Changement, Arabesque Relevé, Port de Bras Arms L&R ⬇ Option: 2x Slow Échappé Relevé, HOH ⬆ Option: Sissone on 2 nd rep Arabesque	16	2x



07. BODY 2:43mins

TEACHING TIPS

Your participants will love having fun with this Escape track and getting lost in the music! The beat throughout gives your participants an easy rhythm to work with, so you can keep your coaching simple and know it will land. The combination is also simple and has similar movement patterns to the Track 4 – meaning your class will pick it up easily and be able to focus on moving their bodies in celebration of the space they take up! Once you can see that your participants have a good grasp on the combination, offer the arm variations too. Then as we move to the tail end of the track, let them explore their movement and their space – encourage them to celebrate and enjoy!

COACHING CUES

1ST POSITION SAUTÉ

Layer 1

- 1st Position, little heel lifts in 1st
- Toes can stay down, or try a little jump
- Landing in Plié with heels down
- Or try an Échappé to stay grounded and strong

Layer 2

- Keep engaging your core here to stay strong through the trunk in the jumps or Échappé

CHANGEMENT, ARABESQUE RELEVÉ

Layer 1

- 8 Changements, change feet as you close
- Arabesque, left corner, 4, 3, 2, 1
- Changement 8 times, other side
- Same thing, cut it in half
- 4 Changement, 2 Arabesques left
- Keep alternating sides
- Soft knees on the landing

Layer 2

- Adding on again, 8 Changement, 4 Arabesques
- With or without the arms!
- You choose how you want to celebrate your Escape track

CHANGEMENT, ARABESQUE RELEVÉ, PORT DE BRAS ARMS

Layer 1

- Same combo, let's add a Port de Bras
- Open arms high and cross in front
- Then 1st Arabesque arms
- Try a Sissone on the last Arabesque

Layer 2

- Start to feel your body really moving with the music, feeling lots of energy here!
- Take up as much space as possible and see how it makes you feel!



08. BURN

TRACK SET-UP

I want my participants to feel connected to their bodies through continuous muscular activation and breath.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	4x8	A	Set up Horse Stance	32
0:13	V1 / _You	16x8	A ¹	"T" Pointer Sequence Slow , L&R L leg, R arm extend to pointer L leg, R arm curl in, round back Switch to R after 4 th rep Arm extends in line with shoulder ↓ Option: hand stays on floor	8x 8 8 16
1:07	PC / with You	4x8	A ²	"T" Pointer Sequence Fast , L L leg, R arm extend to pointer L leg, R arm curl in, round back ↓ Option: hand stays on floor	4x 4 4
1:21	C / with You	4x8	A ³	"T" Pointer Pulse , L&R Pulse L leg R arm Switch to R after 16 th rep ↓ Option: hand stays on floor	1 32x
1:48	C / with You	4x8	A ²	"T" Pointer Sequence Fast , R ↓ Option: hand stays on floor	8 4x
2:01	V2 / so called friends	4x8	A ²	"T" Pointer Sequence Fast , L ↓ Option: hand stays on floor	8 4x
2:15		4x8	A ²	"T" Pointer Sequence Fast , R ↓ Option: R hand stays on floor	8 4x
2:28	PC / with You	4x8	B	Set up, lying on back, legs extend to 45 degrees, arms O/H	32
2:42	PC / with You	8x8	B ¹	Aerial Changement, Crunch 8x Aerial Changement 1x Slow crunch, knees to chest, arms reach to feet Reset legs 45 degrees, arms O/H ↓ Option: Toes tap to floor	4x 8 4 4
3:09	C / with You	12x8	B ²	Aerial Changement, Crunch 4x Aerial Changement 1x Fast crunch, knees to chest, arms reach to feet Reset legs 45 degrees, arms O/H ↓ Option: Toes tap to floor	12x 4 2 2



08. TROUBLE 4:10mins

TEACHING TIPS

A simple core-focused track to tie the workout together, bringing attention back to controlled movements and breath! A new move, the “T” Pointer, offers a lateral innovation to our regular Pointer and challenges core instability in a different way. Simply coach your participants through the varied timing, with a focus on leading with abdominal strength and spinal integrity as a guide. The final burn is in the Aerial Changeament, Crunch combo which will be sure to challenge even the strongest participant. Don’t forget to prioritize the anchor of the spine before range, and encourage your participants to tune into their bodies to ensure they’re working safely and at their level.

COACHING CUES

“T” POINTER SEQUENCE SLOW

Layer 1

- Coming to the floor
- Hands under shoulders, knees under hips
- “T” Pointer
- Front leg extends behind, back arm reaches to side
- Hips level with shoulders, square to floor
- 4, 3, 2, 1 and back in, and again
- Like making the shape of half a “T”
- Keeping spine neutral
- Switch sides

Layer 2

- Curl your spine in the way in to feel your abdominals engage
- Think of drawing knee, nose, and elbow together

“T” POINTER SEQUENCE FAST

Layer 1

- Switch again, moving a little faster
- Out for 2, in for 2
- Squeeze your back body to give life to this movement
- Switch sides moving evenly through the beat

Layer 2

- Try a little attention to breath here, feel the flow of the movement and the extension it brings
- Feeling length, breath, and flow here

“T” POINTER PULSE

Layer 1

- Hold it up, and Pulse
- Staying in the top range of movement
- Stay neutral through your spinal alignment

Layer 2

- Feel the back body light up in these Pulses

AERIAL CHANGEAMENT, CRUNCH

Layer 1

- Lying on your backs, new combination
- Legs extend to 45 degrees, arms overhead
- 8 Aerial Changeaments, one slow Crunch, reaching to your feet
- Lower back towards the floor, if you can feel it arching lift your legs higher
- Squeeze ribs towards hips on the Crunch
- Cut it in half
- 4 Aerial Changeaments, one fast Crunch

Layer 2

- Draw belly in towards your spine to feel maximal core engagement!
- It’s a longer set, so keep breathing and finish strong
- Last little bit, let’s complete the workout together!



BONUS

05. STRENGTHEN

TRACK SET-UP

I want my participants to increase their postural awareness throughout the entire sequence that is advanced by using weights.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Set up 1 st Position, plates to hips	32
0:17	V1 / _ Ready	8x8	A ¹	Glissé En Croix, plates to hips, L&R L leg 4x Glissé Devant L leg 4x Glissé à la Seconde L leg 4x Glissé Derrière L leg 4x Glissé à la Seconde Repeat R ↓Option: Tendu	1x 8 8 8 8 32
0:47	C / I like the	8x8	A ²	Single Glissé En Croix, Port de Bras Arms, L&R L leg Glissé Devant, arms to 5 th Position L leg Glissé à la Seconde, arms to 2 nd Position L leg Glissé Derrière, Pullback Arms L leg Glissé à la Seconde, arms to 2 nd Position Repeat R ↓Option: Tendu, plates on hips	4x 2 2 2 2 8
1:18	V2 / The whole	8x8	A ¹	Glissé En Croix, plates to hips, L&R L leg 4x Glissé Devant L leg 4x Glissé à la Seconde L leg 4x Glissé Derrière L leg 4x Glissé à la Seconde Repeat R ↓Option: Tendu	1x 8 8 8 8 32
1:48	C / I like the	8x8	A ²	Single Glissé En Croix, Port de Bras Arms, L&R L leg Glissé Devant, arms to 5 th Position L leg Glissé à la Seconde, arms to 2 nd Position L leg Glissé Derrière, Pullback Arms L leg Glissé à la Seconde, arms to 2 nd Position Repeat R ↓Option: Tendu, plates on hips	4x 16 2 2 2 2 8
2:19	B / Hey baby	8x8	B	Arabesque Tap, Pullback Arms, L&R L leg 16x Arabesque Taps R leg 16x Arabesque Taps	1x 32 32
2:49	C / I like the	16x8	A ²	Single Glissé En Croix, Port de Bras Arms, L&R ↑Option: Grande Battement ↓Option: Tendu, plates on hips	8x 16



BONUS

05. THE WAY YOU MOVE (RADIO EDIT) 3:53mins

TEACHING TIPS

Enjoy the challenge of pairing simple conditioning with weights! Basic movements moving En Croix for balance and stability training encourages maximal core strength and concentration. Let your participants know that the arms are optional and they can return their plates to hips at any time they feel their technique starting to slip. The song is super engaging and enjoyable to move to, your class will love the feeling of the challenge combined!

COACHING CUES

GLISSÉ EN CROIX

Layer 1

- Start in 1st Position, plates to hips
- Right leg, 4 Glissé forward, 4 side, 4 back, 4 side
- Other leg
- 4 Devant, à la Seconde, Derrière, à la Seconde
- Just a small lift off the ground to start

Layer 2

- Keep hips level on the Glissé
- Pulling up the muscles of both legs to solidify your balance

SINGLE GLISSÉ EN CROIX, PORT DE BRAS ARMS

Layer 1

- Single Glissé, forward, side, back side
- Switch legs
- Arms 5th Position, 2nd, back, 2nd
- At any time, bring plates to hips if arms are too much!

Layer 2

- Squeeze your hips in towards each other so your core supports you as you move faster
- If you love the way you're moving, try a Grande Battement!

ARABESQUE TAP, PULLBACK ARMS

Layer 1

- Right leg, Arabesque Tap
- Up, tap, up, tap
- Pull your plates back, keeping your shoulders back and down
- Hips and shoulders square towards me
- Fondu to ground your tap
- Switch legs
- Squeeze your glutes to strengthen your leg

Layer 2

- We're looking for maximal glute engagement in our taps



BONUS

03. EXTEND

TRACK SET-UP

I want to offer my participants permission to gradually increase intensity of the sequence through self-inquiry and exploration.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	2x8	A	Set up 1 st Position, HOH	16
0:09	V1 / Boom	8x8	A ¹	Rond de Jambe, Retiré , HOH, L&R	2x
				L Leg Rond de Jambe, à terre	8
				L lift to Retiré	4
				Close 1 st Position	4
				Repeat R	16
0:50	PC / Won't waste	8x8	A ²	Rond de Jambe, Retiré , Port de Bras Arms, L&R	2x
				L Leg Rond de Jambe, à terre, arms open through	
				2 nd Position (palms up), Bras Bas	8
				L lift to Retiré Rise, arms 1 st to 5 th	4
				Close 1 st Position, arms open through 2 nd to Bras Bas	4
				Repeat R	16
1:30	C / Oh	2x8	B	Relevé in 1st, Port de Bras Arms	16
				Relevé from 1 st Position, arms 1 st Position, 5 th Position, 2 nd Position and Bras Bas	1x
1:40	V2 / Boom	4x8	A ²	Rond de Jambe, Retiré , Port de Bras Arms, L&R	1x
				L Leg Rond de Jambe, à terre, arms open through	
				2 nd Position (palms up), Bras Bas	8
				L lift to Retiré, Relevé, arms 1 st Position to 5 th Position	4
				Close 1 st Position, arms open through 2 nd Position to	4
				Bras Bas	16
				Repeat R	
				↓Option: Rond de Jambe en l'air	
2:00	B / Anything	12x8	A ³	Rond de Jambe, Retiré- Fast , Port de Bras Arms, L&R	16
				L Leg Rond de Jambe, à terre, arms open through	
				2 nd Position (palms up), Bras Bas	4
				L lift to Retiré, Relevé, arms 1 st Position to 5 th Position	2
				Close 1 st Position, arms open through 2 nd Position to	2
				Bras Bas	8
				Repeat R	
				↓Option: Developpé from Retiré after 3 rd rep	
3:00	C / Oh	4x8	B ¹	Angel Pose	1x
				Relevé from 1 st Position, arms 1 st Position, 5 th Position	8
				Open arms to Angel Pose	24



BONUS

03. ORIGINAL 3:37mins

TEACHING TIPS

This bonus track gradually advances a Ronde de Jambe sequence that allows participants to step into the variation that is right for their body and ability. The gentle increase of options offers space for self-inquiry so your participants can check in with where they're at on the day and explore the next stage if they feel it's right! Coach the stages simply with inclusive language, and encourage your class to explore this track over time – there's no need to perfect it on the first go! Offer lots of praise when you notice your class taking leaps towards new fitness boundaries and ensure they feel supported along the way.

COACHING CUES

RONDE DE JAMBE, RETIRÉ

Layer 1

- Ronde de Jambe
- Left leg pointes forward, slow circle back
- Lift to Retiré and close in 1st Position
- Other side
- Slow Ronde de Jambe, toes to knee on Retiré, maintain square hips and shoulders as you Ronde de Jambe

Layer 2

- Draw everything up through your posture to keep your movement smooth and steady

RONDE DE JAMBE, RETIRÉ WITH PORT DE BRAS

Layer 1

- This time, open your arms as you circle
- Lift to 5th Position on Retiré, and back down
- Turn your palms to open your chest
- And try a small Relevé in Retiré if you can

Layer 2

- Take your time, and if the balance feels wobbly, stay grounded
- If your balance feels good, keep your leg en l'air in the Ronde de Jambe
- Lift vertically through your posture, like you're being held up from the crown of your head
- Finally, try a Développé from Retiré
- Incredibly challenging to do with control, try your best and know that it's part of the journey!
- We're exploring everything that feels strong and elegant for us today, wherever you land is perfect

RELEVÉ IN 1ST, PORT DE BRAS ARMS

Layer 1

- Hold in 1st Position
- Relevé, arms rise, open and lower

ANGEL POSE

Layer 1

- Relevé in 1st Position
- Draw arms high, open and fall back

Layer 2

- Angel pose, radiant and strong



BONUS

07. ESCAPE

TRACK SET-UP

I want my participants to feel a sense of self-expression throughout this beautiful balance and dance sequence.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	A	Set up 3 rd Position, facing L diagonal, Arms Bras Bas	16
0:10	V1 / You promised	8x8	A ¹	Attitude Derrière , L&R L leg lifts to Attitude Derrière , Arms Pullback, Hold ⬆️Option: Keep tipping forward to Penche Repeat to L diagonal	1x 32 32
0:47	PC / We’d always	4x8	B	Turn, Attitude Combo L&R L leg lifts Retiré, turn towards R shoulder, free arms Close in 3 rd Position, L foot behind L leg lifts to Attitude Derrière , Arms Open 4 th Position facing R diagonal Repeat to L diagonal R leg lifts Retiré, turn towards L shoulder, free arms Close in 3 rd Position, R foot behind R leg lifts to Attitude Derrière, Arms Open 4 th Position facing L diagonal ⬇️Option: Retiré Hold	1x 6 2 8 8 6 2 8
1:05	C / To love	4x8	B ¹	Turn, Attitude Pulse Combo L&R L leg lifts Retiré, turn towards R shoulder, free arms Close in 3 rd Position, L foot behind L leg 2x Pulse Attitude Derrière, Arms Open 4 th Position facing R diagonal Repeat to L diagonal ⬇️Option: Retiré Hold	2x 3 1 4 3 1 4
1:24	V2 / I gave my	8x8	A ¹	Attitude Derrière , L&R L leg lifts to Attitude Derrière , Arms Pullback, Hold ⬆️Option: Keep tipping forward to Penche Repeat to L diagonal	1x 32 32
2:01	C / To love	4x8	B ¹	Turn, Attitude Pulse Combo , L&R L leg lifts Retiré, turn towards R shoulder, free arms Close in 3 rd Position, L foot behind L leg 2x Pulse Attitude Derrière , Arms Open 4 th Position facing R diagonal Repeat to L diagonal ⬇️Option: Retiré Hold	2x 3 1 4 8
2:20	V3 / You promised	4x8	A ¹	Attitude Derrière , L&R L leg lifts to Attitude Derrière, Arms Pullback, Hold ⬆️Option: Keep tipping forward to Penche Repeat to L diagonal	1x 16 16
2:38	C / To love	8x8	B ²	Turn, Attitude Jump Combo L&R L leg lifts Retiré, turn towards R shoulder, free arms Close in 3 rd Position, L foot behind L leg 2x Pulse Attitude Derrière , Arms Open 4 th facing R diagonal Repeat to L diagonal ⬆️Option: Jump on 2nd Attitude Pulse	4x 3 1 4 8



BONUS

07. LOSE YOU TO LOVE ME 3:26mins

TEACHING TIPS

A stunning bonus track to explore dance and freedom, in any way that it looks and feels for your class. The Attitude hold is incredibly challenging and rewarding, yet not a destination movement – let them go to the depth that they can in that moment. Offer simple direction cues on the turns but remember that some of your participants might end up going the other way (or not at all), and let them! This is a challenging sequence for those who are new to the class, so give them permission to explore, have fun, and be present in the moment.

COACHING CUES

ATTITUDE DERRIÈRE

Layer 1

- Face left corner, right leg behind in 3rd Position
- Slowly lift to Attitude Derrière
- Lift your thigh and reach behind, squeezing your back muscles
- Other side
- Soften your supporting knee and tip forward as much as it feels right

Layer 2

- A long, slow hold, breathe and stay steady
- Last time balancing here, enjoy the strength and the elegance of the pose
- Big, beautiful, strong pose

TURN, ATTITUDE COMBO

Layer 1

- New move
- Retiré turn to the left, right leg Retiré
- Close foot behind, lift to Attitude, arms open 4th Position
- Turn the other way now, close behind, Attitude, open 4th Positon
- One more time each side

TURN, ATTITUDE PULSE/JUMP COMBO

Layer 1

- Try adding a little Pulse on the Attitude with the beat of the song
- Back to our turn and Pulse combination
- Turn to left side first
- Arms can move any way you like on the turn

Layer 2

- If the energy is right, try a little hop on the Arabesque, a slightly athletic feel if that's good for you
- Move in any way that your body wants to
- You have permission to explore and celebrate your body taking up space!



BALLET BASICS – GENERAL TERMS

FOUNDATION POSTURE

- Find your natural turn out
- Rock forward onto the balls of your feet, then back onto the heels
- Using the external rotators, flick your toes out to the corners in one fluid movement. Do not force this movement

BALLET TUCK

- Tuck your tail bone under gently
- Tighten your core and lift your chest without flaring ribs
- Bring shoulders back and down, drawing the lats down

DEMI

- 'Half'; e.g. 'Demi Plié' is a half Plié – a small bend of the knees

GRAND

- 'Big' or 'great'; e.g. 'Grand Plié' is a full Plié – big bend in the knees, heels off the floor

DERRIÈRE

- 'Behind' or 'to the back'

DEVANT

- 'Front'

EN CROIX

- 'Crossed' or 'in the shape of a cross'

POINTE

- On the toes; 'Demi Pointe' is on the balls of the feet

À LA SECONDE

- 'To the side', or feet in 2nd Position



BALLET BASICS – POSITIONS

1ST POSITION

- Feet flat on the floor
- Heels together, toes in natural turn out
- Weight evenly distributed between heels and balls of feet



2ND POSITION

- Feet flat on the floor, at least shoulder-width apart
- Heels under the line of the shoulders
- Toes in natural turn out
- Weight evenly distributed between heels and balls of feet



3RD POSITION

- Feet flat on the floor
- One heel is placed in front of the arch of the other foot
- Toes in natural turn out



LONG 4TH POSITION

- Feet flat on the floor
- Feet step in similar alignment for 3rd Position, but long
- Toes in natural turn out

BRAS BAS ARMS

- Arms down low with a slight bend in the elbows
- Hands in front of hips, palms face upward



1ST POSITION ARMS

- Arms out in front with a slight bend in the elbows
- Hands no higher than the breast bone



2ND POSITION ARMS

- Arms out to sides with a slight bend in the elbows
- Palms face forward



DEMI 2ND POSITION ARMS

- Arms in a low 'V', with a slight bend in the elbows
- Palms face downward



5TH POSITION ARMS

- Arms over head with a slight bend in the elbows
- Palms face downward
- Elbows slightly forward of face



1ST ARABESQUE POSITION

- Stand on one leg, other leg lifts behind (just off the floor, or up to hip height)
- Both legs straight with natural turn out
- Same arm as standing leg reaches forward at eye level, other arm reaches back at same angle as lifted leg



3RD ARABESQUE POSITION ARMS

- Same arm as standing leg reaches forward at eye level, other arm reaches forward at shoulder height
- Arms shoulder-width apart





BALLET BASICS – MOVEMENTS

ATTITUDE

- Lifted leg is bent in natural turn out

BATTEMENT

- ‘Beating’
- Working leg extends out and returns (single or repeated movement)

CAMBRÉ

- ‘Arched’
- Body bends from the waist

CHANGEMENT

- ‘Change’ with a jump
- E.g., Demi Plié in 3rd Position, jump to change legs, land in 3rd Position with other foot in front

DÉVELOPPÉ

- ‘To develop’
- Working leg draws up beside standing leg, then extends out straight in the air

ÉCHAPPÉ

- ‘To escape’
- E.g.: Demi Plié in 1st or 3rd Position, slide/jump feet to 2nd Position

FONDU

- ‘To melt’
- Standing on one leg, bend standing knee
- Maintain natural turn out, therefore keeping correct knee alignment

GLISSADE

- ‘To glide’
- Transfer weight from one leg to another, traveling sideways

GLISSÉ

- Slide foot through Tendu, then lift toes just off the floor

PIROUETTE

- Turn/spin on one leg (other leg in Retiré)

PLIÉ

- Bend the knee or knees

PORT DE BRAS

- Carriage of the arms; moving arms gracefully from one position to the next (body can be still or moving)

RELEVÉ

- ‘To snatch’ or ‘raised’
- E.g.: Demi Plié, then pull up quickly onto Demi Pointe
- Balls of the feet and toes replace position of heels (maintaining natural turn out)
- Strong, straight legs

RETIRÉ

- One leg raises to side (natural turn out)
- Knee bent
- Toe pointed next to the supporting knee (not on the joint)

RONDE DE JAMBE

- Leg extends to Devant (front), moves through 2nd Position to Derrière (back) position (or Derrière, 2nd, Devant), forming a semicircle
- Can be on the floor or in the air

SAUTÉ

- To jump (on both feet)

SISSONE

- Scissor action
- E.g.: Demi Plié in 3rd Position, jump off both feet, traveling to the diagonal in Arabesque. Land one foot at a time closing back to 3rd Position in Demi Plié

TEMPS LEVÉ

- To hop on one leg

TENDU

- Leg and foot stretch out long, keeping toes on the floor



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

