

LES MILLS BARRE 22

MUSIC AND FORMATS

01. WARM-UP

02. DEEPEN

03. EXTEND

04. PEAK

05. STRENGTHEN

06. POWER

07. ESCAPE

08. BURN

BONUS
04. PEAK / 07. ESCAPE

BONUS
06. POWER

BONUS
07. ESCAPE

DECLARATION OF INTENT

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MUSIC

01.

What You Came For (4:07)

Ophelia X

© 2020 Position Music.

Written by: Ofir, Goldford, Cappelli
02.

Foundations (3:51)

KOLIDESCOPEs

© 2019 Humble Angel Dance.

Written by: Thompson, Courtidis, Dare, Keen
03.

Lavender Haze (3:21)

Taylor Swift

Courtesy of the Universal Music Group.

Written by: Swift, Kravitz, Dew, Spears, Sweet, Antonoff
04.

All That Really Matters (4:03)

ILLENIUМ & Teddy Swims

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Written by: Crichton, Wrabel, Ormandy, Martin, Miller, Dimsdale
05.

Pump It Louder (2:05)

Tiësto & Black Eyed Peas

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Written by: Adams, Pineda, Ferguson, Roubanis, Van Musser

Pump It Louder (1:50)

Tiësto & Black Eyed Peas

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Written by: Adams, Pineda, Ferguson, Roubanis, Van Musser
06.

Renegades (Stash Konig Remix) (4:08)

X Ambassadors

Courtesy of the Universal Music Group.

Written by: Grant, Levin, C. Harris, S. Harris, Feldshuh
07.

Stayaway (Now, Now Remix) (3:19)

MUNA

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Written by: Gavin, Maskin, McPherson
08.

You Will Be Found (3:55)

Sam Smith feat. Summer Walker

Courtesy of the Universal Music Group.

Written by: Pasek, Paul
- BONUS

04.

High Key (5:13)

Chino Casino feat. Judah Kelley

Courtesy of Les Mills Music Licensing Ltd.

Written by: Nasir
- BONUS

06.

Running (2:46)

NIKALAAAYA

Courtesy of Les Mills Music Licensing Ltd.

Written by: Young
- BONUS

07.

Breakeven (4:21)

The Script

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Written by: O'Donoghue, Sheehan, Frampton, Kipner
- ALT

03.

Overdose (3:21)

Elijah N feat. Julia Stone

Courtesy of Epidemic Sound.

Written by: Unknown



L–R: Fraser Beck, Yayoi Matches, Summer Bradley, Grace Stevens, Des Helu

PRESENTERS

Summer Bradley (New Zealand) is a LES MILLS BARRE™, BODYBALANCE™ and SH'BAM™ Masterclass filming Presenter, and she lives in Auckland. She has 19 years of dance experience and trained full-time in Australia.

Grace Stevens (New Zealand) is a LES MILLS BARRE Presenter, and a SH'BAM and BORN TO MOVE™ Instructor/Presenter. She is also an award-winning professional dancer and choreographer.

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

Fraser Beck (New Zealand) researches and explores the science of breathing in relation to the physical, mental, emotional, and spiritual dimensions of our health and wellbeing. He is currently located in Queenstown, where he works in the field of holistic health.

Yayoi Matches (New Zealand) lives in Auckland and worked as a professional ballet dancer internationally for 5 years. She is a LES MILLS SHAPES™ Instructor and a LES MILLS BARRE and SH'BAM and BODYBALANCE Presenter. She is also part of the SH'BAM Creative team.

CREDITS

- Lead Creatives** – 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** – Sophie Anderson

Special thanks to Bertie Voigt and Melroy Oostra 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
Track 05	Strengthen	Track 05	Strengthen
Track 06	Power	Track 06	Power
Track 07	Escape	Track 07	Escape
Track 08	Burn	Track 08	Burn
Bonus 04	Peak	Total Time	30:39 with Track 02.
Bonus 06	Power		26:39 without Track 02.
Bonus 07	Escape		
Total Time	42:59		

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 Direction
👁️	Preview	Alt	Alternating
OS	Other Side		

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.

RELEASE FEEDBACK

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



01. WARM-UP

TRACK FOCUS

To thoroughly warm up the body and to welcome my participants into the workout.

MUSIC			EXERCISE	CTS	REPS
0:05	Instr /	2x8	Set up Foundation Posture	16	
0:23	V / They've taken their seats	4x8 A	8/8 Super Slow 1st Position Plié, HOH or Bras Bas Arms ⬆ High Option: Relevé	16	2x
0:54	PC / Ooh, oh	2x8 A ¹	4/4 1st Position Plié, HOH or Bras Bas Arms ⬆ High Option: Relevé	8	2x
1:10	C / Throwing roses at our feet	3x8 A ²	4/4 1st Position Plié with Port de Bras Arms Full Plié in 1 st Position, arms to 5 th Position Come back up, arms to Bras Bas ⬆ High Option: Relevé	4 4	3x
1:33	Instr /	1x8	Set feet in 2 nd Position to transition, arms to Bras Bas	8	1x
1:41	V / The curtains are closing	4x8 B	8/8 2nd Position Plié with Port de Bras Arms Full Plié in 2 nd Position, arms to 2 nd Position (palms down) Recover, arms to Bras Bas ⬆ Relevé	8 8	2x
2:13	C / Throwing roses at my feet	4x8 B ¹	3/1 2nd Position Plié with Port de Bras Arms Note: After 4 reps offer the option to Relevé	4	8x
2:44	Br / You want the tears	4x8 C	Attitude Derrière Balance en Fondu, HOH, R&L R leg Cou-de-pied then extend to Attitude Derrière Repeat with L leg	16 16	1x
3:16	C / Throwing roses at my feet	4x8 C ¹	Attitude Derrière Slow Pulse en Fondu with Port de Bras Arms, L&R 4x Pulse (up), HOH 2x Pulse (up), arms to 5 th Position 2x Pulse (up), arms to Bras Bas Repeat with R leg ⬇ Low Option: HOH	8 4 4 16	1x
3:47	Outro / Ooh, oh	2x8 C ²	Attitude Derrière Slow Pulses en Fondu with Port de Bras Arms, L&R 2x Pulse (up), arms to 5 th Position 2x Pulse (up), arms to Bras Bas Repeat with R leg ⬇ Low Option: HOH	4 4 8	1x

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01. WHAT YOU CAME FOR 4:07mins

TEACHING TIPS

Welcome to LES MILLS BARRE 22! This track progresses from a block in 1st Position, to a block in 2nd Position, finishing with a block in Derrière. The focus is on strong Foundation Posture with core and glute activation across all three blocks. In the Plié blocks, your body is moving straight up and straight down.

When the body is in Derrière extensions, weight placement needs to be shifted. Your body must adjust forward to accommodate the working leg behind. This shift lengthens the spine on an upward diagonal plane – still maintaining Foundation Posture.

When you are coaching, emphasize where participants should feel the work in their body across these different alignments. Remember to use simple and inviting coaching to get them moving and ready for the workout. Simplify your instructions to allow participants to enjoy the music and notice how their body feels that day.

There is time to deepen into more detailed coaching as the workout progresses. Use the space within the choreography to let participants breathe and focus on their mind-body connection. Remember that silence is often an underutilized resource in our instructor toolkit, one that can help participants digest the movements and the cues you have spoken. Find pockets of intentional silence as you prepare to teach this track.

COACHING CUES

8/8 AND 4/4 1ST POSITION PLIÉ

Layer 1

- Starting with our Plié, super slow
- 4, 3, 2, find Demi, keep going down to find your full Plié
- **Knee stop at 90 degrees**
- Find a Relevé if you want to
- **Knees press out** over toes
- Double time 4, 3, 2, 1
- Let's add on some Port de Bras Arms
- Lift through 1st, find 5th
- Squeeze the glutes
- One more time!

Layer 2

- Press the heels into the floor
- Squeeze the legs at the top

8/8 2ND POSITION PLIÉ WITH PORT DE BRAS ARMS

Layer 1

- Set to 2nd
- Reset posture
- 8 counts, let's go down
- **Hips stop just above knee level**
- Add a Relevé if you like

Layer 2

- Pulling up through the thigh muscles, feel them draw into the hips
- Feel that? Muscles are warming up!

3/1 2ND POSITION PLIÉ WITH PORT DE BRAS ARMS

Layer 1

- 3/1, down, 2, 3, rise
- We're going to add a Relevé as we come up

Layer 2

- Not only are the quads and glutes warming up, but so are our ankles and calves

ATTITUDE DERRIÈRE BALANCE EN FONDU

Layer 1

- Cou-de-pied, just behind the ankle
- Fondu, **knee over toes**
- Find a bent shape, lift this shape to Attitude Derrière
- Fondu, balance
- **Square hips and shoulders to the front**

Layer 2

- Lift up underneath the knee

ATTITUDE DERRIÈRE SLOW PULSES EN FONDU WITH PORT DE BRAS ARMS

Layer 1

- Let's pulse
- Touching down if you need to
- Up and down
- **Engage through the glutes and core**
- Port de Bras Arms, lift, lower
- Just 4 on each side now
- Last 4
- Let's find balance



02. DEEPEN

TRACK FOCUS

To focus on building strength and endurance in the lower legs.

MUSIC			EXERCISE		CTS	REPS
0:00	Instr /	1x8		Set up 1 st Position feet, HOH	8	
0:04	V / It's an ordinary	10x8	A	Slow Box Step, HOH 1x Glissade in 1 st Position to the L 1x Petit Jeté, landing on the L leg 4x Attitude Run traveling F (R, L, R, L) Repeat OS with the Attitude Run traveling B ⬆ High Option: Add Jumps on the 2 nd rep	4 4 8 16	2½x
0:44	C / These are our foundations	11x8	A¹	Fast Box Step, HOH 1x Glissade in 1 st Position to the R 1x Petit Jeté landing on the R leg 4x Attitude Runs traveling B (L, R, L, R) Repeat OS with the Attitude Runs traveling F	2 2 4 8	5½x
1:28	_ I'm with you	1x8		Reset in 1st Position for next move	8	1x
1:32	C / These are our foundations	4x8	B	Slow Pas de Bourrée Retiré, HOH, L&R R foot steps behind L foot steps to side R foot steps front L leg lifts to Retiré Repeat OS	2 2 2 2 8	2x
1:48	Instr /	4x8	B¹	Fast Pas de Bourrée Retiré, HOH, L&R R foot steps behind L foot steps to side R foot steps front L leg lifts to Retiré Repeat OS ⬆ High Option: Relevé the Retiré	1 1 1 1 4	4x
2:04	V / It's an ordinary	5x8	B²	Fast Pas de Bourrée Retiré with Port de Bras Arms, L&R Port de Bras Arms – arms circle through open 4 th , crossing in front of the face ⬇ Low Option: HOH ⬆ High Option: Retiré Jump	8	5x
2:24		1x8		Reset in 1 st Position for next move	8	1x
2:28	C / These are our foundations	11x8	A¹	Fast Box Step, HOH	16	5½x
3:12	_ I'm with you	1x8		Reset in 1 st Position for next move	8	1x
3:16	PC / I don't have to miss you	8x8	B²	Fast Pas de Bourrée Retiré with Port de Bras Arms, L&R	8	8x



02. FOUNDATIONS 3:51mins

TEACHING TIPS

Time to lift the heart rate and enjoy the cardio effect! The uniqueness of this “box” floor pattern in the Glissade combo adds a layer of complexity that is both challenging and enriching. With this track, we want to ensure that we bring participants on the journey right from the start.

The choreography begins slow and grounded to establish foundations. Then it slowly drops in additional layers such as the elevation and tempo changes. Know your music competently so it is easy to steadily add in these layers. Remind your participants that all of these layers are options that they can take or leave depending on how they are feeling. The excitement of this track hits home when the team in front of you is moving together and feeling a spicy lower leg burn!

Before changing to new moves, there are quick 8-count resets. These help you to re-center yourself and your participants in the space before the next movement starts. In the Masterclass, Summer and Yayoi used this time to reset their posture – this might be something you like to do also. When first learning this track, knowing when these resets come in can be tricky. Again, know your music well so you can pre-cue confidently. This will help you to get out of your head and to relax into teaching the track. Another tip for this moment is to add some urgency and intensity to your voice when you want participants to stop what they are doing and reset for the next movement. Playing with your voice’s dynamic helps your class to stay engaged and follow along when new options or moves come in.

COACHING CUES

SLOW BOX STEP, HOH

Layer 1

- Find 1st Position
- Glissade to the R, Petit Jeté
- 4 Runs coming forward
- Glissade, Petit Jeté, 4 Runs
- We’re making a square-shaped pattern on the floor
- Let’s bring in a little Jump
- **Soft landing in the knees**
- **Knees over toes**

Layer 2

- Feel your glutes engaged
- We are building lower leg strength

FAST BOX STEP, HOH

Layer 1

- Double time, here we go!
- **Core is strong**
- **Chest is lifted and relaxed**
- Few more reps here
- Remember to reset if you need to: glutes, core, posture

Layer 2

- Moving up and over
- Feeling the suspension in the air
- Feeling those calves?
- We’re really working those lower legs, the little muscles under the feet
- Back to that lower leg focus
- Remember to breathe

PAS DE BOURRÉE RETIRÉ, HOH

Layer 1

- Back, side, front, lift
- This is called a Pas de Bourrée with Retiré
- Shall we double-time it?
- Back, side, front, lift
- Moving side to side
- You want to take a rise or jump? Go for it!
- **Soft knee landings**
- **Strong in ankles**

FAST PAS DE BOURRÉE RETIRÉ WITH PORT DE BRAS ARMS

Layer 1

- Port de Bras – across and open

Layer 2

- Use these arms, breathe, feel it coming into your back body
- Hit the position
- Have fun with it!



03. EXTEND

TRACK FOCUS

To learn a Tendu sequence that challenges the supporting side glute strength.

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

MUSIC			EXERCISE		CTS	REPS
0:00	Instr /	2x8		Set feet in 1 st Position, HOH	16	
0:10	Intro / Oh, ooh, oh-oh	2x8	A	Slow Tendu Pattern, HOH, L Tendu Devant Tendu Derrière 2x Tendu à la Seconde	4 4 8	1x
0:20	V / Staring at the ceiling	6x8	A ¹	Fast Tendu Pattern, HOH, L Tendu Devant Tendu Derrière 2x Tendu à la Seconde ⬆ High Option: Glissé	2 2 4	6x
0:49	C / I feel the lavender haze	4x8	B	Grand Battement Taps with Port de Bras Arms, L 4x Tap Devant, arms circle to 4th Position (R arm up) 4x Tap Derrière, arms circle to 4th Position (L arm up) ⬇ Low Option: HOH	8 8	2x
1:09	_ haze	12x8		Repeat Sequences A, A¹ and B on OS	96	1x
2:09	C / _ haze	2x8	C	Arabesque Balance, R&L R leg Arabesque en Fondu with arms in Demi Seconde Repeat OS	8 8	1x
2:19	Br / Talk your talk	4x8	C ¹	Arabesque Pulses, L&R 4x Arabesque Pulse en Fondu, arms in Demi Seconde 2x Arabesque Pulse en Fondu, arms cross in front of the body 2x Arabesque Pulse en Fondu, arms open to Demi Seconde Repeat OS	8 4 4 16	1x
2:38	C / I feel the lavender haze	8x8	B	Grand Battement Taps with Port de Bras Arms, L&R 2x sets of Grand Battement Taps with Port de Bras Arms using the L leg 2x sets of Grand Battement Taps with Port de Bras Arms using the R leg	32 32	1x

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03. LAVENDER HAZE 3:21mins

TEACHING TIPS

This Extend track is all about Tendus! The new pattern of front-back-side-side is there to re-energize this movement and to challenge coordination. As you will find with this track, high repetitions of Tendus train the glutes, inside thighs, calves and feet. Tendus require floor pressure, which fires up the intrinsic foot muscles and promotes activation throughout the rest of the body. Motivate your participants to find deeper activation by focusing on the use of floor pressure.

You will really feel the burn build in the supporting side glute, especially once you get to the Grand Battement Taps section. Encourage your participants to embrace the beautiful burn while explaining the benefits of improved stability, hip mobility and glute strength.

Arm lines are entirely optional in this track as we want the focus to be on the lower body. Hands on the hips in the Tendu section can be used to check that the hips are square and the core is engaged. You might like to communicate this to your participants and encourage them to physically feel what's going on with their HOH. When the legs lift off the floor, balance becomes more difficult, and opening the arms out to the sides can help to stabilize the body. Even if your participants aren't taking the full Port de Bras options, encourage them to try opening their arms out to help with balance.

COACHING CUES

TENDU PATTERN, HOH

Layer 1

- Let's learn a Tendu sequence, front, back, side, side
- Same pattern a little bit faster
- Front, back, side, side
- **We want to focus on keeping the hips super still, core braced**
- If you want to, you can lift just off the floor to Glissé height
- Lifting off or staying grounded

Layer 2

- Working the stabilizers
- Pull up through your supporting side, squeezing the glutes to move the leg
- Working the pressure through the floor

GRAND BATTEMENT TAPS WITH PORT DE BRAS ARMS

Layer 1

- Grand Battement Taps – Up, tap, up, tap
- Sweep back to your Arabesque line
- **Hips and shoulders square to the front**
- Take the height that works for you
- Option to circle the arms through 3rd to 4th
- Hold the arms in Bras Bas as you switch legs

Layer 2

- Keep it light
- **Squeeze the glute to lift the leg**
- Pull up through the knees
- The graceful upper body makes it look easy
- I'm starting to feel that burn, so real!
- Imagine a string is attached to the top of your head, drawing you upwards

ARABESQUE BALANCE

Layer 1

- Keep the Arabesque, tip the weight forward, and Fondu
- **Knees over toes**
- **Feel the back body engage, brace the core**

ARABESQUE PULSES

Layer 1

- Let's pulse up, down, up, down
- Tap the floor if you want to
- Cross the arms, open



04. PEAK

TRACK FOCUS

To move with freedom and feeling as we build our cardiovascular strength.

MUSIC			EXERCISE		CTS	REPS
0:00	Instr /	1x8	Set up in 1 st Position, facing the L side		8	
0:05	Instr /	6x8	A	Slow Double Arabesque Combo with Port de Bras Arms, L&R (Traveling to the L side) 2x 1 st Arabesque (Front leg lifts) Half Turn turn on flat, arms to 1 st Position Upper Back Extension on Relevé, arms to Demi Seconde Repeat, traveling to the R side ↓ Low Option: HOH		1x
0:41	C / _ hold onto	8x8	A ¹	Fast Double Arabesque Combo with Port de Bras Arms, L&R (Traveling to the L side) 2x 1 st Arabesque (Front leg lifts) Half Turn en Relevé Upper Back Extension on Relevé, arms to Demi Seconde Repeat, traveling to the R side Note: Add Relevé to the Arabesques on the 2 nd set ↓ Low Option: HOH, no Relevé		2x
1:26	Br / _ end	1x8		Hold Relevé	8	1x
1:31	V / It's hard to tell the truth	8x8	A ²	Quadruple Arabesque Combo with Port de Bras Arms, L&R (Traveling to the L side) 4x 1 st Arabesque (Front leg lifts) Half Turn en Relevé or Pirouette Upper Back Extension on Relevé, arms to Demi Seconde Repeat, traveling to the R side ↓ Low Option: HOH ↑ High Option: Arabesques en Relevé		2x
2:17	C / Love	4x8	A ³	Sissonne Arabesque Combo with Port de Bras Arms, L&R (Traveling to the L side) 2x 1 st Arabesque, 1 st Arabesque Sissonne Half Turn en Relevé or Pirouette Upper Back Extension on Relevé, arms to Demi Seconde Repeat, traveling to the R side` ↓ Low Option: No Jump Note: Encourage participants to have freedom in their arms		1x
2:39	Br / _ hold	8x8	A ²	Quadruple Arabesque Combo with Port de Bras Arms, L&R	32	2x
3:24	C / Love	4x8	A ³	Sissonne Arabesque Combo with Port de Bras Arms, L&R	32	1x
3:47	Outro /	2x8	A ²	Quadruple Arabesque Combo with Port de Bras Arms, L	16	1x

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04. ALL THAT REALLY MATTERS 4:03mins

TEACHING TIPS

This track celebrates many variations of Arabesque with an across-the-floor combo. Arabesques are an essential movement in LES MILLS BARRE because of the way they ignite the posterior chain. This combo offers many options, so celebrate your participants’ efforts with whatever they choose.

When you perform the Relevé option you will feel an intense burn through the lower leg/calf muscles. This is particularly challenging after track 2 which also fatigued the lower legs. These two tracks are choreographically different yet have very similar training benefits. Think about how your coaching themes could cross over between these two tracks. You may set something up in track 2 and revisit that idea in track 4.

If you want something extra, take some time to self-review and film yourself doing this track. The high repetitions will show you how your Arabesque evolves as you fatigue. As you self-correct, try to look at your video with curiosity rather than judgement. Self-reflection allows us to set goals and develop action plans to enhance our skills and competencies as instructors.

COACHING CUES

SLOW DOUBLE ARABESQUE COMBO WITH PORT DE BRAS ARMS

Layer 1

- In this track, we are going to move across the floor
- Starting with an Arabesque
- Lift the arms, lift the leg
- Walk around the corner
- Lift to a rise
- **Squeeze the glutes**

FAST DOUBLE ARABESQUE COMBO WITH PORT DE BRAS ARMS

Layer 1

- 2 Arabesques 4, 3, 2, 1
- **Squeeze the glutes, lift the chest**
- Let’s add a Relevé
- Take any option that feels really good for you

Layer 2

- Connect with your breath, connect with your body
- Feel the crescendo in the music, feel it in your body

QUADRUPLE ARABESQUE COMBO WITH PORT DE BRAS ARMS

Layer 1

- 4 Fast Arabesques
- 4, 3, 2, 1
- If you want to, lift your back leg to Retiré and Pirouette
- Last one – cool it down

Layer 2

- Keep them small and light on the feet
- Step straight up onto your toes
- Find your balance
- Building with the music
- Come back to your breath

TRAVELING SISSONNE ARABESQUE, WITH PORT DE BRAS ARMS, L&R

Layer 1

- Jump on the 2nd Arabesque
- **Soft knees when you land**

Layer 2

- Driving from the glutes when you jump
- Freedom in the upper body and freedom in your expression



05. STRENGTHEN

TRACK FOCUS

To hold strong posture while building functional strength in the lower body.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro	2x8	Set up 2 nd Position feet, 2x light weight plates stacked in Bras Bas Preview 2 Pulses (down) in 2 nd Position Plié on last 4cts	16	
0:08	/ haaaaaa	6x8	A 2nd Position Plié Pulse with Port de Bras Arms 4x Pulse (down), plates lift through 1 st to 5 th Position 4x Pulse (down), plates lower through 1 st to Bras Bas Arms ↓ Low Option: Plates to chest	8	3x
0:31	/ Turn up your radio	5x8	B 2nd Position Plié Transfer Of Weight Combo, L&R Pulse (up) in 2 nd Position Full Plié, plates to collarbones Shift weight into L leg en Fondu Repeat to the R	2 2 4	5x
0:50	V / You wanna hate on us	8x8	C Attitude Balance Devant/Derrière, L Attitude L leg Devant en Fondu, plates O/H Pass L leg through to Attitude Derrière en Fondu, Deadlift plates ↓ Low Option: Foot stays grounded	8 8	4x
1:20	PC / Turn me up	4x8	C ¹ Attitude Derrière Row, L Hold L leg Attitude Derrière, 2/2 Row plates to chest ↓ Low Option: L leg taps down into Curtsey Lunge	4	8x
1:35	C / Pump it	8x8	B 2nd Position Plié Transfer Of Weight Combo, L&R Add: Option to Relevé, option to extend the plates F and option to Jump	8	8x
2:06	V / You wanna hate on us	8x8	C Attitude Balance Devant/Derrière, R	16	4x
2:36	PC / Turn me up	4x8	C ¹ Attitude Derrière Row, R	4	8x
2:52	C / Pump it	8x8	B 2nd Position Plié Transfer Of Weight Combo Note: Remind participants of the various options	8	8
3:22	(Fade out)	2x8	Rest Preview 2 Pulses (down) in 2 nd Position Plié on last 4cts	12 4	
3:30	Outro / haaaaaa	6x8	A 2nd Position Plié Pulse with Port de Bras Arms ↓ Low Option: Plates to chest	16	3x

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05. PUMP IT LOUDER 3:55mins

TEACHING TIPS

This track is so playful and dynamic. It musically contrasts the previous tracks to lift the energy in the room. Elevate the expression in your voice to match the music. This is the time to reinvigorate your class and create a light hearted atmosphere as you power through this exciting track. Think about engaging your participants in the very front of your class right through to the people at the very back!

As you coach the more complex options, prioritize safety cues. When jumping with weight plates extended away from the body, postural awareness becomes crucial and so does landing into a soft Plié. Reinforce the importance of staying lifted in the chest and pressing the knees out over the toes.

It becomes extra demanding on the body to maintain balance in the single-leg stability blocks after working the lower body in the 2nd Position Transfer of Weight blocks. As you guide your class through the movements, use inviting language that encourages them to explore the possibilities of their bodies in the present moment. Remind them that each day is unique and to focus on what is possible for their bodies today. This will help them to stay present and engaged in the track as they explore their own strength capabilities.

COACHING CUES

2ND POSITION PLIÉ PULSE WITH PORT DE BRAS ARMS

Layer 1

- You need 2 light weight plates
- Let's set up 2nd Position
- **Roll the shoulders back**
- **Brace the belly**
- Let's get into some Pulses
- Squat, pulse
- Drop down, raise the arms to 5th Position
- **Hips stop just above the knees**
- **Drive the knees out**

Layer 2

- How are we feeling? We're going to put some burn into the legs and shoulders!

2ND POSITION PLIÉ TRANSFER OF WEIGHT COMBO

Layer 1

- Plates to the collarbones
- Up, down, shift to the right; up, down, shift to the left
- **Hips stop just above the knees**
- Once you've set up here, you can add the Relevé, the Plate Push, or the Jump
- **Soft knees when you land from the Jumps**

Layer 2

- Stay in this low position to build load early in the legs
- You want to build up more power!
- We have three different areas of movement, allowing you to build up the athleticism through the body

ATTITUDE BALANCE DEVANT/DERRIÈRE

Layer 1

- Come into your Attitude Devant
- Slide in, raise the arms
- Shift back, leaning forward
- Option here, place your foot on the floor and slide it back
- **Stay square to the front**
- **Soften the front knee**
- **Brace abs for stability**

Layer 2

- Can you feel the strength building in the glutes?
- This is a great way to strengthen the glutes and the ankle muscles

ATTITUDE DERRIÈRE ROW

Layer 1

- Hold, row
- Pull the plates into the lower ribs
- Stay off the floor or grounded
- **Squeeze the shoulder blades back and together**

Layer 2

- Feel the chest expand as you pull and squeeze
- Why do we have the Rows? To strengthen our back so that our posture is super strong!



06. POWER

TRACK FOCUS

To use high repetitions of single-leg work to improve our balance and glute strength.

MUSIC			EXERCISE		CTS	REPS
0:00	Instr /	4x8		Set up L leg Attitude Derrière en Fondu, plates to the chest or Demi Seconde	32	
0:15	Intro / (beat begins)	8x8	A	4x 2/2 Attitude Derrière Pulse en Fondu (up), Plates in Demi Seconde, L&R ↓ Low Option: Plates to chest	32	2x
0:45	C / And I say hey	12x8	A ¹	4x 1/1 Attitude Derrière Pulse en Fondu (up), Plates in Demi Seconde, L&R ↓ Low Option: Plates to chest ↑ High Option: Jump between sides	16	6x
1:30	V / Long live the pioneers	16x8	B	8x Arabesque Tap en Fondu with Port de Bras Arms, L&R 4x Arabesque Taps (up) L leg, plates to Demi Seconde 4x Arabesque Taps (up) L leg, plates to Open 5 th Position Repeat with R leg ↓ Low Option: Plates to chest ↑ High Option: Jump between sides Note: On the first rep, plates to chest	32 8 8 16	4x
2:30	V / All hail the underdogs	4x8	C	Demi Plié in 1st Position with Cobra and Bicep Curl Demi Plié in 1 st Position, tip F from the hips, plates pull back Recover, Relevé and Bicep Curl ↓ Low Option: Plates to chest ↓ Low Option: No Relevé	4 4	4x
2:44	C / And I say hey	12x8	D	Combo Attitude and Arabesque Tap en Fondu with Port de Bras Arms, L&R 4x Attitude Tap (up) L leg, plates to Demi Seconde 4x Arabesque Tap (up) L leg, plates to Open 5 th Position Repeat with R leg ↓ Low Option: Plates to chest ↑ High Option: Jump between sides Note: On the first rep, plates to chest	8 8 16	3x
3:30	Outro /	8x8	C	Demi Plié in 1st Position with Cobra and Bicep Curl	8	8x



06. RENEGADES (STASH KONIG REMIX) 4:08mins

TEACHING TIPS

This track is all about endurance in single-leg training. Focus most of your coaching on alignment and control. Remind participants to strongly engage through their core to keep the work in the glutes and out of the lower back. The leg extension behind does not need to be high to benefit from this track. We suggest that you keep the legs low and mindfully connect to the muscles you want to activate. In your coaching, you can express this to your participants. Explain to them how you connect with your body and what helps you to get through this track well. Your learnings can become their learnings! Remember to speak to the hip hinge, lifted chest, and shoulder blade squeeze as you coach the Cobra. When the plates extend forward in the Arabesque, coach to the plates staying in front of the face and to draw the shoulders down away from the ears. This avoids overloading the shoulders and moves the work into the posterior chain. Offer participants shake-outs whenever they need it while motivating them to get the most out of this fiery Power track!

COACHING CUES

4X 2/2 ATTITUDE DERRIÈRE PULSES EN FONDU (UP), PLATES IN DEMI SECONDE

Layer 1

- Two light weight plates
- Bring the plates to your collarbones Gentle bend, **knees over toes**
- **Hips and shoulders stay to the front**
- Attitude Derrière, lift up and tap
- Change through to a Plié
- **Squeeze the glute to lift the leg**
- **Brace the abs**
- Focus on pulling the belly button to the spine to protect the lower back

4X 1/1 ATTITUDE DERRIÈRE PULSE EN FONDU (UP), PLATES IN DEMI SECONDE

Layer 1

- Let's speed it up
- 4, 3, 2, 1
- You can tap down or keep the foot lifted
- If you really want a challenge you can add a Jump
- **Land softly through the knees**

Layer 2

- It's OK to wobble
- Use the ab brace to regain balance
- This challenges all those stabilizing muscles we don't hit anywhere else

8X ARABESQUE TAP EN FONDU WITH PORT DE BRAS ARMS

Layer 1

- Arabesque Taps 8, 7, 6, 5, 4...
- Hands to collarbones
- Change sides
- Add some arms, low 'V', high 'V'
- **Stop the plates in front of your eyeline**
- Time to add the Jump, **land softly**

Layer 2

- Lengthen out through the back leg
- If you feel this in your lower back, shake it out
- Focus on a strong glute squeeze, straight spine, and ribs drawing down

DEMI PLIÉ IN 1ST POSITION WITH COBRA AND BICEP CURL

Layer 1

- 1st Position, Cobra, Bicep Curl
- **Tip forward from the hips**
- **Squeeze the shoulder blades**
- **Draw the belly in, bracing the core**
- Option here – lift heels to find Relevé

Layer 2

- Nice deep knee bend
- Heels high in Relevé

COMBO ATTITUDE AND ARABESQUE TAP EN FONDU WITH PORT DE BRAS ARMS

Layer 1

- Combo, 4 Attitudes, plates to chest, 4 Arabesques
- Attitude, knees wide
- Arabesque, squeeze the glute and straighten the leg
- Add the arms
- Plates stop in front of the face
- Add the Jump when you're ready
- **Soft landings when you jump**

Layer 2

- Build core strength – lower ribs into the core



07. ESCAPE

TRACK FOCUS

To learn a sequence until it's muscle memory and then to focus on adding expressive Port de Bras Arms.

MUSIC			EXERCISE		CTS	REPS
0:00	Instr /	1x8	Set up 3 rd Position L leg Derrière, HOH		8	
0:06	V / If I see my old friends	8x8	A	Retiré Escape Combo, HOH, L&R L leg Retiré, closing Front R leg Retiré, closing Front L leg Retiré, Hold 4x Glissade, closing Front (L, R, L, R) Repeat OS	2 2 4 8 16	2x
0:44	PC / Stay away	8x8	A ¹	Retiré Escape Combo with Développé, HOH, L&R L leg Retiré, closing Front, arms to 1 st Position R leg Retiré, closing Front, L leg Développé à la Seconde, 4x Glissade, closing Front (L, R, L, R) Repeat OS ↓ Low Option: No Développé ↑ High Option: Add Relevé	2 2 4 8 16	2x
1:23	C / Leaving you was easy	10x8	A ²	Retiré Escape Combo with Développé and Port de Bras Arms, L&R L leg Retiré, closing Front, arms to 1 st Position R leg Retiré, closing Front L leg Développé à la Seconde, arms to 5 th Position 4x Glissade, closing Front (L, R, L, R), arms open to 2 nd Position Repeat OS ↓ Low Option: No Développé ↓ Low Option: No Port de Bras Arms ↑ High Option: Add Relevé	2 2 4 8 16	2½x
2:12	/ No one ever told me	12x8	A ³	Retiré Escape Combo with Échappé and Port de Bras Arms, R&L R leg Retiré, closing Front, arms to 1 st Position L leg Retiré, closing Front, arms to 1 st Position R leg Développé à la Seconde, arms to 5 th Position 2x Glissade, closing Front (R, L), arms open to 2 nd Position 2x Échappé, arms to Bras Bas Repeat OS ↓ Low Option: No Développé ↓ Low Option: Rise in 1 st Position instead of Échappé ↑ High Option: Add Relevé ↑ High Option: 4x Changement instead of Échappé	2 2 4 4 4 4 16	3x



07. STAYAWAY (NOW, NOW REMIX) 3:19mins

TEACHING TIPS

Escapes are the place to layer up the combo so that everyone finds an option where they can feel successful. Think about how you can make every member of your class experience the beautiful feeling of dance in this track. Your role is to facilitate this dance experience. Once you set up the room for success, minimize your coaching and just dance.

This combo is all about being in tune with the music. Find the rises and falls in the song and adapt your coaching/performance to suit. There are lots of moments to suspend in this track. Suspension is when you linger in a movement until you're almost late for the next move. Play with adding this technique at the top of your Retirés and at the height of your Jumps. This will relate to the music – remember that when we dance we are trying to be visual representations of the sounds we hear. Use your inhale as you suspend and exhale when you release into the next move. See how this deepens your connection to the movement.

COACHING CUES

RETIRÉ ESCAPE COMBO

Layer 1

- Take the R foot to the back
- Set your Foundation Posture
- We've got three Retirés coming forward
- Up, down, up, down, hold
- Four Glissades going back 4, 3, 2, 1
- **Nice and soft in the knees**

Layer 2

- Lifting high
- Strong in the Retiré
- Use the floor to suspend your movement

RETIRÉ ESCAPE COMBO WITH DÉVELOPPÉ

Layer 1

- Unfold the leg to the side
- Lift the knee, extend the leg
- If you want to, you can bring in a rise

Layer 2

- Strong in the ankles

RETIRÉ ESCAPE COMBO WITH DÉVELOPPÉ AND PORT DE BRAS ARMS

Layer 1

- Arms go down, lift to 1st, extend to 5th

Layer 2

- Slowly and gracefully bring the arms down
- Lift the heart space
- Feel the breath in the arms
- Express yourself through the movement
- Let it go. Find what feels good

RETIRÉ ESCAPE COMBO WITH ÉCHAPPÉ AND PORT DE BRAS ARMS

- We're going to add to the combo
- Two Échappé, out, in, out, in
- If you want more, bring in four Changement
- **Soft landings**
- **Knees over toes**
- Last one

Layer 2

- Keep the turnout
- This is for you, – dance your heart out!
- **Stay strong in ankles**



08. BURN

TRACK FOCUS

To calm the heart rate and to release tension through posterior chain and glutes.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Set-up Down Dog, facing R side	8	
0:04	V / Have you ever	4x8	A	Down Dog R Option: Walk the heels	32	1x
0:28	/ Well, let that lonely	4x8	B	Forward Fold / Plank Flow Walk hands to feet Hold Forward Fold Walk hands to Plank position Hold Plank ↓ Low Option: Knees down in Plank	4 4 4 4	2x
0:52	/ and ohh	2x8	C	Side Hover on Knee (R arm supporting) ↓ Option: Support on hand or elbow	16	1x
1:04	C / Even when the dark	6x8	C ¹	Side Leg Lifts with Port de Bras Arms, L Lift L leg up in parallel, L arm circle Lower L leg, finish L arm circle ↓ Low Option: Keep L leg grounded	4 4	6x
1:40	V / There's a place	3x8	D	Swan Pose R ↓ Low Option: 90/90 Stretch ↑ High Option: Mermaid Pose / Quad Stretch	24	1x
2:00	/ From across the silence	1x8	C	Side Hover on Knee (L arm supporting)	8	1x
2:06	C / Even when the dark	6x8	C ¹	Side Leg Lifts with Port de Bras Arms, R Lift R leg up in parallel, R arm circle Lower R leg, finish R arm circle ↓ Low Option: Keep R leg grounded	4 4	6x
2:42	C / You will be found	2x8	A	Down Dog L	16	1x
2:53	Br / Out of the shadows	4x8	B	Forward Fold / Plank Flow	16	2x
3:18	/ (Quiet) Even when the dark	4x8	D	Swan Pose L	32	1x
3:43	Outro _ found	1x8	E	Childs Pose	8	1x



08. YOU WILL BE FOUND 3:55mins

TEACHING TIPS

This Burn track is about giving participants time to self-reflect and enjoy the music. Work for seamless transitions between the movements to help participants stay in the flow. Cue body part and direction clearly so they don't have to look up at you and break their focus. Pre-cues are essential for helping participants to transition smoothly. In this track, hold off your pre-cues till you are just about to move so that you give them as much time as possible for each movement. You may like to use the breath to guide transitions – inhaling to transition and exhaling to settle. Find the moments of stillness as you lower the heart rate and cool down the body in the stretches. Ensure that your participants have the options to meet them where they are in their flexibility journey. Always start with the lower options when you demonstrate the stretches so that everyone can join in.

COACHING CUES

DOWN DOG

Layer 1

- Press the hands into the floor and send the hips high
- You might have a micro knee bend
- **Relax the neck and head**
- **Belly button in**

Layer 2

- Enjoy a moment here

FORWARD FOLD/PLANK FLOW

Layer 1

- Walk the hands to the feet
- Forward Fold, lie your chest on your thighs, release the head
- Walk out, Plank, knees or toes
- **Squeeze the glutes, brace the core**

SIDE HOVER AND SIDE LEG LIFTS WITH PORT DE BRAS ARMS

Layer 1

- Set Side Hover
- 6 reps here
- **Elbow underneath your shoulder or on your hand**
- Lift the underneath hip
- **Stack the hips**
- Lift and circle
- Leg on or off the floor
- **Squeeze through the side glute**
- 2 more

Layer 2

- Breathe in, exhale
- You can follow the hand with the eyes
- It's just you and the music

SWAN POSE

Layer 1

- Swan or 90/90
- Heel into the groin, roll the top hip over
- Grab the foot to stretch the quad

Layer 2

- Big breath in, exhale into any tightness



BONUS

04. PEAK / 07. ESCAPE

TRACK FOCUS

To strengthen the ankles and intrinsic foot muscles through Pas de Bourrées and Pirouettes.

MUSIC			EXERCISE		CTS	REPS
0:00	Instr /	4x8	Set up 1 st Position Relevé, HOH		32	
0:14	V / Oh yeah I settled	4x8	A	Slow Pas de Bourrée Retiré, HOH, L&R Step R foot behind Step L foot side Step R foot front Retiré L leg Repeat to the R side	2 2 2 2 8	2x
0:27	/ _ thinking	4x8	A ¹	Fast Pas de Bourrée Retiré, HOH, L&R Step R foot behind Step L foot side Step R foot front Retiré L leg Repeat to the R side	1 1 1 1 4	4x
0:41	V / We could ride out	12x8	B	Retiré and Fast Pas de Bourrée, HOH, R&L 4x R leg Retiré, closing to 3 rd Position behind (Note: Last rep steps straight into the Pas de Bourrée) Fast Pas de Bourrée to the L Repeat OS ⬆ High Option: Relevé Retirés ⬆ Higher Option: Retiré foot stays lifted	13 3 16	3x
1:22	PC / _ I swear	8x8	B ¹	Retiré and Fast Pas de Bourrée with Port de Bras Arms, R&L 4x R leg Retiré, closing to 3 rd Position behind (Note: Last rep steps straight into the Pas de Bourrée), arms to Open 4 th Fast Pas de Bourrée to the L, arms circle cross in front of the face Repeat OS ⬆ High Option: Relevé Retirés ⬆ Higher Option: Retiré foot stays lifted	13 3 16	2x
1:49	V / It's so high key	12x8	C	Slow Forced Arch Combo, HOH, R&L 4x Demi Plié with Forced Arch (R, L, R, L) (step L foot out) 4x slow Pulses in 2 nd Position Plié (close R foot in) Repeat OS	16 16 32	1½x
2:30	/ _ high key	12x8	C ¹	Fast Forced Arch Combo, HOH, L&R 8x Demi Plié with Forced Arch (L, R, L, R) (step R foot out) 4x fast Pulses in 2 nd Position Plié (close L foot in) Repeat OS	8 8 16	3x
3:12	(Rap) You been running out of signs	12x8	C ²	Fast Forced Arch Combo with Port de Bras Arms, L&R 8x Demi Plié with Forced Arch (L, R, L, R), 1 st Position (step R foot out) 4x fast Pulses in 2 nd Position Plié, arms 2 nd Position (close L foot in) Repeat OS ⬇ Low Option: HOH	8 8 16	3x



BONUS

04. PEAK / 07. ESCAPE

MUSIC			EXERCISE		CTS	REPS
3:53	C / _ high key	12x8	B ²	Retiré, Pirouette and Fast Pas de Bourrée with Port de Bras Arms, L&R 2x L leg Retiré, closing to 3 rd Position behind, arms to 3 rd Position 1x Pirouette en Dedans, closing behind in 3 rd Position, arms to 1 st Position Fast Pas de Bourrée to the R, arms to 2 nd Position Repeat OS ↓ Low Option: 4x Retiré instead of the Pirouette Note: Cut the last rep short to set up the next move		3x
					8	
					5	
					3	
					16	
4:34	I swear	2x8		Rest		16
4:41	C / _ high key	8x8	B ²	Retiré, Pirouette and Fast Pas de Bourrée, L&R	32	2x



BONUS

04. HIGH KEY 5:13mins

TEACHING TIPS

This Bonus track can be either a track 4 or a 7 to give your class more strength work while still having the playful element of the Pirouette option. Treat this track's 1st and 2nd blocks as time to build up strength for the Pirouettes. Then use the last block to have some fun practicing Pirouettes.

Here are some elements for successful turns that you might like to bring into your coaching as themes: balance, ankle stability, posture, or Retiré positioning.

The creatives' main focus when choreographing this track was ankle stability. Your class will love how this track creates functional ankle strength whether the legs are in a bent range of motion (ROM) or in a pulled-up Relevé ROM. Relevés are so good for strengthening the ankles, and Retirés target the glutes and hamstrings. We offer Pas de Bourrée and Retiré variations to work ankle stability with pulled-up legs at any strength level. Remind your participants that it's OK to put their foot down at any time as this is really challenging for the balance.

When coaching to Pirouettes, repeat directional cues multiple times as it might take a few attempts for participants to learn which way to turn. Cues like *turn towards the front*, or *turn over your right shoulder* can help to get your participants turning in the right direction.

COACHING CUES

PAS DE BOURRÉE RETIRÉ

Layer 1

- **Find your Foundation Posture**
- Let's take a rise
- Left leg goes to the back
- Back, side, front, lift
- Pas de Bourrée with a Retiré to the back
- Double time
- Side to side

Layer 2

- Feeling this movement in the legs

RETIRÉ AND FAST PAS DE BOURRÉE

Layer 1

- R leg goes up for 4, 3, 2, 1
- Up, down, up, down
- Quick Pas de Bourrée
- Here's the challenge: you can keep the back leg lifted and find a rise
- Squeeze the glutes and use your Plié
- **Knee over toes**
- Glutes engaged

Layer 2

- Finding your center, strong in the ankles
- Use your breath

FORCED ARCH COMBO

Layer 1

- New move, pedal the feet R and L
- Slide out to 2nd Position 4, 3, 2, 1
- Bring the leg in
- **Squeezing glutes**
- **Knees over toes**
- Shall we go faster? 8, 7, 6...
- Pulse the hips down
- **Hips are square to the front**
- **Hips stop just above the knees in 2nd Position**
- Bring in the Port de Bras, Bras Bas, 1st, and open to 2nd

Layer 2

- Feeling the stretch in the achilles and the calves
- Squeezing the heels down
- If you want to, you can stay low to work the quads and inner thighs more
- Or stay up to work the calves and the lower legs
- Stay strong, stay grounded
- I'm feeling the burn!

RETIRÉ, PIROUETTE AND FAST PAS DE BOURRÉE

Layer 1

- Come back to the Retiré combo, arms in 3rd
- Up, down, up, down
- If you want to add a Pirouette, turn on the 3rd Retiré
- Turn towards the front

Layer 2

- Whip the arm in, that will help you to turn faster
- Give it a go – use this as your practice time



BONUS

06. POWER

TRACK FOCUS

To steadily build heat in the legs and shoulders with great posture. Use motivational cues to keep participants in the burn right till the end!

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	Set up 1 st Position, plates to chest			
0:02	C / Running all over	4x8	A	Slow Attitude Run OTS, plates to chest, L&R	4x
				L leg Attitude Derrière	4
				R leg Attitude Derrière	4
				⬆ High Option: Jump to switch sides	
0:16	/ Running running	5x8	A ¹	Fast Attitude Run OTS, L&R	20x
				Preview Port de Bras Arms in the last 16cts	2
0:34	Instr /	4x8	A ²	Fast Attitude Runs with Port de Bras Arms, L&R, F&B	2x
				8x Attitude Run F, arms lift through 2 nd to 5 th Position	8
				8x Attitude Run B, arms reverse to Bras Bas	8
				⬇ Low Option: Plates to chest	
0:50	Instr /	8x8	B	Slow Retiré, plates to the chest, L&R	2x
				L leg Retiré, closing Front	4
				R leg Retiré, closing Front	4
				L leg Retiré, hold	8
				Repeat Retirés OS	16
1:19	V / Take me away from here	8x8	A ²	Fast Attitude Run, with Port de Bras Arms L&R, F&B	4x
				Preview next combo in the last 32cts	
1:47	Outro /	16x8	C	Fast Retirés and Attitude Run Combo, with Port de Bras Arms, L&R	4x
				L leg Retiré, closing Front	2
				R leg Retiré, closing Front	2
				L leg Retiré, hold	4
				Repeat Retiré OS	8
				8x Attitude Run F, arms lift through 2 nd to 5 th Position	8
				8x Attitude Run B, arms reverse to Bras Bas Arms	8
				⬆ High Option: Relevé Retiré	
				⬆ High Option: Add plates to 2 nd Position on the Retirés	



BONUS

06. RUNNING 2:46mins

TEACHING TIPS

You will be running all over the world with lots of dynamic Attitude Runs and Retirés! The Attitude Runs supply a fresh cardio kick and the Retirés improve balance and strength. This track was designed to be a stepping stone for track 7 in the main class because it sets up the Retiré movement pattern. Use this track to reduce the amount of new learning for your participants in the Escape track.

When learning the combo, there is some complexity. Use a preview to help your class visualize what's coming up next. When you preview make it really clear that you want your participants to continue running on the spot while you show them the combo. Then keep your cueing simple so that your participants can move from intention to execution quickly.

If you're having fun with this track that will inspire your participants to do the same. Smile, laugh, connect with the room in front of you!

COACHING CUES

ATTITUDE RUNS

Layer 1

- Two light weight plates
- R leg lifts off the floor
- Add a little Hop
- **Land with soft knees**
- **Brace the abs**
- Let's add some running
- We're going to move forward and bring the plates over head
- **Plates in front of the body**
- 8 moving forward, 8 moving back

Layer 2

- Nice and gentle

SLOW RETIRÉS

Layer 1

- New move, 3 slow Retirés
- Toe to knee, hold balance
- 2 more rounds
- Nice and slow
- Knees bend

Layer 2

- Move with control

FAST RETIRÉ AND ATTITUDE RUN COMBO

Layer 1

- Here's your combo: One, two, & hold
- Option to Relevé and hold
- Run forward and back
- Knees stay outside hip-width
- When you're ready, arms can extend
- **Plates stop just below the shoulders**
- **Brace your core and keep the chest lifted**

Layer 2

- We're here until the end – let's give it some zest!



BONUS

07. ESCAPE

TRACK FOCUS

To use this track as a celebration of the work they have done in the class so far and to enjoy a moment of personal expression.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	1x8		Set up 3 rd Position R leg Derrière, HOH	8	
0:05	Instr /	8x8	A	Slow Escape Combo, HOH, R&L 2x Arabesque R leg (closing in Plié) Rond de Jambe through 2 nd to Devant Rond de Jambe through 2 nd to Derrière Retiré Passé Devant Step across to OS Repeat on L side ⬆ High Option: Glissade instead of step across ⬆ High Option: Lift the Rond de Jambe leg off the floor		1x
0:46	V / Her best days	8x8	A ¹	Fast Escape Combo, HOH, R&L 2x Arabesque R leg (closing in Plié) Rond de Jambe through 2 nd to Devant Rond de Jambe through 2 nd to Derrière Retiré Passé Devant Step or Glissade across to OS Repeat on L side ⬆ High Option: Add Relevé ⬆ High Option: Lift the Rond de Jambe leg off the floor		2x
1:27	Instr /	1x8		Rest	8	
1:31	V / They say bad things	10x8	A ²	Fast Jumping Escape Combo, R&L 2x Arabesque R leg (closing in Plié), arms to 2 nd Arabesque Rond de Jambe through 2 nd to Devant, arms to 2 nd Arabesque OS Rond de Jambe through 2 nd to Derrière, arms to 2 nd Arabesque Retiré Passé Devant, arms to 3 rd Position Step or Glissade across to OS arms to 2 nd Position Repeat on L side ⬇ Low Options: HOH, no Relevé, no Jumps ⬆ High Option: Sissonne Arabesques		2½x
2:23	Instr /	5x8		Coach New Move – Pas de Chat L&R	40	
2:48	V / I’m still alive	16x8	A ³	Fast Escape Combo with Pas de Chat, R&L Note: Encourage participants to have freedom in their movement	32	4x



BONUS

07. BREAKEVEN 4:21mins

TEACHING TIPS

This Escape combo focuses on single-leg stability with Arabesques, Rond de Jambes, and Retirés. Each move should take up all of its counts and you should aim to only just reach the end of one move as a new one begins. This is incredibly challenging when the combo is slower, as it requires more control to fill out the music. Add the leg lift off the floor and this becomes more difficult again! Try to cultivate a continuous state of flow in this sequence to improve balance, core control and coordination. During Layer 2 coaching, encourage breath awareness. By focusing on breath, you become more mindful of your current movement and improve fluidity, control and grace. A coaching moment has been added into the choreography for you to explain the new move, Pas de Chat, in a way that works best for your class. There is time to briefly 'workshop' the move so that your participants get a feel for it before it's added into the combo. You don't need to move on the beat for this section.

COACHING CUES

SLOW ESCAPE COMBO

Layer 1

- Starting the sequence with 2 Arabesques
- **Hips and shoulders square to the front**
- Up, down, up, down
- Low Rond de Jambe round to the front
- **Press the knee out over the toes**
- Take it round to the back
- Retiré up, close front
- Step across, other side
- Lifting off the floor if you want to
- Step or jump across, **soft knees**
- **Engage through the core**

Layer 2

- Finding a deep Rond de Jambe with stability on the supporting side
- Tracing a circle on the floor

FAST JUMPING ESCAPE COMBO, R&L

Layer 1

- Double time
- Up, down, up, down
- 4, 3, 2, 1
- Retiré, across
- Let's add a Relevé, lift the underneath heel
- If you want to, lift the leg off the floor
- Let's add arms to 2nd Arabesque
- Rond and swap the arms, 3rd Position, open wide
- Let's add an optional Jump
- Take any option
- Close behind so that you can start straight away on the other side
- Last few reps

Layer 2

- Feeling the tempo in the body
- Learning the pattern
- Challenge your balance
- Drive through the supporting side
- Breathe it round
- Building up!
- Feel the music, feel your breath
- Use the options to make it your own
- This is your time to perform – performance mode activated!
- See if you can reach beyond your fingers, beyond your toes, find the space around your body

COACH NEW MOVE – PAS DE CHAT

Layer 1

- Let's learn a new move, Pas de Chat
- Lift the front leg to Retiré, jump across and lift the back leg to Retiré

Layer 2

- Let's continue to practice before we add this to the combo



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

- 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 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.