

LES MILLS BARRE

19

MUSIC AND FORMATS

01. WARM-UP

02. DEEPEN

03. EXTEND

04. PEAK

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS

05. STRENGTHEN

BONUS

04. PEAK

BONUS

07. ESCAPE

DECLARATION OF INTENT

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MUSIC

01.

Cold Heart (PNAU Remix) (4:32)

Paul Barron

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Written by: Taupin, John, N. Littlemore, Meecham, Meredith, Mayes, S. Littlemore

02.

Tokyo (3:43)

My Roommate Alan

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Written by: Blau, Stanton, Schneider, Giersch

03.

MONEY (2:46)

LISA

Courtesy of the Universal Music Group.

Written by: 24, Boom, R.Tee, TEDDY, Vince

04.

Follow Me (2:47)

Sarasvati

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Written by: Henderson, Green, Lyttle, Needle, Ora, Feldt

05.

Stop Talkin (2:39)

Valentino Khan feat. ALMA

Courtesy of the Universal Music Group.

Written by: Reinhardt, Miettinen, Kahn

Stop Talkin (0:52)

Valentino Khan feat. ALMA

Courtesy of the Universal Music Group.

Written by: Reinhardt, Miettinen, Kahn

06.

Real Love (2:15)

Dillon Francis feat. Aleyna Tilki

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Written by: Peck, Francis, Smaaland, Scully, Phillips

07.

Electrical Storm (4:23)

Lightzing

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Written by: Clayton, Mullen, Evans, Hewson

08.

Cool Again (3:12)

Milta

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Written by: Shofler, Torrey, Farrar

BONUS

05.

wanderer (2:58)

No More Nomads

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Written by: A. Hinds, W. Hinds

BONUS

04.

Messin' Me Up (3:01)

Pecan Peril

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Written by: Emerson, Giarusso, Doherty

BONUS

07.

Blink 182 (3:04)

King Pupil

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Written by: Maloof, Spellman

ALT

03.

Top Speed (2:46)

Nbhd Nick

Courtesy of Epidemic Sound.

Written by: Unknown

ALT

05.

Forever Moving (3:31)

Wai

Courtesy of Epidemic Sound.

Written by: Unknown



L–R: Yayoi Matches, Summer Bradley, Hannah Ellis and Des Helu

PRESENTERS

Des Helu (New Zealand) is a LES MILLS BARRE, BODYPUMP™, LES MILLS GRIT™ and BORN TO MOVE™ Presenter/Instructor and a LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor. He is based in Auckland.

Hannah Ellis (New Zealand) is a LES MILLS BARRE, LES MILLS TONE™, BODYBALANCE™/ BODYFLOW® and BODYPUMP Trainer/Instructor and a LES MILLS BARRE Presenter. She lives in Dunedin.

Summer Bradley (New Zealand) is a LES MILLS BARRE Presenter and she lives in Auckland. She has 18 years of dance experience and trained full-time in Australia.

Yayoi Matches (New Zealand) lives in Auckland and worked as a professional Ballet dancer internationally for five years.

Special thanks to:
Joash Fahitua

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 – Ariel Lu

Special thanks to Melroy Oostra and Bertie Voigt for music selection.

FORMATS

45-MINUTE OPTION		30-MINUTE OPTION	
Track 01	Warm-up	Track 01	Warm-up
Track 02	Deepen	Track 02	Deepen
Track 03	Extend	Track 03	Extend
Track 04	Peak	Track 04	Peak
Bonus 04	Peak	Track 05	Strengthen
Track 05	Strengthen	Track 06	Power
Bonus 05	Strengthen	Track 07	Escape
Track 06	Power	Track 08	Burn
Track 07	Escape	Total Time	27:11
Bonus 07	Escape		
Track 08	Burn		
Total Time	36:22		

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	Over head
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 and Direction
	Preview	Alt	Alternating

RELEASE FEEDBACK

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01. WARM-UP

TRACK FOCUS

To invite participants into the space for an inviting and enjoyable workout.

MUSIC		EXERCISE		CTS	REPS
0:05	Intro /	3x8	Set up 1 st Position, HOH	24	
0:21	V / A human sign	4x8	A Plié Transfer through to 2nd Position, HOH, L&R R leg Tendu à la Seconde Plié in 2 nd Position L leg Tendu à la Seconde Close L leg into 1 st Position Repeat, leading with L leg	2 2 2 2 8	2x
0:38	PC / Cold, cold heart	8x8	A ¹ Plié Transfer Combo, HOH, L&R R leg Tendu à la Seconde Plié in 2 nd Position L leg Tendu à la Seconde Close L leg into 1 st Position Full Plié in 1 st Position Straighten legs, reset 1 st Position Repeat, leading with L leg ↓ Option: Demi Plié	2 2 2 2 4 4 16	2x
1:11	C / And this	4x8	B L Lunge & Arabesque Combo, HOH 2x Single 90/90 Lunge, HOH R leg slow Arabesque, HOH	8 8	2x
1:28	PC / Cold, cold heart	8x8	B ¹ L Lunge & Arabesque Combo with Port de Bras Arms 2x Single 90/90 Lunge, arms to 5 th Position R leg slow Arabesque, Pullback Arms ↓ Option: HOH	8 8	4x
2:01	C / And this	4x8	A ¹ Plié Transfer Combo, HOH, L&R	32	
2:17	PC / Cold, cold heart	8x8	A ² Plié Transfer Combo with Port de Bras Arms, L&R R leg Tendu à la Seconde, arms to 2 nd Position Plié in 2 nd Position, arms to 2 nd Position L leg Tendu à la Seconde, arms to 2 nd Position Close L leg into 1 st Position, arms to 2 nd Position Full Plié in 1 st Position, Cambré towards R side Straighten legs, reset 1 st Position, arms to 2 nd Position Repeat, leading with L leg ↓ Option: HOH	2 2 2 2 4 4 16	2x
2:50	C / And this	4x8	B R Lunge & Arabesque Combo, HOH	16	2x
3:07	Br / Shoorah	8x8	B ¹ R Lunge & Arabesque Combo with Port de Bras Arms	16	4x
3:40	C / _ And I	12x8	A ³ Fast Plié Transfer Combo with Port de Bras Arms, L&R R leg Tendu à la Seconde, arms to 2 nd Position Plié in 2 nd Position, arms to 2 nd Position L leg Tendu à la Seconde, arms to 2 nd Position Close L leg into 1 st Position, arms to 2 nd Position Full Plié in 1 st Position, Cambré towards R side Straighten legs, reset 1 st Position, arms to 2 nd Position Repeat, leading with L leg ↓ Option: HOH ↑ Option: Glissé à la Seconde	1 1 1 1 2 2 8	6x



01. COLD HEART (PNAU REMIX) 4:32mins

TEACHING TIPS

Welcome to LES MILLS BARRE 19! Invite your participants into the workout with this beautiful warming sequence and energizing song! We introduce 90/90 Lunges in this Warm-up track to promote glute engagement, followed by a long lift to Arabesque. There are opportunities for flow and energy throughout this Warm-up; invite your participants to take what feels great for them to help set the tone for their workout.

COACHING CUES

PLIÉ TRANSFER THROUGH 2ND POSITION, HOH

Layer 1

- We're going to warm up our bodies
- Starting with a combination
- Tendu to the right, transfer the weight over
- Stretch the leg, Plié down, stretch and close
- Other way, out, down, up and close
- **In your Full Plié, hips stop just above the knees**
- **Glutes squeeze to press the knees out**

Layer 2

- This time you can lift off the floor, Glissé height

PLIÉ TRANSFER COMBINATION, HOH

Layer 1

- We're adding on
- Out, Full Plié, hold here
- Bend down into 1st Position, find your Full Plié, and back up
- One transfer of the weight, one Full Plié in 1st Position
- **Knees bent to 90 degrees**
- Back to the transfer of weight

Layer 2

- Now adding in the arms to 2nd Position
- One arm lifts up, Cambré over
- Feel the side body, obliques engage to create a C-shape in your spine
- Feel free to follow your arm with your eyes if it feels good

LUNGE & ARABESQUE COMBINATION, HOH

Layer 1

- New move coming up
- Two Lunges, right leg back long
- Here we go, drop it down
- Lunge down and up
- **Square off the hips, drop the back knee**
- Now transfer the weight forward, and bring it back
- Knees at 90 degrees in the Lunge
- **Knee over ankle**

Layer 2

- Lift the back foot if you're ready
- Shall we add in some arms?
- Lifting the arms, drawing shoulder blades down and back
- Now up to 5th Position
- This time, see if you can hold your Arabesque to the last second
- Feeling the posterior chain wake up
- All the back body is engaged
- Let's come into the Lunge with the left leg back
- Straight away, take it down and up
- Bring the weight forward over your supporting leg
- Then take it back into the Lunge

FAST PLIÉ TRANSFER COMBINATION WITH PORT DE BRAS ARMS

Layer 1

- Back into the combo, but a little bit faster
- Bring your arms back as soon as you're ready, or you can stay on the hips
- Final option, lift the legs off the floor
- Last few rounds

Layer 2

- Stretch it out
- Feel the work in the glutes to lift the leg
- The whole body should be feeling warm now
- Can you squeeze some more out of your Plié?
- Take it a little lower



02. DEEPEN

TRACK FOCUS

To promote cardiovascular output by encouraging jumping variations throughout the sequence.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up R leg Tendu Devant	16	
0:08	V / I'd move	12x8	A	Slow R Grand Battement Devant Combo, HOH 2x R Grand Battement Devant Sequence, traveling F 4x Tendu à la Seconde, traveling B, alternating 3 rd Position Plié (lead with R leg) ⬆ Option: Add arms to 5 th Position on Grand Battement Devant, open to 5 th Position in Tendus ⬇ Option: Glissé instead of Grand Battement Devant	16 16	3x
0:55	C / (Instr)	8x8	A ¹	Fast R Grand Battement Combo 2x R Grand Battement Sequence, traveling F with Port de Bras Arms 8x Attitude Run, traveling B (lead with R leg), arms open to 5 th Position ⬆ Option: Grand Battement Jump ⬇ Option: 4x Tendu à la Seconde, traveling B	8 8	4x
1:27	PC / (Instr)	2x8	B	Relevé in 1st Position 8x Relevé in 1 st Position, HOH	16	
1:35	(Instr)	6x8	B ¹	Sauté/Changement in 1st Position 48x Sauté or Changement in 1 st Position <i>Note: Add Reverse Port de Bras Arms as shown on Masterclass footage</i> ⬇ Options: Half-pace Échappé or Relevé	48	
1:59	V / (Quiet instr)	2x8		Pause, reset L leg Tendu Devant	16	
2:07	Just scared	12x8	A	Slow L Grand Battement Combo, HOH	32	3x
2:54	C / (Instr)	8x8	A ¹	Fast L Grand Battement Combo	16	4x
3:26	Outro /	3½x8	B/B ¹	Sauté/Changement in 1st Position 28x Sauté or Changement ⬇ Options: Half-pace Échappé or Relevé	28	



02. TOKYO 3:43mins

TEACHING TIPS

Track 2 helps us dive right into the cardiovascular workout of LES MILLS BARRE by offering a fun traveling sequence and lots of variations to try. Starting low and slow will help your participants learn the pattern, so they can really 'go for it' when the beat drops! Enjoy teaching the Attitude Run to your participants – this is a super fun way to lift your heart rate. Always offer a return to the initial variation, especially for your new participants or those who want a low-impact workout.

COACHING CUES

SLOW GRAND BATTEMENT COMBINATION, HOH

Layer 1

- Take a few steps back
- We have a sequence traveling forwards
- Left leg stretches to the front
- Step forward, transfer the weight and close
- Out, bend, stretch
- 4 Tendus, changing legs
- Let's use our Plié in between
- **Bend the knees, press them out over the toes**
- Stepping forward

Layer 2

- Adding in our arms
- Lifting to 5th Position
- Up, and Grand Battement the leg
- Arms come up in front of the face, then draw out
- Creating a beautiful line through the shoulders
- Press along the floor
- Lift up your sternum to the ceiling
- Enjoy the feeling
- Lifting the legs a little higher
- Tendus back, arms lift

FAST GRAND BATTEMENT COMBINATION

Layer 1

- Time to speed up
- Up and forward
- Now, run back
- Take a look at these, 8 Attitude Runs
- 8 Runs, 8, 7, 6, 5
- **If you're jumping, Plié when you land**

Layer 2

- Give it a go
- Cut it under
- We swish the leg and step
- Jump or stay grounded and work your Grand Battement
- Take it away

RELEVÉ/ÉCHAPPÉ FROM 1ST AND 3RD POSITION

Layer 1

- Come into 1st Position
- Find a little Relevé
- Up and down
- Échappé, feet shoot out to 2nd Position in Relevé
- Change legs as you lower
- **Heel lift, core braced**

Layer 2

- Back to the Relevé in 1st Position or change the legs

SAUTÉ/CHANGEMENT FROM 1ST AND 3RD POSITION

Layer 1

- If you'd like to take this into a Sauté, 'go for it'
- Or even Changement the legs

Layer 2

- Choose the option that works for you
- Let's add an arm-line, Reverse Port de Bras
- Cross in front of the face, bring it down



03. EXTEND

Please note: This track contains explicit content. The alternative song can be used in its place. Please use *Top Speed* with the same choreography.

TRACK FOCUS

To encourage participants to embrace the glute burn, encouraging great hip alignment and posterior stability.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up L leg Tendu Derrière en Fondu (slight bend), arms in 2 nd Positon	16	
0:07	V / It's the end	12x8	A	R Fondu Combo with Port de Bras Arms R Fondu, L leg Tendu Derrière, arms to 2 nd Position R Fondu hold, L arm to 3 rd Position R Fondu hold, L arm to 2 nd Position Straighten R leg, reset L Tendu Derrière ⬆ Options: Lift L leg to Arabesque or hover the leg off the floor ⬇ Option: L Tendu Derrière	4 4 4 4	6x
0:48	C / Drop some	4x8	B	Attitude Derrière Pulse, HOH, L&R 8x L Attitude Derrière Pulse 8x R Attitude Derrière Pulse	16 16	
1:02	V / _ Everyone	12x8	A	L Fondu Combo with Port de Bras Arms	16	6x
1:43	C / Drop some	8x8	B ¹	Attitude Derrière Pulse, R&L 16x L Attitude Derrière Pulse with Alternating 4 th Position Port de Bras Arms 16x R Attitude Derrière Pulse with Alternating 4 th Position Port de Bras Arms ⬇ Option: HOH	32 32	
2:10	(Instr)	2x8		Pause, set up R leg Attitude Derrière	16	
2:17	Br / Money moves	8x8	B ¹	Attitude Derrière Pulse, R&L	64	



ALT

03. EXTEND

TOP SPEED 2:44mins

Please use this song in place of Money when teaching Track 03.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up L leg Tendu Derrière en Fondu (slight bend), arms in 2 nd Positon	16	
0:07	V / (Ooh) You see the drip	12x8	A	R Fondu Combo with Port de Bras Arms R Fondu, L leg Tendu Derrière, arms to 2 nd Position R Fondu hold, L arm to 3 rd Position R Fondu hold, L arm to 2 nd Position Straighten R leg, reset L Tendu Derrière ⬆ Options: Lift L leg to Arabesque or hover the leg off the floor ⬇ Option: L Tendu Derrière	4 4 4 4	6x
0:48	C / (Ooh) You see the drip	4x8	B	Attitude Derrière Pulse, HOH, L&R 8x L Attitude Derrière Pulse 8x R Attitude Derrière Pulse	16 16	
1:02	V / _ I'm a real one	12x8	A	L Fondu Combo with Port de Bras Arms	16	6x
1:43	C / (Ooh) You see the drip	8x8	B ¹	Attitude Derrière Pulse, R&L 16x L Attitude Derrière Pulse with Alternating 4 th Position Port de Bras Arms 16x R Attitude Derrière Pulse with Alternating 4 th Position Port de Bras Arms ⬇ Option: HOH	32 32	
2:10	V / _ Jordan number 7's these Bordeaux	2x8		Pause, set up R leg Attitude Derrière	16	
2:17	Br / (Ooh) You see the drip	8x8	B ¹	Attitude Derrière Pulse, R&L	64	



03. MONEY 2:46mins

TEACHING TIPS

Track 3 combines balance, control and top range Execution for the ultimate extension challenge. Starting with an Arabesque Fondu, we encourage length and rotation through the body – always with the option to stay connected to the floor. Coaching overall core activation here will help your participants connect to the muscles that support this balancing movement and ultimately feel more stable throughout. The Attitude Pulses provide an immense glute burn, allowing the muscles to fire up and bring the hips into great alignment! This is a great exercise to prepare us for the following Peak track and maintain overall control. Use the last big working set to motivate your participants to keep going, even if their glutes feel like they're on fire!

COACHING CUES

FONDU COMBINATION WITH PORT DE BRAS ARMS

Layer 1

- Let's bring some strength and endurance into our glutes
- Right leg back, come into Fondu
- Let's come low, right arm to 1st Position
- Open wide, 2nd Position and rise
- Same thing again
- **Fondu down, knee over toes**
- **Nice strong core brace from the start**
- Fondu down, left arm low

Layer 2

- You can lift your leg off the floor as soon as you're ready
- We really want to work the whole core here
- New challenge, let's stay lifted
- See if you can test your balancing muscles
- Feel all of your stabilizers engage and work
- Go straight into the leg lift if it feels good for you here
- See if you can engage all of the muscles from the top shoulder to the back glute
- Such a great challenge
- I know you're all feeling this at home as well
- All it takes is confidence
- Stay strong, keep breathing
- You've got this

ATTITUDE DERRIÈRE PULSE

Layer 1

- New move: Attitude
- Bend your knee and pulse
- 8, 7, 6, 5
- **Really squeeze your glute**
- Now, switch legs
- Pulse for 8
- You're doing really well
- Let's come back to the Pulses
- We've got a double set here so stay high

Layer 2

- Up, up, now let's add the arms
- Lifting high and focusing your eye gaze
- See if you can keep your arms flowing
- It's a real contrast between strength and grace
- Well done – shake it out. We've got one more working set
- 16 left, 16 right and we're done
- Bend, lift, squeeze and pulse
- Just do what you can
- Really squeeze – go for maximum engagement here
- We're getting so strong today



04. PEAK

TRACK FOCUS

To feel and coach engagement of posture muscle activation, specifically focusing on calves, hamstrings, glutes, upper back and core.

MUSIC		EXERCISE		CTS	REPS
0:02	V / When the days	6x8	A	Low Glissade & Arabesque Combo, HOH, L&R Glissade, traveling L Close in 3 rd Position, R foot B R Low Arabesque R foot closes B in 3 rd Position Repeat, traveling R	3x 2 2 2 2 8
0:26	When I fall	4x8	A ¹	Fast Glissade & Arabesque Combo, HOH, L&R Glissade, traveling L Close in 3 rd Position, R foot B R Low Arabesque R foot closes B in 3 rd Position Repeat, traveling R <i>Note: Preview arms on last rep</i>	4x 1 1 1 1 4
0:42	Yeah you know	8x8	A ²	Glissade & Arabesque Combo, Port de Bras Arms, L&R Glissade, traveling L, arms to 2 nd Position Close in 3 rd Position, R foot B, R arm to Bras Bas R Low Arabesque, R arm to 4 th Position R foot closes B in 3 rd Position, R arm to 2 nd Position Repeat, traveling R ↓ Option: HOH ↑ Option: Glissade Jump, Arabesque Relevé	8x 1 1 1 1 4
1:13	I have my	1x8	B	Relevé in 1st Position, HOH 4x Relevé in 1 st Position	8
1:17	Cause we all	2x8	C	Échappé Relevé, HOH 8x Échappé Relevé in 1 st Position <i>Note: Add Reverse Port de Bras Arms after 4 reps</i> ↓ Option: Relevé in 1 st Position	16
1:25	Yeah, you put	1x8	D	Changement 8x Changement, Reverse Port de Bras Arms ↓ Option: Échappé Relevé	8
1:29	PC / Yeah, nobody	18x8	A ³	Full Peak Combo, L&R Glissade, traveling L, arms to 2 nd Position Close in 3 rd Position, R foot B, R arm to Bras Bas R Low Arabesque, R arm to 4 th Position R foot closes B to 3 rd Position, R arm to 2 nd Position Repeat, traveling R 8x Changement, Reverse Port de Bras Arms ↓ Options: 4x Échappé Relevé or Relevé in 1 st Position ↑ Option: Full 360° turn in Changement/Échappé, alternating sides	9x 1 1 1 1 4 8



04. FOLLOW ME 2:47mins

TEACHING TIPS

This Peak track is fun and fast, bringing all of your participants to their maximum energy output! One simple combination becomes continuously more challenging, where participants are encouraged to find their best workout along the way and enjoy what that is. Taking any or all of the variations will contribute to reaching the peak of the class and increasing fitness levels. Pay attention to the fast transitions, and pre-cue the changes with enough time for them to land – this will allow participants to seamlessly move between the exercises so they feel confident in themselves. Lastly, we add a turning element for coordination and play. Enjoy the workout but, most importantly, enjoy the endless exploration.

COACHING CUES

LOW GLISSADE & ARABESQUE COMBINATION, HOH

Layer 1

- Glissade and Arabesque
- Other side
- Awesome; now catch your breath – we’re going to stay nice and low to start
- Transfer your weight from one side to the other
- Like two Tendus
- Stay low in Plié to glide across the floor
- This is the foundation of our Peak track

Layer 2

- Take or leave what’s yours today
- Stay low in your Plié; it’s a great option to build strength

FAST GLISSADE & ARABESQUE COMBINATION, HOH

Layer 1

- Let’s go faster
- Glissade, lift, close
- Let’s add the arms
- Let’s make it a little bigger
- Add a Relevé, up, down
- **Any time you lift today, land in a Plié with soft knees**

Layer 2

- This one is amazing for building strength and lifting your heart rate if you’re not jumping today
- Remember, if it’s not you today, stay low and take the arms away
- Really concentrate on the legs

RELEVÉ IN 1ST POSITION/ÉCHAPPÉ RELEVÉ/ CHANGEMENT, HOH

Layer 1

- Hold here
- Relevé
- Up, down, up, down
- Lift your heels and stretch your legs
- **Landing in Plié**
- Shoot your feet out to 2nd Position in Échappé
- If you’re jumping, come through 1st Position in the air and change feet

Layer 2

- Graduating to an Échappé if it feels good
- And we’ve got that beautiful Reverse Port de Bras Arms
- Or we’re jumping

FULL PEAK COMBINATION

Layer 1

- Add it together, one Glissade and lift
- Other side
- Now jump for 8
- Join us now
- Any time you want to, stay low
- We’ve got one more surprise
- Are you ready?
- Glissade to the side
- If you’re jumping, turn to the left
- Or if you’re not jumping, Échappé
- Turn right

Layer 2

- Work your strength and power in your Échappé
- Two more times, let’s go!
- Or you can stay facing the front
- Maybe next time you will try the the full revolution



05. STRENGTHEN

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *Forever Moving* with the same choreography.

TRACK FOCUS

To feel and coach engagement of posture muscle activation, specifically focusing on calves, hamstrings, glutes, upper back and core.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	4x8	A	Cobra Relevé Combo and Port de Bras Arms Slow Plié Cobra in 1 st Position, Pullback Arms Reset 1 st Position, plates by sides, palms F Relevé in 1 st Position, arms lift to 5 th Position Heels lower, reset 1 st Position, plates by sides	8 8 8 8
0:16	C / Stop talkin' now	8x8	A ¹	Triple Pulse Cobra and Port de Bras Arms Triple Plié Cobra Pulse, Pullback Arms Reset 1 st Position, plates by sides, palms F Relevé in 1 st Position, arms lift to 5 th Position Heels lower, reset 1 st Position, plates by sides	4x 6 2 4 4
0:47	V / There's a snake	4x8	B	Plié Transfer in 2nd Position, plates at chest, L&R Plié in 2 nd Position R leg Tendu à la Seconde Plié in 2 nd Position L leg Tendu à la Seconde <i>Note: Preview arm option on last rep</i>	4x 2 2 2 2
1:03	C / Stop talkin' now	8x8	B ¹	Plié Transfer Combo, L&R Plié in 2 nd Position, plates at chest R leg Tendu à la Seconde, plates by sides (palms F) Plié in 2 nd Position, plates at chest L leg Tendu à la Seconde, plates by sides (palms F) Turn to R corner (in slight Plié) L Arabesque, plates pull back Repeat on other side	2x 2 2 2 2 6 16
1:35	V / Snake	8x8	A ¹	Triple Pulse Cobra and Port de Bras Arms	16 4x
2:07	C / Stop talkin' now	8x8	B ¹	Plié Transfer Combo, L&R	32 2x
2:38	(Silence)	1½x8		Pause, reset 1 st Position	4
2:40	C / Stop talkin' now	8x8	A ¹	Triple Pulse Cobra and Port de Bras Arms	16 4x
3:12	Outro /	4x8	C	Relevé in 1st Position, Port de Bras Arms Relevé in 1 st Position, arms lift to 5 th Position Hold Relevé in 1 st Position, arms to 5 th Position Heels lower, reset 1 st Position, plates by sides	16 8 8



05. STOP TALKIN 3:31mins

TEACHING TIPS

The weighted part of our class begins with strong posture training. We have two combinations that promote back body awareness and activation throughout. As you move through these two combinations, base your coaching around sensation and mind-body connection – this will encourage your participants to dial their awareness into their bodies and notice what they can feel happening in the moment. As the movements are quite simple and repetitive, there are many opportunities to coach mind-body connection in different ways. How could you see this benefiting your participants?

COACHING CUES

COBRA RELEVÉ COMBINATION WITH PORT DE BRAS ARMS

Layer 1

- Slow Cobra to begin
- Hinge forward from hips and Plié
- **Knees over toes**
- **Core engaged**
- **Squeeze the shoulder blades together**
- Now we take a rise
- **Squeeze the glutes**
- Draw the arms up to 5th Position
- Keep the weights in front of the body

TRIPLE PULSE COBRA WITH PORT DE BRAS ARMS

Layer 1

- Triple Pulse Cobra
- We drop, 3, 2, 1, we rise
- Squeeze those shoulder blades together
- Back to 1st Position and pulse
- Hinging forward from the hips
- **Engaging the glutes**
- Hold here, come back to 1st Position
- Triple Pulse
- Bring it up
- **Brace everything into your center**
- Keep the shoulders down

Layer 2

- Feel the length in the spine
- Breathe in, breathe out
- Feel the strength moving through your shoulders
- Strong through the core
- Feel the energy moving through your body
- Stay grounded through your feet

PLIÉ TRANSFER IN 2ND POSITION, PLATES AT CHEST

Layer 1

- Coming into 2nd Position, weights at your chest
- Plié, Tendu, Plié, Tendu
- **Knees over toes**
- Shoulders and hips square to the front
- Option with those arms, extend
- Bend, extend
- **Keep the chest lifted**, shoulder blades squeezing together

PLIÉ TRANSFER COMBINATION

Layer 1

- Two more, diagonal
- **Transfer, knee over toes**
- Arabesque
- **Keep those hips square to front**
- Diagonal, Arabesque
- **Squeeze the glutes**
- 2nd Position, lift, down and Pointe
- Down, up, down, up

Layer 2

- Feel the length in the spine
- Corner, extend, squeeze and engage
- Where are you feeling that?
- Quads, glutes, upper back, strong squeeze!

RELEVÉ IN 1ST POSITION, PORT DE BRAS ARMS

Layer 1

- One more rise to finish
- Lift your heels
- Breathe in
- Hold at the top
- Slowly lower down with control



06. POWER

TRACK FOCUS

To coach strong core engagement throughout both combinations as the stabilizers and balance are challenged.

MUSIC		EXERCISE		CTS	REPS
0:00		2x8	Set up in 2 nd Position Plié, arms in 2 nd Position	16	
0:08	V / Kiss me	4x8	A Pulses in 2nd Position 16x Pulse in 2 nd Position Plié, arms in 2 nd Position (palms down)	32	
0:23	PC / I want	4x8	B Slow Arm Combo in 2nd Position, R&L 4x Plié Pulse, R arm Reverse Port de Bras to L corner 4x Plié Pulse, R arm Reverse Port de Bras to 2 nd Position Repeat with L arm <i>Note: Arm-lines and direction as shown on the Masterclass footage</i>	8 8 16	
0:38	C / I want	8x8	B ¹ Fast Arm Combo in 2nd Position, R&L 2x Plié Pulse, R arm Reverse Port de Bras to L corner 2x Plié Pulse, R arm Reverse Port de Bras to 2 nd Position Repeat with L arm <i>Note: Close feet to 1st Position on last count</i>	4 4 8	4x
1:09	V / _ Pull me	8x8	C Slow Retiré with Arabesque, L&R L leg Retiré, plates by sides, palms F L leg extends B to Arabesque en Fondu, plates pull back Repeat with R leg ⬇ Option: Tendu Derrière ⬆ Option: Arms in 1 st Position on Retiré	8 8 16	2x
1:40	C / I want	8x8	C ¹ Fast Retiré with Arabesque, L&R L leg Retiré, plates by sides, palms F L leg extends B to Arabesque en Fondu, plates pull back Repeat with R leg ⬆ Option: Retiré Relevé, arms/plates to 5 th Position	4 4 8	4x



06. REAL LOVE 2:15mins

TEACHING TIPS

This Power track generates energy from the core and sends it out to every inch of our bodies! To begin, we learn an arm pattern using the plates which creates instant activation through our abdominal muscles. This sequence, combined with the Plié Pulses, allows for quick fatigue and will challenge your participants in their range – how will you motivate them to stay strong in the workout? To finish, we introduce strong and powerful Retiré Relevés which promote balance, control and explosive strength out of the legs and feet. Continue to coach core activation as your participants attempt the Retirés so they can achieve all the gains from this stabilizer training.

COACHING CUES

PULSES IN 2ND POSITION

Layer 1

- Step out to 2nd Position, Plié down
- Arms rise to 2nd Position
- Just below shoulder line, we pulse
- Long, straight spine
- Chest up
- **Brace the abs**
- **Knees press out over toes**

ARM COMBINATION IN 2ND POSITION

Layer 1

- Slow Port de Bras Arms
- Left arm up, reach up and over
- Stop here, then come back to your SET Position
- Other side, up
- Now we're going to build some more energy
- Double time with the arms
- Ready, go!

Layer 2

- Adding a little coordination to the Pulses and the Port de Bras Arms
- Let's build more energy into the legs
- Lower!
- Feel that deep burn in the glutes, the quads and the shoulders

RETIRÉ WITH ARABESQUE

Layer 1

- Right leg Retiré
- Bend knee, toes to knee
- Extend to Arabesque
- **Fondu, press the knee over the toes**
- Add in the arms
- Coming up to 1st Position, and extend the plates behind you
- Press knee wide in Retiré, hips stay square to front
- Natural turn out here
- Double time, we go up and extend back
- Or take a rise

Layer 2

- Ground down
- Extend the crown of the head away from your toes
- Feel that posterior chain engage
- Keep that focus
- Maybe you want to come into 5th Position with those arms
- Give it a go, give it a try
- Explore your range of motion
- Find your balance



07. ESCAPE

TRACK FOCUS

To clearly coach the combination early on, to allow freedom and expression in the long combination sets.

MUSIC		EXERCISE		CTS	REPS
0:00		2x8	Prepare L Tendu Devant, facing F, HOH	16	
0:10	V / _ The sea	6x8	A	Slow Escape Combo, HOH, L&R L leg steps F, R leg low Arabesque R leg steps F, L leg low Arabesque 3x Walk traveling B, leading with L leg Hold R Tendu Devant Repeat, leading with R leg <i>Note: Preview arms and turn on 3rd rep</i>	1½x 4 4 6 2 16
0:40	Sound	1x8		Pause in R Tendu Devant, prepare for faster combo leading with R leg	8
0:45	C / _ You're in	15x8	A¹	Fast Escape Combo, R&L 2x Forward-Stepping Arabesque, arms to 4 th Position 3x Walk traveling B, leading with R leg Hold L Tendu Devant Repeat, leading with L leg ⬆ Options: Freedom with arms during the turn, either 1 st or 5 th Position ⬆ Options: Arabesque Relevé or Jump <i>Note: Alternate between turning the Walks, and facing the front as shown on the Masterclass footage</i>	7½x 4 3 1 8
2:00	Br / _ (Heavy Instr)	2x8	B	R Attitude Derrière R Attitude Derrière, facing L corner, arms to 5 th Position ⬆ Options: Slight tip forward from hips <i>Note: Change sides on last count</i>	16
2:10	Storm	2x8	B	L Attitude Derrière L Attitude Derrière, facing L corner, arms to 5 th Position <i>Note: Prepare L Tendu Devant on last 2 counts</i>	16
2:20	(Quiet instr)	24x8	A²	Full Escape Combo, L&R 2x Forward-Stepping Arabesque, arms in 4 th Position 3x Walk traveling B, leading with L leg, free arms Hold R Tendu Devant L Attitude Derrière, arms to 5 th Position L leg steps B, R Tendu Devant, arms sweep to Open 5 th Position Repeat, leading with R leg ⬆ Options: Arabesque Relevé or Jump and Leg Lift in Devant <i>Note: Allow the emotion of the music to move your body freely between all variations as shown on the Masterclass footage</i>	6x 4 3 1 4 4 16



07. ELECTRICAL STORM 4:23mins

TEACHING TIPS

In this release, we have an incredible dance sequence, choreographed to the most powerful music! We begin slow and simple to set up the foundation movement pattern, then as the song progresses we add more dance elements. Keep your coaching simple, to help your participants feel the footwork and learn the traveling sequence forward and back. Demonstrate a few with and without the turn to give your participants permission for their own exploration. Finally, the full dance sequence is there to be danced, full of expression and life! How can you encourage your class to fully let go and dance it out in this track?

COACHING CUES

SLOW ESCAPE COMBINATION, HOH

Layer 1

- Let's start slowly today
- **Core braced**
- Right leg in front
- We're going to start with two Arabesques traveling forward
- Two steps, one more
- Now three Walks back
- We walk, 3, 2 and 1, other side
- **Knee out in line with toes**
- It's a really low Arabesque
- Three Walks, left, right, left; Pointe right
- When you're ready, we'll add some arms
- If you like, you can take your three Walks back and add a turn
- Wait here; we're going to start on the other side and go a little bit faster

FAST ESCAPE COMBINATION

Layer 1

- Here we go, two steps forward, three Walks back
- If you would like to, try a Relevé and Grand Battement the back leg
- Lift, lift, take it round
- Or you can try a jump in Arabesque
- **Soft landing through the knees**
- Hop, hop, and step it back

Layer 2

- You can go straight into the turn or you can do a couple of reps facing the front
- Great start everybody!
- What a beautiful dance sequence – make it your own
- If you like, you can lift your eye gaze to your top hand
- Choose whatever arms you like when you turn
- Make it feel good
- Explore your emotional connection to this beautiful music

ATTITUDE DERRIÈRE

Layer 1

- Let's hold in Attitude
- Lift your leg behind, slight bend in the knee
- Find the corner
- **Squeeze the glutes**
- **Knee over toes**
- Open up
- Other side
- Lift the leg when you're ready

Layer 2

- A beautiful isometric hold through the body
- Feel strong and powerful in this movement



07. ELECTRICAL STORM 4:23mins

COACHING CUES

(CONTINUED)

FULL ESCAPE COMBINATION

Layer 1

- Let's try it all together
- Two Steps forward, three Walks back
- Now, one Attitude
- Step forward and lift, step back and prepare;
other side
- Two forward, three Walks with or without a turn
- Attitude, lean into it
- Step back to prepare

Layer 2

- So that's it! It's all up to you now
- The key is to let your body lead the way and
explore where it wants to go
- It's full of expression; it's full of body
- We really want you to 'go for it' today
- Just dance
- I know it feels so good
- Only a few more rounds left, so see how you
can make these feel for you
- Strong and controlled



08. BURN

TRACK FOCUS

Find short bursts of sensation during the core and glute exercises with moments of release during the Lunge Stretches.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up lying down on back, legs in Tabletop position		16	
0:10	V / _ I feel like	8x8	A	C-Crunch with Leg Extension, F&B C-Crunch with arms in 1 st Position Lower down, extend front leg to 45° with arms in 5 th Position Repeat with back leg ⬆ Option: Extend both legs to 45°	4 4 8	4x
0:53	C / Ohhh	2x8	A ¹	Triple Pulse C-Crunch with Double-Leg Extension 3x C-Crunch Pulse, arms to 1 st Position Double-Leg Extension, arms to 5 th Position ⬇ Option: Single-Leg Extension	6 2	2x
1:04	V / _ Had my heart	2x8	B	Lunge Stretch L Transition into L Lunge Stretch, facing R side Hold L Lunge Stretch	8 8	
1:14	PC / Ohh	2x8	B ¹	Full Lunge Stretch L Tuck toes under, lifting back knee, arms to 5 th Position Rotate towards front, arms to 5 th Position ⬇ Option: Knee stays down	8 8	
1:25	C / It might	2x8	B	Lunge Stretch R	16	
1:36	I know I	2x8	B ¹	Full Lunge Stretch R	16	
1:46	Ohh	2x8	C	Plank Transition to Plank Hold Plank <i>Note: On knees or toes</i>	8 8	
1:57	B / We had sketched	4x8	C ¹	Rotating Plank F&B Side Plank towards front, front arm Reverse Port de Bras Return to Plank Repeat towards back	4 4 8	2x
2:18	(Instr)	1x8		Transition to Side Plank with bottom knee down, facing F	8	
2:24	(Instr)	4x8	D	Side Plank L Leg Pulse 16x L Side Leg Pulses with Reverse Port de Bras Arms <i>Note: On knees or toes</i>	32	
2:45	C / It might	1x8		Transition to Side Plank on other side	8	
2:50	Ohh	4x8	D	Side Plank R Leg Pulse 16x R Side Leg Pulse with Reverse Port de Bras Arms	32	

Note

Error on Masterclass footage: From 2:24 please follow the choreography notes until the end of the track. We do 20x Pulse on L side and 12x Pulse on R side. This should be corrected to 16x Pulse on L side, 8 counts to transition to other side, then 16x Pulse on R side.



08. COOL AGAIN 3:12mins

TEACHING TIPS

Continuing with the balletic feel, we head into some core training with arms in 1st and 5th Position. This is the perfect way to start bringing the heart rate down and preparing our bodies for the end of the class. Core stability training, combined with a gentle stretch, will give our bodies what they need to start recovering from the workout. This is a great time to acknowledge the effort of your participants and how amazing they did in the workout. Let them know their efforts are worth celebrating!

COACHING CUES

C-CRUNCH WITH LEG EXTENSION

Layer 1

- Setting up on our backs
- Lifting the knees at a right angle over our hips
- **Lower back towards the floor, belly in**
- Crunch the body up
- Arms to 1st Position
- Ribs to hips
- Extend the front leg long to 45 degrees
- Head rests back down, arms to 5th Position
- Crunch it up, and take it out, back leg
- Up and up, extend out and out

Layer 2

- See if you can lift your shoulder blades off the floor
- Now if you'd like to extend both legs out, take both out with you

TRIPLE PULSE C-CRUNCH WITH DOUBLE-LEG EXTENSION

Layer 1

- For a little extra burn, let's add a Triple Pulse
- Coming up 3, 2, 1, extend

LUNGE STRETCH

Layer 1

- Grab the backs of the legs, roll on up
- Come on over into a Lunge; let's stretch out our hips
- **Heel is directly underneath the knee**
- Softly lower your weight forward
- Tuck the back toes under; see if you can balance
- Come back down; switch the legs

Layer 2

- Lift the arms to 5th Position
- And if it feels good, twist the spine
- It's a beautiful release
- Feel free to just stay and hang out here
- Or come with us, tuck the back toes under
- Find the balance
- Plant the feet into the floor
- Add the beautiful twist

PLANK AND ROTATING PLANK

Layer 1

- Hands back down
- Come to a Plank
- On knees or toes
- **Hips and shoulders square to the floor**
- **Brace the abs**
- Rolling Hover to the front
- **Elbows under shoulders**
- Lift the arm
- Circle above the head
- Now to the back
- Lift and lift; roll back through the center

Layer 2

- Strong lift through the obliques
- Feeling the burn now!

SIDE PLANK LEG PULSE

Layer 1

- Drop the front knee
- Set up on the side
- **Shoulders stacked over elbow**
- **Core braced**
- **Squeeze the glutes**
- Lift the leg up and down
- Work the glute
- Up, down, up, down
- Straight to the other side
- Transfer the weight over
- Set up the hips square on top of each other

Layer 2

- Adding in a Port de Bras Arms
- You can do this on the knees or challenge yourself up on the toes



BONUS

05. STRENGTHEN

TRACK FOCUS

To work against the band's resistance for postural control in Arabesque.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	Set up SMARTBAND™ around thighs or hold two weights of the same weight – one in each hand			
0:13	V / _ Keep on	8x8	A	Prepare in 3 rd Position, facing L corner	
				Super Slow R Arabesque Extension, HOH	
				R leg lifts to small Retiré	4x
				R leg extends to Attitude Derrière	4
				R leg extends to Arabesque	4
				R leg closes B in 3 rd Position	4
0:58	C / (Instr)	2x8	A ¹	R Arabesque Extension and Pulse, HOH	
				R leg lifts to small Retiré	2x
				R leg extends to Arabesque	2
				2x R Arabesque Pulses	3
				R leg closes B in 3 rd Position	1
1:10	(Instr)	2x8	B	R Arabesque Pulse, HOH	
				16x R Arabesque Pulse	16
1:21	V / _ With your	3x8		Prepare in 3 rd Position, facing R corner	
1:38	_ With your	4x8	A ²	Slow L Arabesque Extension, HOH	
				R leg lifts to small Retiré	4x
				R leg extends to Attitude Derrière	2
				R leg extends to Arabesque	2
				R leg closes B in 3 rd Position	2
2:30	C / (Instr)	2x8	A ¹	L Arabesque Extension and Pulse, HOH	
2:41		2x8	B	L Arabesque Pulse, HOH	
2:53	Outro /	2x8		Take off band	

Note

Error on Masterclass footage: From 1:38 please follow the choreography notes until the end of the track.



BONUS

05. WANDERER 2:58mins

TEACHING TIPS

This Bonus Strengthen track provides a deep glute burn whether you use the band, plates, or body weight! The slow Arabesque sequence allows us to establish great alignment and turn out from the start, which progresses into the combination and the Pulses to finish. When you teach this track for the first time, you may start with body weight, then change to plates and finally the band. Make the training progressive to ensure your participants can move safely and effectively – achieving that beautiful glute burn!

COACHING CUES

SUPER SLOW ARABESQUE EXTENSION, HOH

Layer 1

- Setting up the body
- **Hips and shoulders square to front**
- We're going to use the resistance of the band to strengthen our glutes
- Feet in 3rd Position
- Lift the leg up, little Retiré
- Come out to Attitude
- Extend out to Arabesque
- Smoothly control the lower body
- This will only be a really small movement if you're working with the band
- Reset on the other side
- Shoulders stacked over hips

Layer 2

- Lots of control
- Keep pushing the resistance, that's where the challenge is
- Taking it slowly
- If you're working with the plates, bring them to your hips, or down and back
- **Brace the core**, find your beautiful posture
- See if you can link all of the positions together
- Super seamless and flowing through this strength move

ARABESQUE EXTENSION AND PULSE, HOH

Layer 1

- Lift up easy, and out
- Pulse for two
- Up, up, out, Pulse

Layer 2

- Feel the engagement in the glutes as you lengthen through the toes

ARABESQUE PULSE, HOH

Layer 1

- Tap for 16 Pulses
- **Core braced**
- **Squeeze glutes**
- They're fast
- We have 16 Pulses to the end

Layer 2

- We're looking to keep engagement in the glutes and fire through them
- It's all about staying square in the hips
- Maintain the balance



BONUS

04. PEAK

TRACK FOCUS

To use fast footwork and coordination for participants to reach their first big peak of the class.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up R leg behind in Petite Retiré, HOH	16	
0:08	V / Me up	6x8	A	Slow Peak Combo, HOH, L&R 3x alternating Petite Retiré, traveling L Close R leg B in 3 rd Position, facing L corner R leg lifts to Arabesque Close R leg F in 3 rd Position Repeat, traveling R	6 2 4 4 16	1½x
0:32	PC / I’m gonna	4x8	A ¹	Slow Peak Combo with Port de Bras Arms, R&L 3x alternating Petite Retiré, traveling R, Bras Bas Arms Close R leg B in 3 rd Position, facing L corner, Bras Bas Arms R leg lifts to Arabesque, 1 st Arabesque Arms Close R leg F in 3 rd Position, Bras Bas Arms Repeat, traveling L	6 2 4 4 16	
0:47	C / (Instr)	4x8	A ²	Fast Peak Combo with Port de Bras Arms, R&L 3x alternating Petite Retiré, traveling R, Bras Bas Arms Close R leg B in 3 rd Position, facing L corner, Bras Bas Arms R leg lifts to Arabesque, 1 st Arabesque Arms Close R leg F in 3 rd Position, Bras Bas Arms Repeat, traveling L	3 1 2 2 8	2x
1:02		5x8	B	R Arabesque Tap 16x R Arabesque Tap with Rotating Arabesque Arms, facing L corner <i>Note: Take the last 4 counts to change sides</i>	40	
1:21	PC / I’m gonna	4x8	B	L Arabesque Tap 16x L Arabesque Tap with Rotating Arabesque Arms, facing R corner	32	
1:37	C / (Instr)	4x8	A ¹	Slow Peak Combo with Port de Bras Arms, R&L	32	
1:52		16x8	A ²	Fast Peak Combo with Port de Bras Arms, R&L ⬆ Option: Double Arabesque Relevé ⬇ Option: HOH <i>Note: Explore the Double Arabesque and Rotating Arms with the intention of finding freedom through movement, as shown on the Masterclass footage</i>	16	8x



BONUS

04. MESSIN' ME UP 3:01mins

TEACHING TIPS

This Bonus Peak track incorporates slow and fast footwork with beautiful extension through Arabesque variations. Use clear cues to coach the footwork at the start to help your participants understand the foundation movement pattern; then as the track progresses, you can start exploring beautiful Layer 2 exploration cues. The rotating arm-line really transforms this track, so enjoy the freedom that comes with that. In this track, have fun with your participants and let them move their bodies in their own way.

COACHING CUES

SLOW PEAK COMBINATION WITH PORT DE BRAS ARMS

Layer 1

- We have a sequence traveling to the right
- Bring your toes to the back of your ankle
- We switch to the front, to the back
- Close to your diagonal, Arabesque, close front
- Other way
- Back, front, back, close to the diagonal
- Squeeze the glute, lift the leg, close front
- Port de Bras Arms
- Bras Bas Arms, then bring them up to 1st Position Arabesque
- Knees over toes
- Back to the combo

Layer 2

- Feel the length in the spine
- Feel the softness in your breath
- Bring the arms in when you're ready

FAST PEAK COMBINATION WITH PORT DE BRAS ARMS

Layer 1

- Double time
- Back, front, back, close, out, down
- **Soft landing**
- Two more like this
- Finding your Relevé
- If you would like to, come back to the hips and practice the Double Arabesque first

Layer 2

- Stay light on your feet and feel your Plié
- Let's go faster team
- Now if you'd like to, try a jump with it
- A little more bounce across the floor
- Strong pull up in the body
- Take a look at this arm-line
- We can do a Double Arabesque with the swapping arms
- Let's try the arms again, follow through
- Beautiful, expressive movement
- Feel the power coming from your back
- Whatever you feel, show it in your movement

ARABESQUE TAPS

Layer 1

- Let's hold here and tap
- Lift the leg
- Switching straight to the other side
- Find your 1st Position Arabesque
- **Knee pressing over the toes**
- Try the rotation

Layer 2

- Now try this: spiral the arms around
- Feel the beautiful line through your body
- Keep the arms rotating
- Open up through the shoulder line
- Following the fingertips
- This is definitely the definition of a beautiful burn



BONUS

07. ESCAPE

TRACK FOCUS

To clearly teach the foundations of turning, focusing on hip alignment, core control and a strong Relevé.

MUSIC		EXERCISE		CTS	REPS
0:00		2x8	Set up L leg B in Dancers Lunge, facing L corner, HOH	16	
0:13	V / _ We could	4x8	A L Retiré Combo, HOH L leg lifts to Retiré, facing F L leg steps F, R Tendu Derrière, facing R corner L leg lifts to Retiré, facing F L leg steps B to Dancers Lunge, facing L	2 2 2 2	4x
0:38	PC / I know	8x8	A ¹ L Retiré Combo with Port de Bras Arms L leg lifts to Retiré, facing F, arms to 1 st Position L leg steps F, R Tendu Derrière, facing R corner, arms to Demi 2 nd Position L leg lifts to Retiré, facing F, arms to 1 st Position L leg steps B to Dancers Lunge, facing L, arms to 3 rd Position ⬆ Option: Retiré Relevé ⬆ Option: Pirouette in Retiré	2 2 2 2	8x
1:30	V / _ We could	2x8	Reset Dancers Lunge, facing R corner, HOH		
1:36	_ Sneak out	4x8	A R Retiré Combo, HOH	8	4x
2:01	_ Go	8x8	A ¹ R Retiré Combo with Port de Bras Arms	8	8x



BONUS

07. BLINK 182 3:04mins

TEACHING TIPS

This Bonus Escape track offers a fantastic opportunity to explore the foundations of turning. We work multiple repetitions per side to promote mind-body awareness and encourage muscle memory. As the Masterclass footage demonstrates, start by introducing the simple movement pattern of the Lunges, then gradually add on the arms and the Pirouette as you feel your participants are ready. You know your class the best, so encourage them to try where they can, and pull back to continue building strength and confidence.

COACHING CUES

RETIRÉ COMBINATION, HOH

Layer 1

- Let's work on the foundations of turning
- Starting in a Lunge facing the corner
- Set up the hips and shoulders square to front
- This is the position we're going to move from as we build up to our turns in LES MILLS BARRE
- Lifting to Retiré, bring the back leg up
- Step forward, take it back through Retiré into your Lunge
- Plant the feet on the floor
- **Keep your knees soft as you step forward and back**
- **Core strong**
- Lift, full transfer of the weight
- Up and forward, exactly the same as the first side

Layer 2

- Take your time to get this leg pattern into your body
- We're staying here the whole time and adding on layers
- Engaging with our core posture
- Let's bring in some beautiful Port de Bras Arms

RETIRÉ COMBINATION WITH PORT DE BRAS ARMS (AND PIROUETTE)

Layer 1

- Options for you to play with, like these arms
- Arms to 1st Position, Demi Seconde, back through 1st Position and 3rd Position
- Now, try a Pirouette
- Come around the corner if you're ready, step forward
- Take the Relevé or the Pirouette, it's up to you
- A few more repetitions on this side
- Remember the Relevé? Feel free to add it in when you're ready
- Adding the turn, spot the front, find the corner

Layer 2

- If you'd like to Relevé, give it a go – stay grounded on the second Retiré
- Finding a balance
- Spot the front
- It's your time to be curious about your body, and to make each rep better than the last
- If you're feeling super confident, throw in a double
- This is your time to play, your time to have a go and be free
- A little tip: use your closing arm to help you lift up into your turns
- And try to center your mid-line over your Demi Pointe



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'; eg 'Demi Plié' is a half Plié – a small bend of the knees

GRAND

- 'Big' or 'great'; eg '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
- Eg: 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’
- Eg: 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 ARMS

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

RELEVÉ

- ‘To snatch’ or ‘raised’
- Eg: 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
- Eg: 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.

