



BODYJAM 100

MUSIC, CREDITS AND INFO

WARM-UP / ISOLATIONS

HYPE

SUPER JAM BURRITO

RECOVERY

BODYJAM 100 BEATS

GROOVEDOWN

BONUS

THROWBACK HIP HOP

BONUS

THROWBACK HOUSE

BODYJAM COACHING

DECLARATION OF INTENT

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MUSIC

WARM-UP / ISOLATIONS

01

In My Room (2:53)

Yellow Claw & DJ Mustard feat. Ty Dolla \$ign & Tyga

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Written by: Oude Weernink, McFarlane, Roelandschap, Rondhuis, Taihuttu, Titawano

HYPE

02

OUT OUT (3:22)

Joel Corry & Jax Jones feat. Charli XCX & Saweetie

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Written by: van Day, Bennett, Aitchison, Corry, Fletcher, Harper, Jones, Nono, Thompson, Purcell, Applebaum, Emery, van Haver

SUPER JAM BURRITO

03

Got Money (4:01)

Lil Wayne feat. T-Pain

Courtesy of the Universal Music Group.

Written by: Carter, Najm, J. Salinas, O. Salinas

04

Can You Keep Up (4:03)

Coconut Candy

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Written by: Louinel

05

Aarena (4:24)

ISOxo

© 2021 Sable Valley Records.

Written by: Isorena

06

Pick A Side (3:19)

Erphaan Alves & Kes

© 2020 Monk Music / Soca Universe.

Written by: Alves, Dieffenthaler, Gooding

RECOVERY

07

Boyz (2:53)

Jesy Nelson & Nicki Minaj

Courtesy of the Universal Music Group.

Written by: Wesley, Maraj, Fisher, Ibrahim, Jordan-Patrikios, Nelson, Atoui, Keen, Margulies, Olatunji, Ross, Curry, Goss

BODYJAM100 BEATS

8

Como La Beba (3:32)

FRE\$KO

Courtesy of Les Mills Music Licensing Ltd.

Written by: Guerra

9

Don't Go Yet (Archer M_Ils Remix) (4:00)

Queen Of June

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Written by: Frederic, Cabello, Sabath, Harris

10

Get It Done (6:11)

CHAI

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Written by: Eliesa, Sanei

11

Quere (2:26)

FRE\$KO

Courtesy of Les Mills Music Licensing Ltd.

Written by: Guerra

12

RITMO (Archer M_Ils Remix) (4:02)

Sky Grey

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Written by: Gaffey, Adams, Bontempi, Glenister, Gordon, Harris, Osorio, Pineda, Spagna

13

100 Beats (7:43)

Archer M_Ils

Courtesy of Les Mills Music Licensing Ltd.

Written by: Mills

GROOVEDOWN

14

Red Eye (3:08)

Justin Bieber feat. TroyBoi

Courtesy of the Universal Music Group.

Written by: Giannos, Jordan, Sirota, Bieber, Boyd.

ALT 01

How We Livin (2:53)

NOAM DEE feat. Krush

Courtesy of Les Mills Music Licensing Ltd.

Written by: Fairley



MUSIC

BONUS THROWBACK HIP HOP

- 15

Hey Mama (3:43)

Black Eyed Peas

Courtesy of the Universal Music Group.

Written by: Henry, Adams
- 16

Take Your Shirt Off (3:31)

T-Pain

© 2009 RVA/JIVE Label Group, a unit of Sony Music Entertainment.

Written by: Najm, Balfour
- 17

...Baby One More Time (3:08)

Britney Spears

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Written by: Sandberg
- 18

Get Right (3:48)

Jennifer Lopez feat. Fabolous

© 2005 SONY MUSIC ENTERTAINMENT.

Written by: Brown, Harrison, Jackson, Raymond
- 19

S Club Party (3:17)

S Club 7

Courtesy of the Universal Music Group.

Written by: Rustan, Harmansen, Eriksen, Atkins
- 20

Let's Get It Started (3:37)

Black Eyed Peas

Courtesy of the Universal Music Group.

Written by: Pajon, Adams, Fratanutano, Gomez, Graves, Pineda

BONUS THROWBACK HOUSE

- 21

Don't Stop The Music (4:27)

Rihanna

Courtesy of the Universal Music Group.

Written by: Hermansen, Eriksen, Storm
- 22

Greyhound (5:37)

Swedish House Mafia

Courtesy of the Universal Music Group.

Written by: Angello, Hedfors, Ingrosso
- 23

Lose Control (3:38)

Missy Elliot feat. Ciara & Fatman Scoop

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Written by: Hudson, Elliott, Atkins, Davis, Freeman
- 24

Till The World Ends (3:53)

Britney Spears

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Written by: Kronlund, Gottwald, Sandberg, Sebert
- 25

Ladi Dadi (Tommy Trash Remix) (5:14)

Steve Aoki feat. Wynter Gordon

© 2012 Ultra Records, Inc. (courtesy of Liberator Music).

Written by: Aoki, Bates, Gordon



Gandalf “G” Archer Mills



Meno Thomas



Cameron Holland

PRESENTERS

Gandalf “G” Archer Mills (New Zealand) is Program Director for BODYJAM. He is based in Auckland and has dedicated his life to dance, performance and teaching.

Meno Thomas (New Zealand) is a BODYJAM Trainer/Presenter/Instructor and a BODYCOMBAT™ Presenter/Instructor. He is a self-employed DJ and lives in Wellington.

Cameron Holland (New Zealand) is a dancer and performer in BODYJAM, SH’BAM™ and BORN TO MOVE™ filmings. He lives in Auckland.

CREDITS

Program Director – Gandalf Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings and Andrew Newmarch

Production Coordinator – Juliet Mora

RELEASE FEEDBACK

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BODYJAM100

BODYJAM 100 yaaaaa'IIII.

WE MADE IT! WE ARE HERE!

Please take a brief moment of dance celebration in your day to acknowledge all the music, dance, vibes and life that this wonderful DANCE PROGRAM brings to all of us.

Personally, I have adored making every single one of these releases for you; the instructor who loves to teach them, and for every BODYJAM member who loves to dance them, class after class, week after week, year after year. I still have members in my studio who I was teaching in the 90's!

BODYJAM Release 100 is here in full effect, with 100 minutes of choreography! That's our regular class (55 minutes) plus two bonus blocks made up entirely of BANGERS from our previous 99 releases. There you have 100 minutes of pure BODYJAM.

And...

100 Beats is our brand-new Hip Hop block that is, you guessed it, 100 beats of choreography. Super fresh and super flash. You will get high off of this.

Track 1, ohhh I have been saving this one! I've been working on getting Track 1 into a BODYJAM class for three years, and now, BOOM, we've got it.

Then our Hype track lifts the hype full of HOUSE styles, with super cool, super fast footwork, lifting the hype of the room.

Then... SUPER JAM BURRITO! This is a smorgasbord of styles – fresh choreography that sets us up with Hip Hop "*Got Money* and you know it!" Then, *Can You Keep Up* as our next track drives everything through the roof with Soca Soca, give me Soca.

The Wave sounds I'm absolutely loving right now lift us to full intensity with *Aarena*, before we take it home with glorious smiles of Soca, to get you flying, stretching and feeling this beautiful sound of music.

Chill the heart rate to *Boyz*, my fave Pop track of the year. Then, how many beats? How many beats? Beeeettsssss (damn, I spent a whole minute looking for a beetroot emoji...)!

100 BEATS IS HERE!

So the choreography starts on the 5cts. It's quirky but you're gonna love the challenge. This is followed by three 4x8ct blocks of movement – so, $3 \times 32 = 96$ – then add the extra 4cts from when you start the 5cts...

BOOM, 100 BEATS.

The music is so good! The remix of *Don't Go Yet* is probably my favorite – wait... no. The remix of *Get It Done* is my fave – wait... no. Wait till you hear the *RITMO* remix!

Then we have 8 minutes of 100 Beats – the energy, the journey, the feels and the style. There is nowhere else I would rather be.

And...

To top it all off, we filmed this release in the future... like literally. Welcome to the amazing work XR aka Extended Reality, where now we dance in the sky... yes, yes, yes!

BODYJAM 100 is here and I am so happy to share it with you. I hope you love it as much as I loved making it for you.

Much love,
G.



EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warm-up/ Isolations	Track 01	Warm-up/ Isolations
Track 02	Hype	Tracks 8-13	BODYJAM100 Beats
Track 03-06	Super Jam Burrito	Total Time	30:47
Track 07	Recovery		
Total Time	24:55		

45-MINUTE FORMAT	
Track 01	Warm-up/ Isolations
Track 02	Hype
Track 07	Recovery
Tracks 08-13	BODYJAM100 Beats
Track 14	Groovedown
Total Time	40:10

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warm-up/ Isolations	Track 01	Warm-up/ Isolations
Track 02	Hype	Track 02	Hype
Tracks 15-20	Throwback Hip Hop	Tracks 21-25	Throwback House
Total Time	27:19	Total Time	29:04

45-MINUTE FORMAT	
Track 01	Warm-up/ Isolations
Tracks 03-06	Super Jam Burrito
Track 07	Recovery
Tracks 15-20	Throwback Hip Hop
Total Time	42:37

KEY

B	Back	F	Forward
L	Left	O/H	Over Head
OTS	On The Spot	R	Right

Please note the color to represent the correct level of execution:

 BASE	 FLAVA	 BREAKOUT
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HEY INSTRUCTORS

When it comes to mixing up past releases, you can teach back as far as BODYJAM 32, with some exceptions:

Many of the older BODYJAM blocks have a considerably higher complexity level that will be out of reach for many new members in your class. If you teach the more complex routines from past releases, you will inevitably alienate new participants, and they will be unlikely to come back.

For example, blocks to avoid:
BODYJAM 37 Jazz Rock
BODYJAM 38 Latin Block
BODYJAM 39 Dance 4 Life
BODYJAM 40 Jive & Swing, Krump Club
BODYJAM 43 Disco Cardio
BODYJAM 46 Tribal Explosion
BODYJAM 49 Street Jazz

If you have a more advanced audience who you have taught these routines to over many years, then maybe you can pull out one of these blocks once every six months. But if, like me, you have a bunch of new people in each class you teach, then I strongly suggest you avoid these blocks with higher complexity.

However, there are some incredible older tracks, full of magic and simple, pure dance feel:
BODYJAM 41 La Bomba, BODYJAM 33 Hey Mama, BODYJAM 42 Jam De Podium, and who could forget the Battle from BODYJAM 32!

Pick and choose your tracks carefully and you will have the floor on fire every week.

Please note: There is no Groovedown in most express format options. Please advise participants to keep moving around after the class until their breathing and heart rate return to normal and to do their own stretches to assist their recovery.

The 30- and 45-minute class formats have been customized for this release.



01. WARM-UP / ISOLATIONS

IN MY ROOM 2:53mins

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

TRACK FOCUS

Create an extraordinary Warm-up hype with simple feel cues in the bounce of your butt and the swing of the arms, swing ba-ba, swing ba-ba.

MUSIC		EXERCISE		REPS	LEVEL
0:07	Intro /	3½x8	Scoop The Arms Scoop The Arms out and down L, R	7x	
0:24	_ We can do	8x8	Scoop The Arms Add Travel F with 3-Step rhythm (L, R L, R, L R) x2 Add Walk B with feet wide and arms O/H L, R x4	4x	
1:00	(Drop)	4x8	Kriss Kross Kriss Kross Jump R, Hip Push B OTS x4 Repeat to L	4x	
1:19	Follow me to my	4x8	Chest Isolation Chest Circle L	16x	
1:37	We a drink	4x8	Hip Push F, B	16x	
1:55	In my room	2x8	Step Touch L, R	4x	
2:05	I want you	6x8	Kriss Kross	6x	
2:32	(Heavy synth)	4x8	Scoop The Arms	2x	
		½x8	Freestyle Freeze	1x	



02. HYPE

OUT OUT 3:22mins

TRACK FOCUS

Let the house up the hype with increased movement range, counting down the kicks 3–2–1 jump, and lots of safety then rhythm cues to create success on the Heel Flick forwards, knees close together, keep it so so small.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Back Step Step together L, traveling B, facing L x4 with Chest Roll F&L NOTE: On last rep Step F, not together Add Heel Lift R, Step F R, Knee Lift R, Step F R, facing L, traveling F	4x	Blue
0:31	(Low synth)	12x8	3 Kicks Kicks R leg F, B, F Jump wide Toe, heel, toe Jump together Repeat on L	6x	
1:18	Why am I	8x8	Back Step Add Double Time on Heel Knee F	4x	Yellow
1:49	Watch me dance	8x8	3 Kicks	4x	Red
2:20	I'm so saditty	8x8	Back Step	4x	
2:50	Hi, I'm Charli	8x8	3 Kicks	4x	
		1x8	Freestyle Freeze	1x	



03. SUPER JAM BURRITO

GOT MONEY 4:01mins

TRACK FOCUS

Massive repetition creates success with repeated cues 6–5–4–3–2–1 *Out In*, then get the aggressive arm wave overhead, then the swaggy lean back of the 2-Step.

MUSIC		EXERCISE		REPS	LEVEL
0:03	I need a	8x8	Kick It Kick F, R, L x3 Jump feet out, in NOTE: On the last reps, face R on Kicks	8x	Blue
0:27	Got money	8x8	Kick It Add Travel B on Kicks Add Turn F to face L on kick 6–7 & 8 Repeat to R	4x	
0:50	Now I was bouncing	8x8	Wave It Wave arms at shoulder height L, R x3 Heel Lift L with Elbow Pull to hip Repeat to R	4x	Blue
1:14	I make it snow	4x8	Walk It Out Wide Walk F, L, R with hands O/H Wide Walk B, L, R with hands down and lean F	4x	
1:26	Got money	20x8	Wave It x2 Add Double Time Walk It Out x2 NOTE: On the last rep, add Double Time to walk it out	5x	Yellow
2:25	Got money	16x8	Kick It Wave It Walk It Out	4x	Red
3:13	So Rolex watch this	4x8	Wide Walk L, R	8x	Blue
3:25	Got money	8x8	Kick It Wave It Walk It Out	2x	Red
3:49	Yeah, it's young Wayne	4x8	Switch Jump OTS with feet wide and arms O/H (cts 1, 2) Arms cross down in front of hips (cts 3, 4) Arms open wide of hips (cts 5,6) Pop Chest F, B (cts 7, 8) NOTE: Carrying on into the next track on the last 4 reps, facing L	4x	Blue



04. SUPER JAM BURRITO

CAN YOU KEEP UP 4:03mins

TRACK FOCUS

Insaaaaane energy – simple block of movement repeated 3 times, 'chill' hips, add the slow arms, go fast and crazy, then switch the feet. Get your class hitting the arms hard, then low in the legs as they point to where the party is.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	NOTE: Last 4 reps continues from previous track	4x	
0:12	Riddim _	4x8	Switch x2 facing L Add Double Time and Travel B Add Hip Push B x8 with Finger Sweep to the B (4cts) and to the front (4cts) Repeat on R	1x	
0:24	No here's a little story	4x8	Throw It Up Hip Circle L with Feet Wide Slow	8x	
0:37	I see you	4x8	Throw It Up Add Arm Throw O/H (cts 1, 2, 3, 4) Add Hand Swizzle at shoulder (cts 5, 6, 7, 8)	4x	
0:49	Send back	4x8	Throw It Up Add Quick Hips Add Double Time Hands	8x	
1:01	Head shoulders	4x8	Switch	1x	
1:13	Can you keep up _	4x8	Step Touch L, R	8x	
1:25	Now here's a little story	4x8	Throw It Up Hip Circle L with Feet Wide Slow	8x	
1:37	I see you	4x8	Throw It Up Add Arm Throw O/H (cts 1, 2, 3, 4) Add Hand Swizzle at shoulder (cts 5, 6, 7, 8)	4x	
1:49	Send back	4x8	Throw It Up Add Quick Hips Add Double Time Arms	8x	
2:02	Head shoulders	4x8	Switch	1x	
2:13	Can you keep up _	4x8	Step Touch L, R	8x	
2:25	Now here's a little story	4x8	Throw It Up Hip Circle L with Feet Wide Slow	8x	
2:37	I see you	4x8	Throw It Up Add Arm Throw O/H (cts 1, 2, 3, 4) Add Hand Swizzle at shoulder (cts 5, 6, 7, 8)	4x	



04. SUPER JAM BURRITO

CAN YOU KEEP UP 4:03mins

MUSIC		EXERCISE		REPS	LEVEL
2:49	Send back	4x8	Throw It Up Add Quick Hips Add Double Time Hands	8x	
3:02	Head shoulders	4x8	Switch	1x	
3:14	Can you keep up _	16x8	Kriss Kross Kriss Kross Jump R, L x2 Chest Wave x1 with Feet Wide R (4cts) L Arm Throw B x2 Repeat on L	4x	



05. SUPER JAM BURRITO

AARENA 4:24mins

TRACK FOCUS

More intense Wave music takes everyone away – put the whole routine together for next-level cardio dance vibes.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Wide Walk L, R NOTE: Preview routine	16x	
0:25	(Synth)	4x8	Double Bounce L, R	8x	
0:37	Take me away	12x8	Super Jam Burrito Routine Throw It Up x4 Kriss Kross R Switch Kick It Wave It Walk It Out	1x	
1:15	Take me away	4x8	Step Touch L, R x4 Double Bounce L, R x4	1x	
1:27	Take me away	12x8	Super Jam Burrito Routine	1x	
2:05	Take me away	4x8	Wide Walk L, R	8x	
2:17	(Synth)	8x8	Wide Walk Add Arm Combo	8x	
2:42	Take me away	4x8	Double Bounce L, R	8x	
2:54	Take me away	12x8	Super Jam Burrito Routine	1x	
3:32	Take me away	2x8	Step Touch L, R	4x	
3:38	Take me away	2x8	Freestyle Tick Tock	1x	
3:44	Take me away	12x8	Wide Walk with Arm Combo	12x	
4:21		1x8	Freestyle Freeze	1x	



06. SUPER JAM BURRITO

PICK A SIDE 3:19mins

TRACK FOCUS

This sound is gorgeous – the smiles takes everyone higher. Throw it around, kick it everywhere, dance, feel, Jam.

	MUSIC		EXERCISE	REPS	LEVEL
0:01	Bad vibes in the mass	4x8	Step Touch L, R	8x	
0:13	Jump	4x8	Double Bounce L, R	8x	
0:25	This side of	12x8	Super Jam Burrito Routine	1x	
1:02	All who ready to	4x8	Step Touch L, R x4 Double Bounce L, R x4	1x	
1:14	This side of	12x8	Super Jam Burrito Routine	1x	
1:51	Na na na na	4x8	Wide Walk L, R	8x	
2:03	Na na na na	4x8	Step Touch L, R x4 Double Bounce L, R x4	1x	
2:15	This side of	12x8	Super Jam Burrito Routine	1x	
2:52	Bad vibes in the mass	4x8	Step Touch L, R	8x	
3:04	Na na na na	1x8	Hip Push to finish	1x	



07. RECOVERY

BOYZ 2:53mins

TRACK FOCUS

Switch up the feels 100 style – simple cues to get the movement clear, 2 slow, 4 fast, turn back, bounce the arms. Then get that bounce in your lower body to create styles.

MUSIC		EXERCISE		REPS	LEVEL
0:05	Love a little	4x8	2-Steps Slow Walk F L, R (4cts) Fast Walk F L, R x2 Walk Around L (4cts) Hands Smash x4	2x	
0:26	That hold that you got	6x8	Add Finger Snap on cts 2, 4, 6 & 8 on the Walk F	3x	
0:57	You got a little attitude	4x8	Chest Wave Chest Wave, facing L x6 Jump L x4 Repeat on R	1x	
1:17	That hold that you got	6x8	2-Step	3x	
1:49	As we proceed	5x8	Chest Wave NOTE: Only 2x Chest Wave	2½x	
2:14	Jesy we got it	6x8	2-Step	3x	
2:45	Outro /	1x8	Chest Wave	½x	
		1x8	Freestyle Freeze	1x	



08. BODYJAM 100 BEATS

COMO LA BEBA 3:32mins

TRACK FOCUS

100 BEATS! Simple repetitive cues create success. Name each movement clearly – Back Kick, Heel Rock, Hands High – then coach the simple details in each combo.

MUSIC		EXERCISE	REPS	LEVEL
0:04 (Piano)	3x8	Back Kick Kick L x3 facing R diagonal Step Wide facing front Repeat on R	1 ½x	
0:18 Dile a La Beba	4x8	Add Double Time	4x	
0:38 Beba, Bailalo Como Beba	4x8	Add Elbows up	4x	
0:56 Y a la cuenta de cuatro	4x8	Cross Tap Tap L x4 (side, front, side, back)	8x	
1:15 (Bell ringing)	1x8	Heel Rock Tap heel-toe R x4	1x	
1:20 Beba, Y a la cuenta de cuatro	12x8	Cross Tap Add Double Time x4 Add Double Time Heel Rock, traveling L x8 Hip Push Jump Wide, facing L Hip Push B x8 with arms O/H Walk Around L to face the front x8 NOTE: On last rep, unravel hands, descending on the last 4 Hip Push	3x	
2:16 Beba, Y a la cuenta de cuatro	16x8	Back Kick Cross Tap x2 Heel Rock x4 Hip Push	4x	



9. BODYJAM 100 BEATS

DON'T GO YET (ARCHER M_LLS REMIX) 4:00mins

TRACK FOCUS

Reeeeeeeemix – more detail to coach but with so much repetition, get your class high in the air with the Arm Swing and safe knees on the Swing Jump front shoulder, then hit it harder with clarity on the Twist. Put it all together? Freaking magic!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Swing Jump Swing Jump Swing (start facing L and turn F in the air to land facing R) Roll L shoulder B x4 Repeat on R	4x	
0:36	I imagine myself in	4x8	Twist Jump with Feet Wide L and twist chest R Arm Throw down Freeze for 2cts Repeat on R NOTE: On last rep preview Chest Pop x2, replacing the freeze	4x	
0:55	Oh yeah don't go	12x8	Twist x3 Add Stomp Clap O/H L, R x2	3x	
1:50	We find a corner	4x8	Walk Around L, R NOTE: Preview routine on first 2x8	16x	
2:09	Oh yeah don't go	6x8	BODYJAM 100 Beats Routine Back Kick Cross Tap Heel Rock Hip Push NOTE: Walk Around L, R, L only Swing Jump Twist NOTE: Stomp Clap L, R only	1x	
2:37	Oh yeah don't go	2x8	Step Touch L, R	4x	
2:46	(Heavy beat)	6x8	BODYJAM 100 Beats Routine	1x	
3:13	Oh yeah don't go	2x8	Step Touch L, R	4x	
3:22	Don't go yet _	6x8	BODYJAM 100 Beats Routine	1x	
3:50	Put in work	2x8	Step Touch L, R	4x	



10. BODYJAM 100 BEATS

GET IT DONE 6:11mins

TRACK FOCUS

Last combo with all the detail: please say it over and over “stomp 2, 3, 4”, to get your class comfortable with starting on the 5-count! Keep the arms 'chill' as you stomp, and get the groove in your hips, then feet oh so wide on the Drags.

MUSIC		EXERCISE	REPS	LEVEL
0:00	_ Put it down like	4x8 Stomp Slow Stomp feet together L, R with Double Time Single Arm Circles L, R	8x	
0:18	_ My flow flow	4x8 Groove Step Touch L, R x2 with Single Arm Circles Add Stomp L, R x2	2x	
0:36	_ Put in work	4x8 Slide Slide R hand down torso (4cts) Jump Wide Fast Feet L, R x2 B with arms O/H then drop into wide legs and roll up (6cts) Walk F – reset (2cts)	2x	
0:55	_Put in work	4x8 Slide (Faster) Slide R hand down torso (2cts) Jump Wide (2cts) Fast Feet L, R x2 B with arms O/H then drop into wide legs and roll up (6cts) Walk F – reset NOTE: On last rep, add Slow Stomp L, R on last 8cts	2x	
1:14	_ My flow flow	8x8 Groove Slide Stomp	4x	
1:51	_ My flow flow	16x8 Groove Slide NOTE: After Fast Feet add Drag L, R x2 Add Walk L, R B&F x6 Add Stomp on last 8cts NOTE: On the last rep, remove the Stomp	4x	
3:05	_ You feel important	4x8 Freestyle Step Touch L, R and preview routine NOTE: Stomp on last 8cts	8x	
3:24	_ My flow flow	8x8 BODYJAM 100 Beats Routine Groove Slide Drag Back Kick Cross Tap Heel Rock Hip Push Swing Jump Twist	1x	
4:01	(Heavy beat)	4x8 Freestyle NOTE: Stomp on last 8cts		



10. BODYJAM 100 BEATS

GET IT DONE 6:11mins

MUSIC		EXERCISE		REPS	LEVEL
4:19	(Heavy synth)	8x8	BODYJAM 100 Beats Routine	1x	
4:57	Put in work	4x8	Step Touch L, R NOTE: Stomp on last 8cts	8x	
5:15	Put in work	8x8	BODYJAM 100 Beats Routine	1x	
5:52	Outro /	4x8	Step Touch L, R NOTE: Stomp on last 8cts	8x	



11. BODYJAM 100 BEATS

QUERE 2:26mins

TRACK FOCUS

The 'sick' drops start now – combo the combo, get the heart rate high, then take it, yes, even higher, with Jump Kicks, powerful lower body movements, with that Bounce in between.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	BODYJAM 100 Beats Routine	1x	
0:36	(Fast beat)	2x8	Freestyle Run OTS L, R NOTE: Stomp on last 8cts	16x	
0:45	(Heavy beat)	8x8	BODYJAM 100 Beats Routine	1x	
1:22	Oye	4x8	Walk OTS with Elbow, Lean Back Throw	8x	
1:40	Oye oye	10x8	Kick Switch Kick R with Elbow Lean Back Throw, land with Feet Wide and Wave under R (4cts) Wide-leg Bounce (4cts) Repeat on L	5x	



12. BODYJAM 100 BEATS

RITMO (ARCHER M_LLS REMIX) 4:02mins

TRACK FOCUS

The fire and the feels, with the words to sing along to. Groove your butt with that baseline, create energy with lower body power, then here it is... 100 beats "STOMP 2, 3, 4".

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Heavy beat)	8x8	Palms Down Slow Wide Walk F L, R x2 with Palms Down push, Fist Punch up x4 Bounce B L, R x4	4x	
0:36	Of the night	4x8	Arm Sweep Wide Walk L, R x2 with Arm Sweep	8x	
0:55	Of the night	4x8	Finger High Double Bounce L, R x2 with R finger high then throwing down on ct 4	8x	
1:13	(Low beat)	10x8	Palms Down Add Arm Sweep B Double Time x2 Add Finger High NOTE: No finger drop	5x	
1:59	This this this	7x8	Step Touch L, R and preview routine NOTE: Stomp on last 8cts	14x	
2:31	_ The rhythm	12x8	BODYJAM 100 Beats Routine Add Switch Kick R, L Palms Down Finger High	1x	
3:25	The night	4x8	Step Touch L, R NOTE: Stomp on last 8cts	8x	
3:44	The night	4x8	BODYJAM 100 Beats Routine NOTE: Continues into next track	1x	



13. BODYJAM 100 BEATS

100 BEATS 7:43mins

TRACK FOCUS

THIS IS HUUUUUGE – 8 minutes of power, drive, feels, styles. 100 BEATS slays hard so dance it all to the limit, push your body. Everything is strong. Everything is fluid. Your technique is on point for every single 100 Beat.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	NOTE: Continued from previous track		
0:36	(Low synth)	4x8	Step Touch L, R	8x	
0:54	(Build synth)	4x8	Double Bounce L, R NOTE: Stomp on last 8cts	8x	
1:11	(Heavy beat)	12x8	BODYJAM 100 Beats Routine	1x	
2:04	_ What?	2x8	Step Touch L, R	4x	
2:13	(Build synth)	2x8	Slow Stomp L, R NOTE: Stomp on last 8cts	4x	
2:21	_ What?	12x8	BODYJAM 100 Beats Routine	1x	
3:14	(Low synth)	2x8	Step Touch	4x	
3:23		2x8	Slow Wide Walk L, R with Arm Combo	2x	
3:31	_ What?	12x8	Add Double Time	24x	
4:24	(Shudder)	4x8	Step Touch L, R NOTE: Stomp on last 8cts	8x	
4:42	(Low bass)	12x8	BODYJAM 100 Beats Routine	1x	
5:35	(Low synth)	4x8	Step Touch L, R NOTE: Arms O/H for the first 4cts	8x	
5:52	(Pulsing synth)	4x8	Double Bounce L, R NOTE: Arms ascending on first 8cts NOTE: Stomp on last 8cts	16x	
6:10	_ What?	12x8	BODYJAM 100 Beats Routine	1x	
7:03	Booty on the floor	4x8	Step Touch L, R	8x	
7:20	_ What?	4x8	Wide Walk L, R	16x	
7:38	Outro /	1x8	Feet together Freeze with arms ascending O/H	1x	



14. GROOVEDOWN

RED EYE 3:08mins

TRACK FOCUS

So 'chill' and deserved – bring it all down to earth with the gorgeous sounds to leave feeling 100%.

	MUSIC		EXERCISE	REPS	LEVEL
0:01	Red eye _	2x8	Hip Rock L, R	8x	
0:11	Other end of it	10x8	Freeze Slide L, Knee Lift R with Snap Hip Rock R, L Repeat on R	10x	
1:01	Sanity is gone	1x8	Hip Rock L, R	4x	
1:06	Red eye _	4x8	Triple Hip Slow Wide Walk F L, R with Triple Hip x2 Repeat to B	2x	
1:26	Gotta new job	4x8	Lat Stretch L (16cts) Repeat on R	1x	
1:46	And I gotta fly	4x8	Triple Hip	2x	
2:06	_ Right now	8x8	Freeze	8x	
2:46	(Shudder)	4x8	Freestyle Freeze		



BONUS

15. THROWBACK HIP HOP

HEY MAMA 3:43mins

TRACK FOCUS

Set up for success with simple repetitive cues of feet wide and turn the hips, and really hit those rhythm cues of the Cross Throw Arms, then the double Kick Ball change.

	MUSIC		EXERCISE	REPS	LEVEL
0:02	Crazy Mama _	2x8	Smack Your Hips Knee Drop R, L	8x	
0:12	Hey Mama	6x8	Add Knee Drop R, L x4 with Hip Smack R, L x2 (First 2 reps) NOTE: Preview Cross Throw Arms on the last rep	6x	
0:41	Got a naughty	4x8	Smack Your Hips x2 Add Cross Throw Arms x2 NOTE: On the last rep, add Jump L, R with Cross Throw Arms	4x	
1:00	Now ya'll know	8x8	Smack Your Hips	8x	
1:38	We the big town	8x8	Elbows Up Knee Drop R, L x2 with High Arm Pull Side Kick R, L x2 (cts &5, &7) Ball change L, Slide F R with Arm Roll down body Walk B L, R x2	4x	
2:16	Hey Mama	10x8	Elbows Up Add Double Time	5x	
3:04	We the	4x8	Double Jump L, R	8x	
3:23	Hey Mama	4x8	Double Jump Add Double Time and travel B x2 Add Jump Wide, facing L, with Hip Push B x4 Add Walk Around to L to face the front (4cts) Add Walk L, R x2 OTS	2x	



BONUS

16. THROWBACK HIP HOP

TAKE YOUR SHIRT OFF 3:31mins

TRACK FOCUS

Lift the hype with this 'OG' banger – put the routine together then pull back the energy to teach the Kriss Kross.

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ Brush em off	8x8	Continues from previous track Double Jump	4x	
0:38	Take ya shirt off_	20x8	Hip Hop Routine Hip Smack Elbows Up Double Jump	5x	
2:14	Hey girl	8x8	Cross Your Feet Kriss Kross Jump your feet, land with feet wide Reach R, L Clap x2 Walk feet wide L, R x4	4x	
2:52	I know you don't care	8x8	Cross Your Feet Add Double Time	8x	



BONUS

17. THROWBACK HIP HOP

...BABY ONE MORE TIME 3:08mins

TRACK FOCUS

OMG – lift the old-school love by taking the energy in a whole new direction, and float with the highs and lows of the gorgeous build in music.

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ Oh baby baby	4x8	Slide Your Chest Slide L, R with Chest Wave	8x	
0:19	Show me	2x8	Jump L, R	8x	
0:29	_ My loneliness	4x8	Hip Hop Routine Hip Smack Elbows Up Double Jump Cross Your Feet	1x	
0:48	_ Oh baby baby	4x8	Slide Your Chest Add R Arm Grab	8x	
1:08	Show me	2x8	Jump L, R	8x	
1:18	_ My loneliness	4x8	Hip Hop Routine Hip Smack Elbows Up Double Jump Cross Your Feet	1x	
1:37	Oh baby baby	2x8	Slide Your Chest	4x	
1:47	Oh baby baby	4x8	Feet together with arms ascending O/H (8cts) Walk L, R OTS with arms descending (8cts) NOTE: Continue with Walk OTS for a second rep	2x	
2:06	I must confess _	4x8	Jump L, R	16x	
2:26	_ My loneliness	8x8	Hip Hop Routine Hip Smack Elbows Up Double Jump Cross Your Feet	2x	
3:04	Outro /	1x8	Freestyle Freeze		



BONUS

18. THROWBACK HIP HOP

GET RIGHT 3:48mins

TRACK FOCUS

Focus on coaching the UP UP UP of the Run combo, then coach the Left Knee Back kick with lots of rhythmic cues.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	_ Guess who	2x8	Freestyle Walk	1x	
0:10	I ain't Mr Right	4x8	Hip Hop Routine Hips Smack Elbows Up Double Jump Cross Your Feet	1x	
0:30	_ You looking	4x8	Shuffle Slow Knee Lift, Walk OTS L, R with Fist Pump up R, L	8x	
0:50	Meeeeee	4x8	Add Shuffle Your Feet with Split (2x Slow, 4x Double Time)	4x	
1:10	Get right	10x8	Shuffle x1 Add Slide Your Chest x2	5x	
1:59	Get right	4x8	Knee Kick R, L	8x	
2:19	_ Why	4x8	Knee Kick Add Travel B x2 Add Flick Kick R F x3 Add Roll Down/Up with feet wide (4cts)	2x	
2:39	It's slim	4x8	Knee Kick Add Double Time on Knee Kick back Add Walk L, R x2	2x	
2:58	I'm looking for	10x8	Knee Kick Add Make It Rain after Roll Down/Up on cts 3&4	5x	



BONUS

19. THROWBACK HIP HOP

S CLUB PARTY 3:17mins

TRACK FOCUS

OKAAAY – so here we actually go. This is pure Pop throwback perfection. Use the smiles and the energies to take your class somewhere new, or somewhere they may not have been for quite... a... while...

	MUSIC		EXERCISE	REPS	LEVEL
0:00	_ S Club	2x8	Freestyle Walk	1x	
0:09	S Club	4x8	Shuffle x1 Knee Kick x1	1x	
0:28	Finally Friday	4x8	Slide Knee Slide L Knee Drop R x3 Repeat to R	4x	
0:47	S Club	4x8	Shuffle x1 Knee Kick x1	1x	
1:06	Ooh ooh	2x8	Two Hands Jump L with two hands push F&B O/H Repeat to R	4x	
1:15	Tina doing her	4x8	Slide Knee	4x	
1:34	S Club	4x8	Shuffle x1 Knee Kick x1	1x	
1:53	Ooh ooh	4x8	Two Hands	8x	
2:12	Get up boys	2x8	Slide Knee	2x	
2:21	S Club	2x8	Step Touch L, R	4x	
2:30	S Club	8x8	Hip Hop Routine Hip Smack Elbows Up Double Jump Cross Your Feet Shuffle Knee Kick	1x	
3:08	S Club	2x8	Slide Knee	2x	



BONUS

20. THROWBACK HIP HOP

LET'S GET IT STARTED 3:37mins

TRACK FOCUS

Hype to end all hype – fill the room with your technique, make everything huge, give the music all you've got. GET IT STARTED!

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Let's get it started	2x8	Breathe	1x	
0:10	Running	2x8	Run OTS L, R	16x	
0:19	In this context	2x8	Slide Knee	2x	
0:28	To lose this inhibition	3x8	Slide Knee Add Arms Up	3x	
0:42	_ Everybody	1x8	Jump with Freestyle Arms	4x	
0:46	Get stupid	1x8	Run OTS L, R	8x	
0:51	Started	8x8	Hip Hop Routine	1x	
1:28	Transmit hits	1x8	Slide Knee	1x	
1:32	Yo everybody	1x8	Jump with Freestyle Arms	4x	
1:37	Stupid	1x8	Run OTS L, R	8x	
1:41	Started	8x8	Hip Hop Routine	1x	
2:18	Ya ya ya	4x8	Slide Knee	4x	
2:36	Get messy	2x8	Two Hands	4x	
2:45	_ Everybody	1x8	Jump with Freestyle Arms	4x	
2:50	Get stupid	1x8	Run OTS L, R	1x	
2:54	Started	7½x8	Hip Hop Routine NOTE: No Walk B	1x	
3:28	Running running	½x8	Freestyle Tick Tock	1x	



BONUS

21. THROWBACK HOUSE

DON'T STOP THE MUSIC 4:27mins

TRACK FOCUS

Some minor technical details to coach with repetition such as hand direction and level changes (drop on the 8!). Then take your class with you on the 3-Step Back Turn set-up (feel free to face the back with them and dance on your R leg).

MUSIC		EXERCISE		REPS	LEVEL
0:01	Please don't stop the music	4x8	Arm Combo Wide Walk L, R with Low Arm Combo Reach F with Palms down (2cts), Cross Arms F with palms up (2cts), reach F with palms down (2cts), arms down (2cts)	4x	Blue
0:17	Please don't stop the music	4x8	Arms Combo Add Reach arms O/H with palms F (2cts), Cross Arms F with palms down (2cts) Add Reach wide with palms down (2cts), arms down (2cts)	4x	
0:32	It's getting late	8x8	Wave It Step Touch L with Arm Wave and grab R Repeat to R Step Touch L, R NOTE: Preview throw on last rep	8x	Yellow
1:04	Do you know what you started	4x8	Wave It Step Touch L with Arm Wave and grab R Repeat to R Add Step Touch L, R with Arm Throw F x3 and Arm Drop Add Step Touch L, R x2	2x	
1:19	I wanna take you away	12x8	Wave It NOTE: Remove last 2x Step Touch Add Arm Combo Add Shoulder Roll B x2 Add Step Touch L, R x4	3x	
2:06	Do you know what you started	16x8	Wave It Arm Combo NOTE: Remove Step Touch L, R x4	8x	Red
3:09	Please don't stop the music	12x8	Back Turn Turn B L, R x3 (travel L, R) Back Step L, R Step Touch L, R x2 NOTE: On last rep, preview face B on Back Step	6x	Yellow
3:56	Please don't stop the music	8x8	Back Turn Add Face B on Back Step	4x	



BONUS

22. THROWBACK HOUSE

GREYHOUND 5:37mins

TRACK FOCUS

SOOOO MUCH DRIVE... This song is incredible. Coach the combo so far, take your technique higher and higher, then hot damn that B-Boy combo is 'sick', so hit it hard.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Pulse beat)	4x8	Arm Stretch Combo Reach arms O/H (4cts), drop and pull elbows B (4cts) Reach L arm F and R arm B (4cts), Repeat to R (4cts)	2x	Blue
0:16	(Rising beat)	4x8	Arm Stretch Combo Add Double Time	4x	
0:31	(Big beat)	8x8	Arm Stretch Combo Add Double Time Add Jump with reach arms O/H Add Back Turn after Arm Stretch Combo Add Step Touch L, R	4x	Red
1:02	(Low synth)	16x8	House Routine Wave Arm Combo Arms Stretch Combo	4x	
2:03	(Siren)	4x8	Wrap Your Head Sweep L hand around head (8cts) Reach L hand up, grabbing fist (2cts) and throwing to floor (2cts) Repeat grab and throw to R (4cts)	2x	Yellow
2:19	(Pulsing synth)	8x8	Wrap Your Head Add Double Time Add Jump with Arm Reach L&R x2 Add Jump OTS with arms O/H x4	4x	
2:50	Build up /	4x8	Wrap Your Head NOTE: Jump with Arm Reach L&R Add Step Touch L, R	2x	Red
3:05	(Pulse beat)	4x8	Step Touch L, R	8x	
3:20	(Building synth)	8x8	B-Boy Stance Twist L (cts 1&), Heel Lift R (ct2) Repeat to R (4cts) x2 Step Touch L, R x2	4x	Yellow
3:51	(Big beat)	8x8	B-Boy Stance	4x	



22. THROWBACK HOUSE

GREYHOUND 5:37mins

MUSIC		EXERCISE		REPS	LEVEL
4:22	(Pulsign synth)	6x8	House Routine Wave Arm Combo Arm Stretch Combo Wrap Your Head B-Boy Stance	1x	
4:45	Build up /	2x8	Step Touch L, R	4x	
4:52	(Big beat)	6x8	House Routine	1x	
5:15	(Descending synth)	2x8	Step Touch L, R	4x	
5:22	(Pulsing synth)	4x8	House Routine NOTE: Continues into next track	1x	



BONUS

23. THROWBACK HOUSE

LOSE CONTROL 3:38mins

TRACK FOCUS

Find the weird and wonderful depth of the chest Pump Combo. Get super low in your legs – you want to feel all the space around you, before you serve, clap and slice it so sharp you can cut your way through that Back Turn with ease.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Music make me lose control _	2x8	House Routine NOTE: Continues from previous track	1x	
0:08	Music make me	2x8	Step Touch L, R	4x	
0:15	I've got a cute face	4x8	Pump It Slow Wide Walk feet L with Double Chest Pop, L arm to low diagonal, R arm to high diagonal Repeat to R Walk L, R with L foot, traveling F&B x2	2x	
0:30	Roll's Royce	8x8	Pump It Add Double Time Chest Pop Add Chest and arm drop on Walk F&B x1	8x	
1:01	Well my name is	8x8	Serve It Up Step L with L palm up, slice R hand over palm, facing L; Step R facing R, step wide (4cts) Freeze (4cts)	8x	
1:30	Louder _	4x8	Serve It Up Add Double Chest Pop facing R, Slide R facing R, Step Touch L, R x2	2x	
1:45	Work wait	4x8	Serve It Up Add Turn B on the Slide, Step Touch L, R x2	2x	
2:01	Everybody here	16x8	Pump It Serve It Up Add Double Time Chest Pop and Back Turn, Step Touch L, R x4	4x	
3:01	Let's go now	2x8	Step Touch L, R	4x	
3:08	Let me bring it back now	8x8	House Routine Wave Arm Combo Arm Stretch Combo Wrap Your Head B-Boy Stance Pump It Serve It Up	1x	



BONUS

24. THROWBACK HOUSE

TILL THE WORLD ENDS 3:53mins

TRACK FOCUS

Full singalong Britney for your ear holes. This is my 2nd or 3rd favorite Britney track, to lift the whole routine to another level – run it for confidence, then take it home with...

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	2x8	Step Touch L, R NOTE: On last rep, preview Back Back Forward Forward	4x	Blue
0:08	This kitten	8x8	Back Back Forward Forward Step Touch L, R Step L, R wide, traveling B, Step L, R together, traveling F	8x	
0:37	I can't take it	4x8	Step Touch L, R NOTE: Preview House Routine	8x	Gold
0:52	Whoa oh oh	8x8	House Routine	1x	Red
1:21	Watch me move	8x8	Back Back Forward Forward Add Back Turn when traveling F on every 2nd rep only	8x	Gold
1:51	I can't take it	4x8	Step Touch L, R	8x	Blue
2:05	Whoah oh oh	8x8	House Routine	1x	Red
2:35	See the sunlight	4x8	Back Back Forward Forward	4x	Gold
2:50	Keep on dancing	4x8	Step Touch L, R	8x	Blue
3:08	Whoa oh oh	12x8	House Routine NOTE: Continues into next track	2x	Red



BONUS

25. THROWBACK HOUSE

LADI DADI (TOMMY TRASH REMIX) 5:14mins

TRACK FOCUS

YAAAAAAAAAASSSSSSS, the pure refined energy of this incredible tune is BACK! Drag your feet as wide as you can to use all the space on the Arm Push Combo, then dance it, and dance it, and dance it, till the end of the end of the end. This is perfect!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	House Routine NOTE: Continues from previous track	2x	Red
0:15	(Low pulsing synth)	4x8	Step Touch L, R	8x	
0:30	Dim the lights	8x8	Back Back Forward Forward	8x	Gold
1:00	I I I I I	8x8	Back Back Forward Forward Add Arm Reach L to high diagonals across and wide Repeat to R on the Step Touch	8x	Red
1:30	(Heavy beat)	16x8	House Routine	2x	
2:29	A little bit of talk	4x8	Step Touch L, R	8x	Blue
2:44	And we don't need nobody	8x8	Back Back Forward Forward	8x	Red
3:28	(Heavy beat)	16x8	House Routine	2x	
4:28	(Low synth)	4x8	Step Touch L, R	8x	Blue
4:43	(Shatter)	4x8	Step Touch L, R with Breathe Arms ascending and descending on first 4 reps	8x	
4:48	(Low pulsing synth)	4x8	Wide walk L, R with Breathe Arms ascending and descending on first 8 reps	16x	
5:13	Outro /	1x8	Freeze with Breathe Arms ascending	1x	



BODYJAM COACHING

The aim when coaching BODYJAM is for people to experience the incredible feeling of moving to, and getting lost in, the music. To do this, we coach in a simple and minimalist way. Here's how you can deliver a class that gives even the newest person in the room an amazing dance workout. We use a 3-layer Coaching Model:

LAYER 1 SETUP

- Name of the Movement
- Rhythm
- Direction
- Placement

LAYER 2 FEEL

- Improve Technique
- Develop Feel
- Build Hype

LAYER 3 SHUT UP AND DANCE

- Don't Obstruct the Feel
- Praise
- Build Hype

Layer 1 – SETUP

This is about getting people moving in the same direction at the same time, and understanding the basic choreography.

We use the following parts:

- **Name of Movement** – such as “Wide Bounce Tap” or “Jump Back”
- **Rhythm Cues** – Phonetic and rhythmic cues are acoustic cues or words that match the sounds of the music or action. For example, “tap tap drag”
- **Direction** – tell them the direction of the move e.g. forward, back, side
- **Placement** – tell them where their feet should be e.g. feet under hips

The key is to keep it simple. You won't need to say all parts of the Setup every time. Watch the Masterclass for ideas on what works for each track.

Layer 2 – FEEL

In this Layer, we get people to move better by developing the look and attitude of the choreography.

There are 3 parts to Layer 2:

- **Improve Technique** – cues that relate to foot placement, lower and upper body posture and arm placement. Such as “weight in your heels”, “bend your knees” or “bounce our hips”. These are often expanding on Layer 1 Setup cues
- **Develop Feel** – describe the texture of the move – e.g. is it “sharp”, “fluid” or “stabby”
- **Build Hype** – build or shift your energy to create hype. You can do this by showing an energy shift when a new song comes in, or by using a repetitive cue or movement name that gets louder to pre-cue a combination

The most important part is to look at the class and see what they need to help them dance the move correctly and experience the right feel.

Layer 3 – SHUT UP AND DANCE

This is the heart of BODYJAM. We connect participants to the way the moves fit with the music and encourage them to Breakout.

There are 3 parts to Layer 3:

- **Don't Obstruct the Feel** – avoid talking/singing too much as it drowns out the music. Know your choreography 100%, so that you're not pulled out of Breakout by wondering what's coming next. Use silence as a motivator, dance to the best of your ability and show your love for BODYJAM
- **Praise** – making your class feel good drops them further into the feel and the experience
- **Build Hype** – expanding on what you've already set up in Layer 2, but now taking it to the next level – bigger energy and voice, showing your enjoyment of the dance. This will encourage the class to Breakout

Now that you know **what** you want to say in each of the coaching layers, you can also think about **how** you are going to say it. We use the following tools:

- Short simple phrases – get straight to the point and say the basics of what a person needs to know. Such as “chest up” or “right arm”
- More show than tell – your body is able to express a lot of the coaching cues without you needing to say anything
- Visual cues – use non-verbal, directional or body-part cues to help participants achieve success



BODYJAM COACHING

- Vocal texture – match your voice to the feel of the music and also where you are in the choreography within the track. For example: the voice should be different when setting up a move compared to at the end of the block
- Repetition of cues – simple phrases such as a rhythm cue to help participants pick up the pattern and remember the choreography. E.g. “1, 2, 3, 4, drop, 7, 8”. You can also repeat cues to create hype (as described previously)
- Match the energy of the coaching layer – lower energy when delivering Layer 1 helps to build success and momentum in the right way. Then add more energy to Layer 2 and even more to Layer 3, matching the 3 coaching layers to our execution of Base, Flava and Breakout
- Keep it simple – choose cues wisely. If we say too much it can lessen the experience, and prevent your participants from immersing themselves in the sensation of the music. Most moves are repeated numerous times, so you do not need to say everything all at once

And finally – remember to coach to the people in front of you... and to do this you need to be immersed in their workout, not just your own! Connect to your class and dance WITH them.

Thanks to – Philip Harrison, Les Mills UK, BODYJAM, BODYCOMBAT and SH’BAM Trainer/Presenter and Regional Training Coordinator



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 benefit's 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 honouring 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, colour 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.

