

LES MILLS BARRE

20

MUSIC AND FORMATS

01. WARM-UP

02. DEEPEN

03. EXTEND

04. PEAK

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS

03. EXTEND

BONUS

07. ESCAPE

BONUS

07. ESCAPE

DECLARATION OF INTENT

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MUSIC

01.

sunday (3:17)

Joy Oladokun

Courtesy of the Universal Music Group.

Written by: Oladokun
02.

Sweet Dreams (Are Made Of This) (2:02)

Steve Void

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Written by: Lennox, Stewart
03.

Somebody That I Used to Know (4:04)

Gotye feat. Kimbra

Courtesy of the Universal Music Group.

Written by: Bonfa, de Backer
04.

Say Goodbye 3:55)

Dan Draper

Courtesy of Les Mills Music Licensing Ltd.

Written by: Beasley
05.

Bam Bam (Henry Fong Remix) (2:39)

Sister Nancy

Courtesy of Technique Records.

Written by: Riley, Russell
06.

Fire In My Soul (Tom Staar Remix) (2:52)

Oliver Heldens feat. Shungudzo

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Written by: Felder, Brown, Govere, Heldens, Simmons
07.

Material Girl (2:17)

Wintereven

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Written by: Brown, Rans
08.

Pusher Love Girl (5:34)

Justin Timberlake

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Written by: Mosely, Harmon, Timberlake, Fauntleroy, Godbey

- BONUS

03.

I Say A Little Prayer (4:14)

Tori Kelly & Pharrell Williams

Courtesy of the Universal Music Group.

Written by: Bacharach, David
- BONUS

07.

Let Her Go (4:10)

Passenger

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Written by: Rosenberg
- BONUS

07.

Call me Cruella (2:10)

The Vast Spots

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Written by: Welch, Brittel, Stinson, Adelberger, Jones
- ALT

02.

Too Late For Me (2:02)

STRLGHT

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT

08.

Where She'll Go (5:34)

Mimmi Bangoura

Courtesy of Epidemic Sound.

Written by: Unknown



L–R: Summer Bradley and Yayoi Matches

PRESENTERS

Summer Bradley (New Zealand) is a LES MILLS BARRE, BODYBALANCE™/BODYFLOW® and SH'BAM™ Masterclass filming Presenter, and she lives in Auckland. She has 19 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 **Berti Voigt** for music.

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 03	Extend	Track 05	Strengthen
Track 05	Strengthen	Track 06	Power
Bonus 07	Escape	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
Tell us what you think of this release.
Visit lesmills.com/release-feedback

TEACHING THIS RELEASE

How long should I teach the new release for?
Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will still experience the magic, excitement and training effect of the new launch tracks.



01. WARM-UP

TRACK FOCUS

To welcome my participants into this safe workout space, and set up a beautiful arm pattern that we will use throughout the workout.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / Mmm	1x8		Set up 1 st Position, Bras Bas Arms	8	
0:11	/ Mmm	2x8	A	4/4 Full Plié in 1st Position, Bras Bas Arms Bend knees to Full Plié Straighten legs, reset 1 st Position ↓ Option: Demi Plié, HOH	4 4	2x
0:24	V / _ Mama says	4x8	A ¹	4/4 Full Plié in 1st Position with Port de Bras Arms Full Plié, arms Demi-Seconde Straighten legs, reset 1 st Position, arms cross in front Relevé in 1 st Position, arms open in 5 th Position ↓ Option: Demi Plié, HOH	4 2 2	4x
0:49	C / _ Sunday	4x8	B	Slow Pulsing Plié in 1st Position with Floating Arms Full Plié, float arms up in 2 nd Position Demi Plié, float arms down (Bras Bas) <i>Note: After 4 reps, float arms higher between 5th and 2nd Position</i> ↓ Option: Stay in Demi Plié, HOH	2 2	8x
1:14	V / Mmm	5x8	C	4/4 Full Plié in 2nd Position, Port de Bras Arms Full Plié, arms in Demi-Seconde Position Straighten legs, reset 2 nd Position, arms cross in front Relevé in 2 nd Position, arms open in 5 th Position ↓ Option: Demi Plié, HOH	4 2 2	5x
1:46	C / _ Sunday	4x8	D	Slow Pulsing Plié in 2nd Position with Floating Arms Full Plié, float arms up in 2 nd Position Demi Plié, float arms down (Bras Bas) <i>Note: After 4 reps, float arms higher between the 5th and 2nd Position</i> ↓ Option: Stay in Demi Plié, HOH	2 2	8x
2:11	Br / _ Sunday come	4x8	E	Tendu à la Seconde with Cambré R&L R leg Tendu à la Seconde, Cambré towards L Reset 1 st Position, arms in 2 nd Position Repeat with L leg	6 2 8	2x
2:37	C / _ Sunday	4x8	F	Tendu Lift à la Seconde, Arms in 2nd Position R&L R leg Tendu à la Seconde R leg lifts off the floor R leg Tendu à la Seconde R leg closes into 1 st Position Repeat with L leg ↑ Option: Gradually lift leg higher in à la Seconde	2 2 2 2 8	2x
2:49	/ _ Sunday	8x8	F ¹	Tendu Lift à la Seconde with Port de Bras Arms R&L R leg Tendu à la Seconde, R arm Bras Bas (L arm in 2 nd Position) R leg lifts off floor, arms in 4 th Position (R arm up) R leg Tendu à la Seconde, hold arms in 4 th Position R leg closes into 1 st Position, arms transition to other side Repeat with L leg ↓ Option: HOH	2 2 2 2 8	4x



01. SUNDAY 3:17mins

TEACHING TIPS

Welcome to LES MILLS BARRE 20! There is an amazing workout in store for you, starting with a beautiful Warm-up to prime our bodies for the rest of the class. In this Warm-up, instructors will have the opportunity to explore simple movement patterns like Pliés, Relevés and Tendus. These exercises will prepare all of the main muscle groups that will be used in the next few tracks. Finally, we introduce a 4th Position arm-line, which you will see pop up in various tracks, and it offers a true theme in this release. This is the perfect time to welcome your participants into the space and encourage them to connect with their bodies in a way that is authentic to them.

COACHING CUES

4/4 FULL PLIÉ IN 1ST POSITION, BRAS BAS AND WITH PORT DE BRAS ARMS

Layer 1

- Warming up is so important – let's start with a Full Plié
- Take it down, 4, 3, 2, 1
- Up 4, 3, 2, 1
- You can stop at the Demi, or take it further to 90 degrees
- **Hips just above knees**
- Arms float, cross in front of the face, open up to the ceiling, then move back down
- **Core braced**
- **Glutes squeeze to press the knees out over toes**

Layer 2

- Now let's lift the heels, Relevé
- Connecting our breath to the movement
- Breathing in, breathing out

SLOW PULSING PLIÉ IN 1ST POSITION WITH FLOATING ARMS

Layer 1

- Slow bottom half
- We take it down, and halfway up
- Full Plié, Demi Plié
- Stay low in the legs, arms lift high and press

Layer 2

- Float your arms – we want to engage our upper back muscles

4/4 FULL PLIÉ IN 2ND POSITION, PORT DE BRAS ARMS

Layer 1

- Last one, step out to 2nd Position
- Full Plié, 4, 3, 2, 1
- Up, 4, 3, 2, 1
- **Pressing the knees out over toes strongly**
- **Stopping the hips just above knee height**
- Add your Heel Lift, and float the arms

Layer 2

- Cross in front, lifting up
- Super smooth, engaging our stabilizers

SLOW PULSING PLIÉ IN 2ND POSITION WITH FLOATING ARMS

Layer 1

- Slow bottom half
- Go down, and up
- Send the arms high
- Up and press

Layer 2

- Resist through the air
- We're pushing the air away with our arms
- Drawing down the lats
- Last two – how are the legs feeling?
- I'm definitely feeling some heat in my legs now

TENDU À LA SECONDE WITH CAMBRÉ, R&L

Layer 1

- Tendu the right leg à la Seconde
- Reach the arm up and over
- Other side
- **Core braced**
- 6cts over, 2cts to recover

Layer 2

- Find a beautiful Side Bend
- Big breath in, exhale and reach over



01. SUNDAY 3:17mins

COACHING CUES

TENDU LIFT À LA SECONDE, ARMS IN 2ND POSITION AND WITH PORT DE BRAS, R&L
Layer 1

- Hold the upper body still
- Lift the leg
- Tendu, lift, Tendu, close
- Other side
- Adding an arm line, 4th Position
- Same side arm as the leg that lifts

Layer 2

- Slowly lifting higher, engaging the glute medius
- All of the energy shoots out from underneath the leg
- If you'd like to, take your head with it
- Let's make them smooth
- Join your Tendu to your lift



02. DEEPEN

Please note this song contains explicit content. The Alternate song can be used in its place.
Please use *Too Late For Me* with the same choreography

TRACK FOCUS

To introduce my participants to the cardio component of this workout in a fun and enjoyable way, by offering simple progressions to help everyone warm up safely.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up R Tendu à la Seconde	16	
0:08	C / _ Sweet dreams	2x8	A 2nd Plié & Relevé Combo, HOH, R&L R leg steps out to Plié in 2 nd Position L leg pulls in to Relevé in 1 st Position R leg steps out to Plié in 2 nd Position L leg Tendu à la Seconde Repeat, leading with L leg	1 1 1 1 4	2x
0:16	/ I travel	6x8	A ¹ 2nd Plié & Relevé Combo with Port de Bras Arms, R&L R leg steps out to Plié in 2 nd Position, arms in 2 nd Position L leg pulls in to Relevé in 1 st Position, arms in 2 nd Position R leg steps out to Plié in 2 nd Position, L arm Bras Bas L leg Tendu à la Seconde, left arm in 4 th Position Repeat, leading with L leg ⬆ Option: Replace Relevé with a Gallop ⬆ Option: Lift Tendu off the floor ⬇ Option: HOH	1 1 1 1 4	6x
0:39	V / Some of	4x8	B 4/4 2nd Position Plié and Curtsy Lunge R&L R leg steps out to Plié in 2 nd Position, arms in 2 nd Position L leg steps behind to Curtsy Lunge, L arm in 3 rd Position Repeat, leading with L leg ⬇ Option: HOH	4 4 8	2x
0:55	/ Hold your	2x8	B ¹ 1/1 2nd Position Plié and Curtsy Lunge R&L R leg steps out to Plié in 2 nd Position, arms in 2 nd Position L leg steps behind to Curtsy Lunge, L arm in 3 rd Position Repeat, leading with L leg ⬇ Option: HOH	2 2 4	2x
1:03	C / Sweet dreams	8x8	B ² 1/1 2nd Position Plié and Arabesque Fondu R&L R leg steps out to Plié in 2 nd Position, arms in 2 nd Position L leg closes in 1 st Position Plié, L arm Bras Bas L leg Arabesque en Fondu, L arm in 4 th Position L leg closes in 1 st Position Plié, hold arms in 4 th Position Repeat, leading with L leg ⬇ Option: HOH and Curtsy Lunge	1 1 1 1 4	8x
1:34	Br / Hold your	6½x8	A ¹ 2nd Plié & Relevé/Gallop Combo with Port de Bras, R&L ⬆ Option: Grand Battement à la Seconde	8	6½x



ALT

02. DEEPEN

TOO LATE FOR ME 2:02mins

Please use this song in place of *Sweet Dreams (Are Made Of This)* when teaching Track 02.

MUSIC		EXERCISE		CTS	REPS
0:00	2x8	Set up R Tendu à la Seconde		16	
0:08 / Too late for me	2x8	A	2nd Plié and Relevé Combo, HOH, R&L		2x
			R leg steps out to Plié in 2 nd Position	1	
			L leg pulls in to Relevé in 1 st Position	1	
			R leg steps out to Plié in 2 nd Position	1	
			L leg Tendu à la Seconde	1	
0:16 Instr /	6x8	A ¹	Repeat leading with L leg	4	
			2nd Plié and Relevé Combo, with Port de Bras, R&L		6x
			R leg steps out to Plié in 2 nd Position, arms in 2 nd Position	1	
			L leg pulls in to Relevé in 1 st Position, arms in 2 nd Position	1	
			R leg steps out to Plié in 2 nd Position, L arm Bras Bas	1	
			L leg Tendu à la Seconde, left arm in 4 th Position	1	
			Repeat leading with L leg	4	
			⬆ Option: Replace Relevé with a Gallop		
0:39 / Too late for me	4x8	B	⬆ Option: Lift Tendu off the floor		
			⬇ Option: HOH		
			4/4 2nd Position Plié and Curtsy Lunge R&L		2x
			R leg steps out to Plié in 2 nd Position, arms in 2 nd Position	4	
			L leg steps behind to Curtsy Lunge, L arm in 3 rd Position	4	
0:55 / Too late for me	2x8	B ¹	Repeat leading with L leg	8	
			⬇ Option: HOH		
			1/1 2nd Position Plié and Curtsy Lunge R&L		2x
			R leg steps out to Plié in 2 nd Position, arms in 2 nd Position	2	
			L leg steps behind to Curtsy Lunge, L arm in 3 rd Position	2	
1:03 / Too late for me	8x8	B ²	Repeat leading with L leg	4	
			⬇ Option: HOH		
			1/1 2nd Position Plié and Arabesque Fondu R&L		8x
			R leg steps out to Plié in 2 nd Position, arms in 2 nd Position	1	
			L leg closes in 1 st Position Plié, L arm Bras Bas	1	
			L leg Arabesque en Fondu, L arm in 4 th Position	1	
1:34 / Too late for me	6½x8	A ¹	L leg closes in 1 st Position Plié, hold arms in 4 th Position	1	
			Repeat leading with L leg	4	
			⬇ Option: HOH and Curtsy Lunge		
			2nd Plié and Relevé/Gallop Combo, with Port de Bras, R&L	8	6.5x
			⬆ Option: Grande Battement à la Seconde		



02. SWEET DREAMS (ARE MADE OF THIS) 2:02mins

TEACHING TIPS

This Deepen track offers a strong contrast in movement selection and energy – perfect for achieving the cardio aspect of the class! Early on, introduce the 4th Position arm-line from the previous track which also elevates the heart rate; this should feel very fresh and familiar. The lateral movements, combined with the Curtsy Lunge, encourage plenty of lower leg and stabilizer challenges, so there are lots of variations to offer to support your participants. As your participants feel more confident with these exercises, offer the higher-intensity options for an even stronger workout!

COACHING CUES

2ND PLIÉ & RELEVÉ COMBO, HOH AND WITH PORT DE BRAS ARMS, R&L

Layer 1

- We have two sequences traveling sideways
- Right-leg Tendu
- Plié, down, up, down, Tendu
- **Squeezing the glutes**
- **Knees out over toes**
- Add in the Port de Bras Arms
- 2nd up to 4th
- **Soft landing in the knees**
- **Keep the chest lifted**
- Back to our first sequence

Layer 2

- Let's get the body moving
- Light gallop
- Maybe a little jump if you want to
- Use your Plié
- If it's available, bring in that Grand Battement to the side
- Pushing off the floor

4/4 2ND POSITION PLIÉ AND CURTSY LUNGE R&L

Layer 1

- Last one – we hold in 2nd Position
- Down, Curtsy back, cross
- Keep the hips square to front
- Knees in line with toes
- **Keep that chest lifted**

Layer 2

- We're staying low
- We're getting these legs warm

1/1 2ND POSITION PLIÉ AND CURTSY LUNGE R&L

Layer 1

- Singles
- We go down, cross
- Remember the option – hands on your hips

1/1 2ND POSITION PLIÉ AND ARABESQUE FONDU R&L

Layer 1

- Take a look, adding on
- Plié, Arabesque Fondu
- **Knees pressed out over toes**
- Squeeze to lift
- Slide the leg out
- Remember your option

Layer 2

- Squeeze the back body
- We're still in control
- We're breathing



03. EXTEND

TRACK FOCUS

To shift my participants' focus from cardio into controlled lengthening by exploring deeper range and safe movement.

MUSIC			EXERCISE		CTS	REPS
0:00	Instr /	1x8		Set up R leg behind to prepare for Curtsy Lunge	8	
0:04	Intro / (Instr)	4x8	A	4x R Curtsy Lunge Pulse and Arabesque Fondu, HOH 4x Pulse in Curtsy Lunge R leg lifts to Arabesque en Fondu ↓ Option: Low Arabesque	8 8	2x
0:19	V / _ Now and then	12x8	A ¹	4x R Curtsy Lunge Pulse and Arabesque Fondu with Port de Bras Arms 4x Pulse in Curtsy Lunge, full Port de Bras Arms R leg lifts to Arabesque en Fondu, arms lift open to 5 th Position Arms reverse back down ↓ Option: HOH and low Arabesque	8 4 4	6x
1:03	/ You can get	4x8	A	4x L Curtsy Lunge Pulse and Arabesque Fondu, HOH		2x
1:18	/ _ So when we	12x8	A ¹	4x L Curtsy Lunge Pulse and Arabesque Fondu with Port de Bras Arms <i>Note: Keep L leg lifted in Arabesque on final rep</i>		6x
2:03	Instr /	4x8	B	Attitude Hold with arms in 5th Position, L&R L leg hold in Attitude Derrière, arms in 5 th Position L leg closes into 1 st Position, arms hold in 5 th Position R leg hold in Attitude Derrière, arms in 5 th Position <i>Note: Keep R leg lifted in Attitude on final count</i>	15 1 16	1x
2:17	Instr /	12x8	B ¹	4x R Attitude Pulses en Fondu Combo 4x Pulse in R Attitude Derrière en Fondu, full Port de Bras Arms Hold R Attitude Derrière, straighten supporting knee, arms open in 5 th Position Reset R Attitude en Fondu, arms Bras Bas ↓ Option: Attitude Tap, HOH	8 4 4	6x
3:02	C / _ But you	6x8	B ¹	4x L Attitude Pulse en Fondu Combo <i>Note: Keep L leg lifted in Attitude on final rep</i>	8	6x
3:47	Outro / (Instr)	4x8	B	Attitude Hold with arms in 5th Position, L&R ↑ Option: Relevé	32	1x

NOTE: Masterclass error at 2:03 – follow the notes between 2:03 and 3:02 for the correct reps and time codes.



03. SOMEBODY THAT I USED TO KNOW 4:04mins

TEACHING TIPS

Flowing on from the last track, we bring back the Curtsy Lunge in a controlled and low-impact space. Here, we're trying to achieve the burn fast and stay there as long as possible. There is a contrasting sensation between the legwork strength and the freedom through the upper body – some might say the Port de Bras Arms offer a great distraction from the burn! Instructors, try to role-model and coach as much extension and control here. You can show this through your own conditioning of this workout by demonstrating a tap-down option, or taking a break as you progress to more strength here.

COACHING CUES

4X CURTSY LUNGE PULSE AND ARABESQUE FONDU, HOH AND WITH PORT DE BRAS ARMS

Layer 1

- Back to your Curtsy, we pulse for 4
- 4, 3, 2, 1 transfer Fondu Arabesque, repeat
- **Squeezing the glutes**
- **Knees pressed out over toes**
- Transfer the weight
- Bringing in your Port de Bras Arms
- Lifting up to that open 'V'
- Up to 5th, opening out
- **Keeping that chest lifted**
- Keep the hips square to front
- Switch legs, same thing
- Remember: we encourage you to keep your hands on your hips to focus on the legs
- **Lift the belly, lift the chest**

Layer 2

- Squeeze the back body, Arabesque
- Feel the breath in your arms
- We're focusing on your turn out
- Our glutes are squeezed – we want to feel the burn in our back body
- Really find that burn, that's what we're here for
- Focus on your breath
- We squeeze a little more in each Pulse
- Keeping the calmness in your upper body
- The power and the strength in your legs
- Floating the arms up and back down

ATTITUDE HOLD WITH ARMS IN 5TH POSITION, L&R

Layer 1

- We're going to hold
- Find our Attitude balance
- Switch legs
- Find that balance once again
- **Core braced**

Layer 2

- Stay grounded in that Fondu
- We're building strength and endurance in our stabilizers
- Have a play, challenge yourself
- Maybe take a rise
- Find your focus
- Finishing strongly

4X ATTITUDE PULSE EN FONDU COMBO

Layer 1

- Attitude Pulses
- 4, 3, 2, 1, now take a rise
- Pull the kneecap up
- Back to Fondu
- **Squeezing that glute**
- Same Port de Bras Arms here
- We switch
- Tap down if you need to
- Last one here

Layer 2

- Inhale, exhale
- Really driving that knee up to the ceiling as you pulse
- Pulling every muscle in your supporting leg up
- Breathe in, breathe out
- Surrender in the burn, that's what we're here for
- Remember: these are really hard, so shake it out/reset whenever you need to
- Two more – nearly there, hold on
- We're feeling it as much as you are



04. PEAK

TRACK FOCUS

To inspire my participants to lift their heart rate and enjoy dance cardio training.

MUSIC			EXERCISE		CTS	REPS
0:00	V / I'm never	2x8		Set up 3 rd Position, L foot in front	16	
0:08	/ _ I'm never	6x8	A	Slow Glissé & Petite Retiré Derrière Combo, HOH L leg Glissé à la Seconde L leg Petite Retiré en Fondu R leg Glissé à la Seconde R leg Petite Retiré en Fondu L leg Petite Retiré en Fondu R leg Petite Retiré en Fondu L leg Petite Retiré en Fondu R leg Petite Retiré en Fondu Repeat, leading with L leg	2 2 2 2 2 2 2 2	3x
0:31	PC / (Instr)	8x8	A ¹	Fast Glissé & Petite Retiré Derrière Combo, HOH L leg jumping Glissé à la Seconde L leg Petite Retiré en Fondu R leg jumping Glissé à la Seconde R leg Petite Retiré en Fondu 4x Run in Petite Retiré (R, L, R, L) ↓ Option: Continue running with alternating Petite Retiré	1 1 1 1 4	8x
1:02	C / (Instr)	8x8	A ²	Fast Glissé & Petite Retiré Derrière Combo with Port de Bras Arms L leg jumping Glissé à la Seconde, arms L in 4 th Position L leg Petite Retiré en Fondu, arms L in 4 th Position R leg jumping Glissé à la Seconde, arms R in 4 th Position R leg Petite Retiré en Fondu, arms R in 4 th Position 4x Run, in Petite Retiré (R, L, R, L), arms in Bras Bas ↓ Option: HOH	1 1 1 1 4	8x
1:32	V / _ I'm never	4x8	B	Tendu Step Combo, HOH, R&L Step R Fondu Derrière towards R corner (L foot B) Step B on L foot, R Tendu Devant, en Fondu Step R Fondu Derrière towards R corner (L foot B) Walk B into 1 st Position on Relevé, facing front Repeat towards L corner	2 2 2 2	2x
1:48	/ _ I'm never	4x8	B ¹	Arabesque Jump Combo, HOH, R&L Step Jump Arabesque towards R corner Step B on L foot, R jumping Petite Retiré Derrière Step Jump Arabesque towards R corner 2x Run in Petite Retiré (R, L) Repeat towards L corner ↓ Option: Step and Tendu	2 2 2 2 8	2x
2:03	PC / (Instr)	12x8	B ²	Arabesque Jump Combo with Port de Bras Arms, R&L Step Jump Arabesque towards R corner, arms 1 st Arabesque Step B on L foot, R jumping Petite Retiré Derrière, arms in 4 th crossed Step Jump Arabesque towards R corner, arms in 1 st Arabesque 2x Run in Petite Retiré (L, R), arms in Bras Bas Repeat towards L corner ↓ Option: HOH	2 2 2 2 8	6x
2:49	Br / (Instr)	4x8	A ¹	Fast Glissé & Petite Retiré Derrière Combo, HOH		4x
3:04	PC / (Instr)	4x8	A ²	Fast Glissé & Petite Retiré Derrière Combo with Port de Bras Arms		4x
3:20	C / (Instr)	8x8	B ²	Arabesque Jump Combo with Port de Bras Arms, R&L		4x



04. SAY GOODBYE 3:55mins

TEACHING TIPS

This Peak track provides challenge to participants of all experience levels. The punchy beat of the music will encourage participants to commit to the footwork and keep moving throughout the track – which will contribute to the future cardio and endurance gains. As coached in the Masterclass, the feet should continue to alternate from start to finish, so if participants need a breather, they can keep running by changing feet and picking the choreography back up at any time. You'll also notice the 4th Position arm-line plus a bonus 4th crossed variation, adding even more intensity to the cardio workout. Towards the end of this track, there's a fantastic opportunity for you to authentically motivate your participants to keep moving. In your own way, identify the type of motivation your class needs to positively reinforce that they can do this and you believe in them!

COACHING CUES

SLOW GLISSÉ & PETITE RETIRÉ DERRIÈRE COMBO, HOH

Layer 1

- Time for some cardio
- The legs will be working super hard in this track
- Left leg goes out
- Out and in; other leg, out and in
- Walk 4, 3, 2, again from the top
- **Knees out over toes**

Layer 2

- Stretching hard through the legs

FAST GLISSÉ & PETITE RETIRÉ DERRIÈRE COMBO, HOH AND WITH PORT DE BRAS ARMS

Layer 1

- Let's turn this walk into a run
- We're going to jump
- Out, out, Run, 4, 3, 2, 1
- **Soft knees when you land from your jumps**
- **Pressing knees out to the sides**
- Keep practicing this pattern
- Let's add an arm-line
- Take a look at this; we go 4th, 4th, down to Bras Bas
- Give it a go
- Up, up
- Let's see if we can seamlessly transition back into the first move
- Left leg out
- We go out, in, out, in and run
- Add the arms
- 4th, 4th

Layer 2

- Start to commit to your muscle memory
- It can get a bit tricky sometimes on the beat, so just keep running if you need to
- You're still getting the endurance benefits from the cardio
- Keep it going
- Keep pushing out of the floor
- How did that go?
- Take a breath if you need it now, then jump back in
- We're on the home stretch
- Keep challenging yourself to press out of the floor
- Powering away

TENDU STEP COMBO, HOH, R&L

Layer 1

- We're coming into move number two
- Arabesque to the corner
- We go forward, back, forward, change sides
- **Hips and shoulders square to the corner**
- We transfer the weight



04. SAY GOODBYE 3:55mins

COACHING CUES

ARABESQUE JUMP COMBO, HOH AND WITH PORT DE BRAS ARMS, R&L

Layer 1

- Now we're going to bring that jump back in
- We jump forward, back, forward, now run in the middle
- Notice how we're bringing the foot back for the Retiré
- We move to Arabesque, 4th crossed, Arabesque, Bras Bas Arms
- **Strong Plié to land**
- We've got one more on each side
- Let's take that power into the Arabesque
- Last set of these – you're nearly there

Layer 2

- And it's totally OK to keep the hands on your hips
- Just keep running
- Let's 'go for it'
- Strong push out of the floor
- Good work, keep it up
- Give it all you've got



05. STRENGTHEN

TRACK FOCUS

To motivate my participants to hold Foundation Posture while working on strength with the plates, encouraging safe technique, especially in the more advanced levels.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	2x8	Set up 1 st Position, plates at chest (optional preview of following movement)		16x
0:09	Instr /	2x8	A 4/4 2nd Position Plié & Curtsy Lunge Combo, plates at chest, R&L R leg steps out to Plié in 2 nd Position L leg steps B to Curtsy Lunge Repeat, leading with L leg	4 4 8	1x
0:19	V /	4x8	A ¹ 4/4 2nd Position Plié & Curtsy Lunge Combo with Port de Bras Arms, R&L R leg steps out to Plié in 2 nd Position, arms in 2 nd Position L leg steps behind to Curtsy Lunge, arms in 3 rd Position Repeat, leading with L leg ↓ Option: Plates remain at chest	4 4 8	2x
0:38	C / Bam Bam	2x8	A ² 2/2 2nd Position Plié & Curtsy Lunge Combo with Port de Bras Arms, R&L R leg steps out to Plié in 2 nd Position, arms to 2 nd Position L leg steps behind to Curtsy Lunge, arms to 3 rd Position Repeat, leading with L leg ↓ Option: Plates remain at chest	2 2 4	2x
0:48	Instr /	2x8	A ³ 2nd Position Plié & Arabesque Fondu Combo with Port de Bras Arms, R&L R leg steps out to Plié in 2 nd Position, arms in 2 nd Position L leg closes in 1 st Position Plié, L arm Bras Bas L leg lifts to Arabesque Fondu, L arm 3 rd Position L leg closes in 1 st Position Plié Repeat leading with L leg ↓ Option: Continue with Curtsy Lunge	1 1 1 1 4	2x
0:58	Instr / (Beat drop)	4x8	B Slow Triple Pulse Plié Cobra Pose with Single Bicep Curl 3x Pulse in Plié Cobra Pose, plates pull back Lift chest, straighten knees with plates by sides Relevé in 1 st Position, plates Bicep Curl Lower heels, reset plates by sides	5 1 1 1	4x
1:16	Instr /	4x8	B ¹ Fast Triple Pulse Plié Cobra Pose with Double Bicep Curl 3x Pulse in Plié Cobra Pose, plates pull back Lift chest, straighten knees with plates by sides Relevé in 1 st Position, Double Bicep Curl Lower heels, reset plates by sides	3 1 3 1	4x
1:36	C / Bam bam	12x8	A ³ 2nd Position Plié & Arabesque Fondu Combo with Port de Bras Arms, R&L ↓ Option: Continue with Curtsy Lunge ↑ Option: Replace Plié with Glissade (land in Curtsy Lunge) <i>Note: When taking the Arabesque option, start and finish it from the landing in Curtsy Lunge as shown on the Masterclass footage, with arms to 4th Position</i>	8	12x



05. BAM BAM 2:39mins

TEACHING TIPS

This fiery Strength track begins with the Curtsy Lunge combo returning from Track 2. There are plenty of variations to share with your participants to help them direct the intensity of their workout, plus a weighted version of the recurring 4th Position arm-line. Instructors, you might introduce this track to your class by using low impact options and keeping it simple – offering plenty of options to dial back the heat. As your classes progress, you may introduce a deeper range of motion, the Arabesque option, with weighted arms and jumps. You know your participants the best, so cater the options to those who are in front of you. This is another fantastic track to include positive reinforcement and motivational, cues to connect with your classes!

COACHING CUES

4/4 2ND POSITION PLIÉ & CURTSY LUNGE COMBO, PLATES AT CHEST AND WITH PORT DE BRAS ARMS, R&L

Layer 1

- Starting with a Curtsy Lunge
- We Plié, down and across
- Let's get into it, here we go
- Down, cross the leg behind
- **Pressing the knee out over the toes**
- **Core braced**
- Let's bring in the arms
- They go out to 2nd
- Plates in front of the body, plates to 3rd
- 2nd and 3rd
- **Hips stopping just above knee height**

Layer 2

- Nice natural turn out here
- Super strong
- Kicking off this Strength track with a bang

2/2 2ND POSITION PLIÉ & CURTSY LUNGE COMBO, WITH PORT DE BRAS ARMS, R&L

Layer 1

- Let's go faster
- Out and cross

Layer 2

- Now if you'd like to, you can add an Arabesque
- Take it down, Arabesque

SLOW TRIPLE PULSE PLIÉ COBRA POSE WITH SINGLE BICEP CURL

Layer 1

- Let's come into our second move
- Triple Pulse Cobra Pose
- We go 3, 2, 1, Bicep Curl up and down
- **Brace the core and squeeze the shoulder blades together**

Layer 2

- Tipping forward from the hips to get the work in the glutes

FAST TRIPLE PULSE PLIÉ COBRA POSE WITH DOUBLE BICEP CURL

Layer 1

- Squeeze a little harder, we're going faster
- 3, 2, 1, double Pulse
- Take it up, down, up, down
- Elbows under the shoulders

2ND POSITION PLIÉ & ARABESQUE FONDU COMBO WITH PORT DE BRAS ARMS, R&L

Layer 1

- Back to our first move
- Curtsy Lunge or Arabesque
- Out and back
- Or out and Arabesque
- Glutes squeezing with the leg
- Squaring off to the front wall
- And if you want to, you can take a jump
- Check this out
- Jump and pulse
- Or you can lift the leg to Arabesque as well

Layer 2

- Give it a go
- Keep it going
- Now remember: you can always bring your plates back in for a while
- We're nearly at the end



06. POWER

TRACK FOCUS

To inclusively motivate my participants through this challenging Power track, focusing on the benefits of postural and lower-body strength.

MUSIC		EXERCISE		CTS	REPS
0:00		1x8	Set up legs in 2 nd Position, plates to the chest	8	
0:04	C / _ burn out of control	1½x8	A Plié Pulse in 2nd Position, plates at chest Pulse down Pulse up <i>Note: Prepare plates to 2nd Position in last 4 cts</i>	1 1	12x
0:16	PC / Oh, oh, oh	4x8	B Slow Arm Sweep Combo, R&L R plate sweeps down and across to corner R plate sweeps B to 2 nd Position Repeat with L plate ↓ Option: Plates remain at chest	8 8 16x	1x
0:31	C / There's a fire in my soul	8x8	B ¹ Fast Arm Sweep Combo, R&L R plate sweeps down and across to corner R plate sweeps B to 2 nd Position Repeat with L plate ↓ Option: Plates remain at chest	8 8 16x	2x
0:46	PC / (Beat drop) _ there's a	8x8	C L Lunge Pulses with Bicep Curl and Side Raise 8x 1/1 Lunge Pulse and 4x 2/2 Bicep Curl 8x 1/1 Lunge Pulse and 4x 2/2 Side Raise	16 16	2x
1:16	C / There's a fire in my soul	2x8	A Plié Pulse in 2nd Position, plates at chest ↓ Option: Shake out arms and legs <i>Note: Prepare plates to 2nd Position in last 4 cts</i>	16	1x
1:24	/ There's a fire in my mouth	14x8	B ¹ Fast Arm Sweep Combo, R&L	16	7x
2:18	Outro / (Beat drop)	8x8	C R Lunge Pulse with Bicep Curl and Side Raise	32	2x



06. FIRE IN MY SOUL 2:52mins

TEACHING TIPS

We're continuing the strength work with this incredible Power track! Here, we're offering brand-new arm-lines combined with lower-body strength work for the ultimate functional conditioning track. Your participants will feel the burn quickly upon entering this track, so continue to reinforce great technique and alignment so they can stay safe while challenging themselves. There are some fast transitions between movements which will require some short and sharp coaching. Using quick body-part direction (BPD) cues will get your class into the movements efficiently so that they can create muscle memory. Once you can see that your participants are feeling confident, enhance the track using Layer 2 and 3 cues when needed.

COACHING CUES

PLIÉ PULSE IN 2ND POSITION, PLATES AT CHEST

Layer 1

- Plié Pulse in 2nd Position
- Take it down, down
- **Hips just above knee height**
- **Knees pressing out over toes**
- **Glutes squeeze, core braced**

ÉCHAPPÉ FROM 3RD POSITION, ARMS IN BRAS BAS

Layer 1

- Hold here in your Échappé, keep going

SLOW ARM SWEEP COMBO, R&L

Layer 1

- Arms out
- Bring the right plate across
- Down and across
- Stay corner to corner
- **Plates inside of knees**
- Other side
- 4, 3, 2, 1

FAST ARM SWEEP COMBO, R&L

Layer 1

- Double time
- 2, 1, 2, 1
- Squeeze the shoulder blades together
- Two more here
- We've got another round
- Take it out to 2nd Position
- 2/2
- **Keep those weights in front of the knees**

Layer 2

- Reaching away
- Feeling those obliques engage as that maintains the stability in your hips
- Feeling everything draw right into your mid-line, your center
- We've done this before – let's go for more
- Challenge the mind

R LUNGE PULSE WITH BICEP CURL AND SIDE RAISE

Layer 1

- Lunges, right leg
- Drop it down
- Bicep Curl
- Abs braced
- Keep the elbows by your side
- **Knees out over toes**
- Side Raise
- Out, down, out, down
- **In line with those shoulders**
- Last one, shake it out
- One more round, here we go
- Bicep Curl
- **Keep the chest lifted**

Layer 2

- How low can you hover that back leg?

FAST ARM SWEEP COMBO, R&L

Layer 1

- Lunges on left leg
- Drop it down
- Side Raise, take it out

Layer 2

- This is so hard
- Just push – keep pulsing until the music stops
- Finish strong



07. ESCAPE

TRACK FOCUS

To work on my participants’ stamina throughout the fun, bouncy style of the track.

MUSIC		EXERCISE		CTS	REPS
			Start upstage R Tendu Devant, facing R corner, HOH		
0:00	V / Some boys kiss	8x8	A	Escape Combo with Attitude Runs and Échappé, HOH, L&R	2x
			7x Attitude Runs down to L corner, HOH	7	
			Close to 3 rd Position, R leg front, HOH	1	
			4x Échappé from 3 rd Position traveling B, HOH	8	
			Repeat on other side	16	
0:29	C / _ we are living	4x8	A ¹	Escape Combo with Attitude Runs and Échappé with Port de Bras Arms, L&R	1x
			7x Attitude Runs down to L corner, arms to 1 st Arabesque	7	
			Close to 3 rd Position, L leg front, arms in Bras Bas	1	
			4x Échappé from 3 rd Position traveling B, arms in full Port de Bras	8	
			Repeat on other side	16	
			↓ Option: HOH		
0:45	Instr /	1½x8	B	Échappé from 3rd Position, arms in Bras Bas	6x
			Legs Relevé to 2 nd Position	2	
			Legs close to 3 rd Position (alt each rep)	1	
0:48	V / Some boys romance	16x8	C	Escape Combo with Arabesque & Retiré, HOH, L&R	1x
			Step Arabesque to L corner	2	
			Step Retiré to L corner	2	
			Step Arabesque to L corner	2	
			Close to 3 rd Position R leg front	2	
			4x Échappé traveling B	8	
			Repeat on other side	16	
1:03	/ Some boys try	4x8	C ¹	Escape Combo with Arabesque and Retiré Hop, HOH, L&R	1x
			Hop Arabesque to L corner	2	
			Hop Retiré to L corner	2	
			Hop Arabesque to L corner	2	
			Close to 3 rd Position, R leg front	2	
			4x Échappé traveling B	8	
			Repeat on other side	16	
1:17	C / _ living in a material	8x8	C ²	Escape Combo with Arabesque and Retiré Hop with Port de Bras Arms, L&R	2x
			Hop Arabesque to L corner, arms in 1 st Arabesque	2	
			Hop Retiré to L corner, arms 4 th Crossed with R arm up	2	
			Hop Arabesque to L corner, arms in 1 st Arabesque	2	
			Close to 3 rd Position, R leg front, arms in Bras Bas	2	
			4x Échappé traveling B, arms in full Port de Bras	8	
			Repeat on other side	16	
			Note: Rep 1 has 6x Échappé on L side to match the music		
			↓ Option: HOH		
1:46	/ living in a material	6x8	A ¹	Escape Combo with Attitude Runs and Échappé with Port de Bras Arms, L&R	1½x
			↓ Option: HOH	32	
			Note: Rep 1 has 6x Échappé on L side to match the music		



07. MATERIAL GIRL 2:17mins

TEACHING TIPS

This super fun and playful Escape track will have your participants enjoying every inch of space around them! Start this track with a clear introduction to set up the floor pattern that you'll be working with, and continue to offer clear Layer 1 cues throughout the first couple of reps. Using this simple set-up will allow your participants to easily establish the theme of the track and move confidently between sequences. Explore your playful coaching side in your own authentic way once you can see they are moving well – enjoy moving with them! Watch out for a few pauses in the music and a couple of sneaky Échappés!

COACHING CUES

ESCAPE COMBINATION WITH ATTITUDE RUN AND ÉCHAPPÉ, HOH AND WITH PORT DE BRAS ARMS, L&R

Layer 1

- Here's your Escape track
- We have two sequences and one floor pattern traveling down the diagonal and up the back
- Then traveling down the other diagonal and up the back
- Starting straight away with Attitude Runs
- **Soft landing**
- Traveling down the diagonal, closing front
- Four Échappés to the back
- Other way, down the diagonal
- Closing front, four Échappés
- **Abs braced**
- Lift to the back of the knees
- **Squeeze the glutes**
- Échappés, escape them out
- Back to the Attitude Runs
- Échappé for 6, 5, 4, 3, 2, 1, run

Layer 2

- Let's bring in the arms
- Take it out to 1st Arabesque
- And bring it up to 5th, open out to 2nd
- Following your arm
- Using your breath in your movements

ÉCHAPPÉ FROM 3RD POSITION, ARMS IN BRAS BAS

Layer 1

- Hold here in your Échappé – keep going

ESCAPE COMBINATION WITH ARABESQUE AND RETIRÉ HOP, HOH, L&R

Layer 1

- Into sequence two: one Arabesque, one Retiré, diagonal
- Arabesque, Retiré, Arabesque, close front
- Same Échappés taking it back, other side
- Hop, hop, hop, close front
- **Soft knee landings when you jump**

Layer 2

- Now we can jump the sequence as well

ESCAPE COMBINATION WITH ARABESQUE AND RETIRÉ HOP, WITH PORT DE BRAS ARMS, L&R

Layer 1

- Let's add arms to Arabesque
- We go up, cross, up, close front
- Same big juicy Full Port de Bras
- **Core braced**
- **Knees out over toes**
- Hold here
- Keep going – other side

Layer 2

- Well done



08. BURN

Please note this song contains explicit content. The Alternate song can be used in its place.
Please use *Where She'll Go* with the same choreography

TRACK FOCUS

To encourage my participants explore moments of mobility intertwined with bursts of work in the glutes and core.

MUSIC			EXERCISE		CTS	REPS
0:00	Instr /	1x8		Set up standing side-on to front, feet in parallel	8	
0:04	Instr /	8½x8	A	Roll Down and Up Roll down to Forward Fold Hold at the bottom Roll back up to standing <i>Note: Last roll down doesn't hold at the bottom but comes to 4-Point Kneel in 4cts</i>	8 8 8	3x
0:33	V / Hey little mama	4x8	B	Cat Cow Pose Exhale to Cat Pose Inhale to Cow Pose Exhale to Cat Pose Set neutral spine	8 8 8 8	1x
0:46	/ Cause I can always	4x8	C	Scorpion Pulse F leg Lift F leg to ceiling at a right angle Lower F leg to ceiling at a right angle	1 1	16x
1:00	C / Pusher love	8x8	D	Fire Hydrant F leg Lift knee to the side Lower knee hovering off the floor	2 2	16x
1:28	/ _ You're my little	4x8	E	Down Dog Hold Down Dog Return to 4-Point Kneel	24 8	1x
1:41	V / Now hey little mama	4x8	B	Cat Cow Pose	32	1x
1:55	/ You gave me a taste	4x8	C	Scorpion Pulse B leg	2	16x
2:09	C / Pusher love	8x8	D	Fire Hydrant B leg	4	16x
2:36	/ _ You're my little pusher	2x8		Transition onto back	16	1x
2:43	C / Yes you are _	2x8	F	Happy Baby ⬆ Option: Wide-leg stretch	16	1x
2:50	Br / Since you came around	8x8	G	Wide Leg Crunch 2/2 Pulse reaching through legs	4	16x
3:31	C / Pusher girl	12x8	H	Pilates Frog Extend to 45°, arms O/H Bend knees wide, reach hands to feet ⬆ Option: Wide-leg stretch	8 8	6x
3:58	/ Pusher girl	8x8	I	Aerial Changement Straight legs cross Straight legs open ⬇ Option: Bend legs	1 1	32x
4:25	/ You're my little	2x8		Transition to Frog Pose	16	
4:33	/ Yes you are _	17x8	J	Frog Pose with PNF Stretching	136	1x



ALT

08. BURN WHERE SHE'LL GO 5:34mins

Please use this song in place of *Pusher Lover Girl* when teaching Track 08.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	1x8	Set up standing side-on to front, feet in parallel	8	
0:04	Instr /	8½x8	A Roll Down and Up Roll down to Forward Fold Hold at the bottom Roll back up to standing <i>Note: Last roll down doesn't hold at the bottom but comes to 4-Point Kneel in 4cts</i>	8 8 8	3x
0:33	V / She's putting	4x8	B Cat Cow Pose Exhale to Cat Pose Inhale to Cow Pose Exhale to Cat Pose Set neutral spine	8 8 8 8	1x
0:46	/ She's somebody else	4x8	C Scorpion Pulse F leg Lift F leg to ceiling at a right angle Lower F leg to ceiling at a right angle	1 1	16x
1:00	C / That's where	8x8	D Fire Hydrant F leg Lift knee to the side Lower knee hovering off the floor	2 2	16x
1:28	/ _ go	4x8	E Down Dog Hold Down Dog Return to 4-Point Kneel	24 8	1x
1:41	V / She's wondering	4x8	B Cat Cow Pose	32	1x
1:55	/ wondering if	4x8	C Scorpion Pulse B leg	2	16x
2:09	C / _ go	8x8	D Fire Hydrant B leg	4	16x
2:36	/ _ go	2x8	Transition onto back	16	1x
2:43	/ _ go	2x8	F Happy Baby ⬆ Option: Wide-leg stretch	16	1x
2:50	Br / Talking to my self	8x8	G Wide Leg Crunch 2/2 Pulse reaching through legs	4	16x
3:31	C / _ go	12x8	H Pilates Frog Extend to 45°, arms O/H Bend knees wide, reach hands to feet ⬆ Option: Wide-leg stretch	8 8	6x
3:58	/ _ go	8x8	I Aerial Changement Straight legs cross Straight legs open ⬇ Option: Bend legs	1 1	32x
4:25	/ Go	2x8	Transition to Frog Pose	16	
4:33	/ _ go	17x8	J Frog Pose with PNF Stretching	136	1x



08. PUSHER LOVE GIRL 5:34mins

TEACHING TIPS

Closing the class with this wonderful Burn track will leave your participants feeling worked from head to toe. There is a beautiful selection of exercises that will help to restore and revitalize yourself and your members after a physically challenging class. This will assist with bringing down the heart rate and offer some low-impact conditioning that everyone can enjoy. Because the sets are short, see if you can seamlessly ease your members into each working set to allow for as much space and time to explore as possible. Carry the coaching of the breath into this workout for an even deeper and more individual experience.

COACHING CUES

ROLL DOWN AND UP

Layer 1

- We roll down
- Rolling the head down
- Forward Fold
- **Soften the knees**
- **Belly lifted**
- Rolling that spine back up
- Two more just like this
- One more round

Layer 2

- Let the head and arms be heavy
- Release all the work we've just done

CAT COW POSE

Layer 1

- Crawling out to your 4-Point Kneel
- Cat Cow Pose
- Exhale, reach and press the ribcage up to the ceiling
- Inhale, look up
- Exhale, and inhale to **neutral spine**
- Chin to chest
- **Tuck in the belly**

Layer 2

- Exhale, feel the stretch of the belly
- So good for our spine

SCORPION PULS R&L

Layer 1

- Front-leg Scorpion
- Pulse, pulse
- Driving that heel right up to the ceiling
- Keep the knee lifted and the **hips squared to the front**
- **Core braced**
- Strong arms
- Back leg, Pulse
- **Make sure your shoulders are directly over your palms**

FIRE HYDRANT R&L

Layer 1

- Out, down
- Squeezing the glute to lift the knee to the side
- **Core braced**
- Chin to chest

Layer 2

- Feeling those obliques engage
- Stability in the hips
- Feeling your spine parallel to the ceiling
- Breathing in through the nose, and out through the straw of your mouth
- Lengthening the back of your neck

DOWN DOG

Layer 1

- Tuck your toes under, push into your Down Dog
- Hips high
- Press the heels into the floor
- Drive the chest down to your mat

Layer 2

- Stretching the back of the legs

HAPPY BABY

Layer 1

- Roll onto your back
- Rolling down into Happy Baby
- Holding on to the outside of your feet

Layer 2

- Aim to press your lower back and tail bone into your mat



08. PUSHER LOVE GIRL 5:34mins

COACHING CUES

WIDE-LEG CRUNCH

Layer 1

- Extending the legs
- Reach through, up, up
- It's Crunch time
- Let's get those abs going
- **Press lower back into the mat**
- **Ribs towards hips**

Layer 2

- Remember that breath
- In through the nose, out through the straw of your mouth
- Keep those legs strong
- Feeling the inner thighs here
- Drawing everything into your center, your mid-line

PILATES FROG

Layer 1

- Press the palms together
- Toes together
- Extend
- Inhale, reach it through
- Exhale, extend with control
- **Pressing your lower back into your mat**

AERIAL CHANGEMENT

Layer 1

- Arms to the side
- Cross, cross
- Option to bend those knees

Layer 2

- Feeling the cross at the top of your inner thighs
- And if you want a little more intensity, let's take it down an inch
- Working the lower abs

FROG POSE WITH PNF STRETCHING

Layer 1

- Rolling all the way up
- Coming into some hip stretches
- Open the knees wide
- Heels in line with your knees, feet flexed

Layer 2

- Releasing the hips
- Breathing here
- Calming our nervous system down
- We're not done, let's come into some PNF stretching
- Press the knees down into the floor, and release
- Again, pressing the knees down, feeling those inner thighs engage
- Release
- Proprioceptive Neuromuscular Facilitation (PNF)



BONUS

03. EXTEND

TRACK FOCUS

To clearly communicate the challenging tempo to my participants so that they can focus on their stability and glute strength.

MUSIC		EXERCISE		CTS	REPS
0:00		2x8	Prepare in Tendu Derrière (L leg B, facing R corner)	16	
0:07	Instr / (Beat)	3¼x8 A	Arabesque Tap (L leg B) 9x Arabesque Tap 4x Arabesque Tap en Fondu	18 8	1x
0:19	V / The moment I	6½x8 B	Slow Fondu Arabesque Pulse with Attitude Devant (L leg B) 4x Slow Fondu Arabesque Pulse, Breathe Arms Brush foot through 1 st Position to Attitude Devant, arms cross to open in 5 th Position Brush back through 1 st Position to reset Tendu Derrière, arms Bras Bas ↓ Option: HOH	16 5 5	2x
0:42	C / Forever, forever	6x8 B ¹	Fast Fondu Arabesque Pulses with Attitude Devant (L leg B) 8x Fast Fondu Arabesque Pulse, arms hold in Bras Bas Brush foot through 1 st Position to Attitude Devant, arms cross to open in 5 th Position Brush back through 1 st Position to reset Tendu Derrière, arms Bras Bas ↓ Option: HOH <i>Note: Counts for the Attitude Devant are slightly different each rep to match the music. Follow the timing on the Masterclass Video</i>	16 4 4	2x
1:02	C / I run for the bus	6½x8 B	Slow Fondu Arabesque Pulse with Attitude Devant (L leg B)	26	2x
1:26	C / Forever, forever	5½x8 B ¹	Fast Fondu Arabesque Pulse with Attitude Devant (L leg B)	24	2x
2:30	C / Only be heartbreak	4½x8 C	Attitude Devant & Derrière Balance (L leg) Brush foot through 1 st Position to Attitude Devant, arms cross in front of body to open in 5 th Position Hold Brush back through 1 st Position to Attitude Derrière en Fondu, arms in 5 th Position Hold ↑ Option: Attitude Derrière en Relevé	8 4 8 16	1x
2:05	Instr /	2x8	Reset – transition to other side	16	1x
2:13	Instr / (Beat)		Full repeat on opposite side		



BONUS

03. I SAY A LITTLE PRAYER 4:14mins

TEACHING TIPS

This Bonus Extend track is a fantastic way to continue the strength, lengthening and control components of this workout. Both you and your participants may explore the training of this track in stages as you connect with the patterns of choreography and the physical demands. Spend some time working on your own technique and alignment here and have a think about what kinds of coaching cues your class could benefit from to keep them strong in this track. The timing can be challenging so make this a priority in your coaching to help participants smoothly through the track. Dive into some gentle positive reinforcement to allow for endurance training as well as keeping it light and friendly!

COACHING CUES

ARABESQUE TAP R&L

Layer 1

- Turn hips and shoulders to the corner
- Extend the front leg back
- Starting with Arabesque Taps
- Up, down, up, down
- Squeezing the glute to lift the leg
- Drawing the shoulders down and back
- **Core braced**
- Let's Fondu
- **Knee out over toes**
- Same thing, other side
- Pulse the back leg
- When you're ready, take your time setting up
- Find your Foundation Posture

SLOW FONDU ARABESQUE PULSE R&L WITH ATTITUDE DEVANT

Layer 1

- Bring the arms down, we're going slowly
- Slow, down and up
- Two more - now try this
- Draw the back leg through, Attitude Devant
- Again, 4, 3, 2, 1
- Draw it through, lift the front of the heel
- Back to the four slow
- Down and up
- **Bracing through the core**
- **Knee presses over the toes**
- Halfway, back to the four slow

Layer 2

- Lift the sternum to the sky
- Checking our posture
- Lift up tall
- Float the arms
- You've made it through all of the slow sets

FAST FONDU ARABESQUE PULSES R&L WITH ATTITUDE DEVANT

Layer 1

- Now we go 8 Pulses, hold the arms
- 8, 7, 6, 5, 4, 3, 2, 1
- Attitude and straight back to the Pulses
- 8 fast Pulses, we go down, down
- Tapping down whenever you need to
- Just the eight fast

Layer 2

- Challenge to keep the leg off the floor
- How are the glutes feeling?
- Well done, so beautiful

ATTITUDE DEVANT & DERRIÈRE BALANCE R&L

Layer 1

- One more Attitude Devant
- Now try an Attitude to the back
- Attitude Devant, Attitude Derrière

Layer 2

- This one's just for you, enjoy it
- Such a challenge for our supporting side
- Feel the posterior chain activate as you hold
- Rise if you want to
- Take a deep breath in
- Be still



BONUS

07. ESCAPE

TRACK FOCUS

To coach the combo simply and effectively so that my participants feel confident to find freedom and feeling.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	2x8		Set up R leg F in 3 rd Position, HOH	16	
0:14	Instr /	2x8	A	Triple Posé Retiré, HOH, R&L Posé on R leg to Retiré L leg (toe at back of the knee) Fondu on L leg, R leg extends to Glissé à la Secondé Repeat Posé Retiré x2 Posé up to 5 th Position, L leg front Repeat traveling to the L	1 1 4 2 8	1x
0:26	C / You only need the light	6x8	A ¹	Triple Posé Retiré, with Port de Bras, R&L Posé to Retiré, arms in 3 rd Position Fondu on R leg, arms in 3 rd Position Repeat Posé Retiré x2 Posé up to 5 th Position, arms in 5 th Position Repeat traveling L	1 1 4 2 8	3x
1:06	V / Staring at the bottom	4x8	B	Balancé R&L Step R to Plié in 2 nd Position, arms in 2 nd Position Ball change L/R, arms in 3 rd Position Repeat on other side ↓ Option: HOH	1 1 2	8x
1:31	C / _ light when it's burning	24x8	B ¹	Full Escape Combination, R&L 2x Balancé R&L, arms through 2 nd to 3 rd Position Posé to Retiré traveling R, arms in 3 rd Position Step up to 5 th Position (OR turn) L leg front, arms in 5 th Position Repeat to L side <i>Note: See Masterclass video for turn options starting from 2nd rep and enjoy free choice of arms for you and your participants</i>	4 2 2 8	12x



BONUS

07. LET HER GO 4:10mins

TEACHING TIPS

This Bonus Escape track offers us the most beautiful opportunity to let go of our own limitations and just dance it out. We have two simple combinations that come together at the end of the track for that authentic Escape feeling.

Once you've spent time in each sequence separately, bring them together using simple coaching cues. Take some time when you're teaching this track to look out and observe those who chose to dance with you today. Notice what they need during this track and cater your coaching and guidance to support that. As you notice your participants letting go into this beautiful choreography, pull back on your coaching and simply dance with them. There's nothing better than that feel good, collective BARRE energy!

COACHING CUES

TRIPLE POSE RETIRÉ, HOH AND WITH PORT DE BRAS ARMS, R&L

Layer 1

- Starting with three Retirés over to the right
- Set up the feet, right foot in front
- Hands to hips
- Stretch the leg out, here we go
- Retiré, down, up, down, now step up to 5th
- Step, step
- Other side, traveling across the floor
- **Brace core**
- Arms float up, find 3rd Position
- And up to 5th, big breath
- See if you can find the Fondu in between each Retiré
- Two more times
- Remember these movements for later

BALANCÉ R&L

Layer 1

- We're coming into a Balancé, Plié 2nd
- Out, back, front
- Transitioning through a nice low Plié
- Our arms sweep across

Layer 2

- We brace through the core, find a beautiful twist through the thoracic

FULL ESCAPE COMBINATION R&L

Layer 1

- Combination, two Balancés
- One, two, Retiré up, step to 5th
- Balancé out, Retiré up and 5th
- This is your full combination
- Now we have some turning options
- You can Soutenu around the corner, give it a try
- Turning on the tops of your feet
- Lifting up tall
- Last option, you can Pose Pirouette
- Pick the foot up to the back of the knee

Layer 2

- Beautiful work
- Squeeze and release
- Try to find a beautiful suspension as you move between combos
- I want you to take this wherever you want it to go
- Let the arms flow freely
- Where do they want to go?
- At the end of the day, dance is all about feeling
- The beautiful burn is amazing, but it's beautiful for a reason – because it feels great
- So take some time to express that through your movement now – it's all yours
- Take what you want from it
- The music is quieter now, so let's bring our movement to match
- Connect with your breath
- Linger in each moment



BONUS

07. ESCAPE

TRACK FOCUS

To encourage mt participants to embody the characterization and feeling with use of travel and elevation. This track is short so focus on simple coaching and let the movement speak for itself.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Set up 3 rd Position R leg F, HOH	8	
0:04	V / Cruella Deville	4x8	A	Slow Développé and Attitude Combo, HOH Dèveloppé R leg to R corner 2x walks traveling F, R&L Repeat on other side 4x Attitude Derrière en Fondu traveling B R&L	4 4 8 16	1x
0:24	V / Who wants to be nice	4x8	A ¹	Slow Développé & Attitude Combo, with Port de Bras Arms Développé R leg to R corner, arms in Open 4 th Position 2x walks traveling F, R&L, arms through 1 st to 5 th Position Repeat on other side 4x Attitude Derrière en Fondu traveling B R&L, arms in Open 4 th Position (R arm up first) ↓ Option: HOH	4 4 8 16	1x
0:43	PC / Call me crazy	14x8	A ²	Fast Développé and Attitude Combo, with Port de Bras Arms Développé R leg to R corner, arms in Open 4 th Position 2x walks traveling F, R&L, arms through 1 st to 5 th Position Repeat on other side 4x Attitude Derrière jumping B, R&L, arms in Open 4 th Position (R arm up first) ↓ Option: HOH, Attitude Derrière en Fondu ↑ Option: Jump Développé Note: Finish with 2x Développés as shown on the Masterclass Video	2 2 4 8	7x



BONUS

07. CALL ME CRUELLA 2:10mins

TEACHING TIPS

This short and sharp Bonus Escape track shows a unique side to dancing and exploration through movements which your participants will love. As this is quite a short track, aim to coach the sequence as simply as possible to allow for lots of space in the full combination. Watch out for the Attitudes traveling backwards – they add an energetic and fiery component to this sequence that are sure to be enjoyed by everyone in your class. Again, looking out and observing your participants will tell you exactly how they need to be coached and guided in this track. Dial up the Layer 1 cues if needed, and once their confidence increases, go hard on the drama and spice!

COACHING CUES

SLOW DÉVELOPPÉ & ATTITUDE COMBO, HOH & WITH PORT DE BRAS, R&L

Layer 1

- Time for a dance sequence
- Hands to the hips
- Right-leg extend
- Développé, walk it forward, step step
- Other side, to the corner, two walks
- Now step back, Attitude
- Leg brushes through, change legs
- **Glutes squeeze**
- **Hips are always square towards the front**
- Again, Développé
- We go out, arms extend, now up to 5th
- Option, keep your hands on your hips
- Now, lift the same arm as leg

Layer 2

- Imagine your fingers pulling up your back toes

FAST DÉVELOPPÉ & ATTITUDE COMBO, R&L

Layer 1

- Same sequence, double time
- Out, walk, out, walk
- Now we can jump
- **Soft knee landings**
- Lift jump, 3, 2, 1
- This track is short; this is your single combo

Layer 2

- We just want to get the dance feel in our body
- Go for it – if you want to jump you can
- Follow the leg with the eyes
- Lift up your chest
- Let the breath in
- Let's finish with two Développés



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)

ROND 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.

