



BODYJAM 101

MUSIC, CREDITS AND INFO

WARM-UP / ISOLATIONS

HYPE

BIG LIT ENERGY

RECOVERY

BIG LIT ENERGY

GROOVEDOWN

BODYJAM COACHING

DECLARATION OF INTENT

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



MUSIC

WARM-UP / ISOLATIONS

- 01

Tembla (2:41)

FRE\$KO

Courtesy of Les Mills Music Licensing Ltd.

Written by: Matamoros, Guerra, DRMasacre, La Crema

HYPE

- 02

Make 'em Bounce (3:24)

Henry Fong x FOMO

Courtesy of Les Mills Music Licensing Ltd.

Written by: Bundgus, Beaupre

BIG LIT ENERGY

- 03

Otra Noche (2:34)

FRE\$KO

Courtesy of Les Mills Music Licensing Ltd.

Written by: Guerra
- 04

DJ Turn It Up (2:14)

Zarkhushka

© 2022 Les Mills Music Licensing Ltd.

Written by: Taihuttu, Titawano, Roelandschap, Rondhuis
- 05

Trampoline (2:18)

Black Black Blockade

© 2022 Les Mills Music Licensing Ltd.

Written by: Landrau, Stewart, Hickmon, Banks, Gilbert, Elliott, van de Wall, Gotner, Banks
- 06

Big Energy (2:43)

Latto

© 2022 Streamcut & RCA Records.

Written by: Belew, Stephens, Frantz, Lowe, Gottwald, Hammers, Stanley, Thomas, Weymouth, Oliver
- 07

CHICKEN TERIYAKI (1:48)

Shadow Club

© 2022 Les Mills Music Licensing Ltd.

Written by: Uzowuru, Diaz-Reixa, Tobella, Suarez, Rodriguez, Fareed, Ruiz

- 08

Rave (2:50)

STRLGHT

Courtesy of Epidemic Sound.

Written by: Unknown

- 09

edamame (2:15)

bbno\$ & Rich Brian

© 2021 bbno\$, Rich Brian appears courtesy of 88Rising.

Written by: Gumuchian, Imanuel, Dold

- 10

edamame (Diplo Remix) (1:45)

bbno\$ & Rich Brian

© 2021 bbno\$, Rich Brian appears courtesy of 88Rising.

Written by: Gumuchian, Imanuel, Dold

- 11

edamame (Instrumental) (0:35)

bbno\$ & Rich Brian

© 2021 bbno\$, Rich Brian appears courtesy of 88Rising.

Written by: Gumuchian, Imanuel, Dold

- 12

edamame (1:12)

bbno\$ & Rich Brian

© 2021 bbno\$, Rich Brian appears courtesy of 88Rising.

Written by: Gumuchian, Imanuel, Dold

RECOVERY

- 13

Ziki Ziki (2:24)

Static & Ben El feat. Snoop Dogg & Lil Baby

Courtesy of the Universal Music Group.

Written by: Broadus, Jones, Davis, Rousseau, Walters, Lassner, Scott, Peleg, Rodriguez



MUSIC

BIG LIT ENERGY

- 14

Curazao (4:01)

Oddball Thunderhead

© 2022 Les Mills Music Licensing Ltd.

Written by: Rosado, Betances, Batista
- 15

Beam (3:57)

ISOxo

© 2021 Sable Valley Records.

Written by: Isorena
- 16

Say Nothing (4:18)

Flume feat. MAY-A

© 2022 Future Classic.

Written by: Streten, Aarons
- 17

INDUSTRY BABY (2:02)

Lil Nas X feat. Jack Harlow

© 2021 Columbia Records, a Division of Sony Music Entertainment.

Written by: Biral, Baptiste, Williams, Lee, Cubina, Harlow, West, Hill, Lenzo
- 18

We Are One (Festival Edition) (3:12)

Olatunji x Destra

© 2020 Krazi Music.

Written by: Chow Lin On, Taylor, Olatunji
- 19

Crush (6:37)

Deadcrow

© 2022 DEKTORA.

Written by: Ruocco

- ALT 06

Tell Me What You Want (2:43)

Iso Indies

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT 09

Topo (2:15)

El Neon

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT 10

Interstate (1:45)

Ran The Man

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT 12

Topo (1:12)

El Neon

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT 13

Papi (2:24)

El Neon

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT 14

Leyendas (4:01)

Lu-Ni

Courtesy of Epidemic Sound.

Written by: Unknown

GROOVEDOWN

- 20

Better Days (2:39)

NEIKED, Mae Muller & J Balvin feat. Polo G

Courtesy of the Universal Music Group.

Written by: Ivert, Sang, von Tiger



BODYJAM 101



L–R: Gandalf Archer Mills, Meno Thomas, Jess Gariando, Dannielle Lally, Eric Ripley

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 also a self-employed DJ and lives in Auckland.

Dannielle Lally (New Zealand) (New Zealand) is a BODYJAM and BORN TO MOVE™ Presenter/Instructor and a BODYATTACK™ and LES MILLS SPRINT™ Instructor. She is based in Auckland.

Thanks To
Eric Ripley
Jess Gariando

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

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



BODYJAM 101

BODYJAM 101 is BIG LIT ENERGY but you knew that already eh? It's BODYJAM so what else would it be? Am I right?

Track 1 sets up some simple Heels Taps and a whole lot of butt work.

Track 2 might actually be TOO MUCH – the legs, the whacks, the feels. The HYPE is real!

Track 3 starts up with Big Lit Energy – an easy bounce side to side, some quirky twerky arms-lines over head, then more of those delicious Heels before the even more delicious remix of *DJ Turn It Up*. This is gonna make your class go BOOM!

Trampoline introduces the best new arm combo I've made up (since BODYJAM 100 at least). Then, our big moves spark up some major flavas when combined with the banger of the year, *Big Energy*.

There is this crazy Spanish track called *Chicken Teriyaki* which is where we combo the combos. The *Rave* introduces the best new arm combo since, well, *Trampoline*.

Then the actual greatest track of the year, *Edamame*, makes 85 separate appearances with the Radio Edit (the remix of all remixes), then an Instrumental, and then, hey, why not bring it all home with the Radio Edit again!

Ziki Ziki is actually the Korean phrase for funnest. Recovery track ever' which is a remarkable coincidence because guess what the Recovery track is...

LEETTT'SSSSGGOOO, *Curazao* will challenge your expectations of how much cardio can be produced from a single dance combo. This New Wave track called *Beam* might actually be too heavy – maybe turn it down a lil? Jokes.

A stunning new track, *Say Nothing*, gives your class all the space to learn some serious dance moves. Then *Industry Baby* is super playful to dance out what we've learned so far.

We Are One is next and might be the happiest song I've ever heard. OMG, I LOVE THIS SOUND!

Then I don't even know how to describe this last track, *Crush*. Like what type of music is this? It is Trap? Is it Hardstyle? Is it EDM? I don't know, I don't think anybody knows. But what I do know is that THIS GOES HARD!

Bring it down to *Better Days* and just imagine the world around you if you didn't have BODYJAM 101 in your life. That makes me sad to think about – lucky we do have it in our lives. I think we might be the lucky ones.

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 14-19	Big Lit Energy
Track 03-12	Big Lit Energy	Track 20	Groovedown
Track 13	Recovery	Total Time	29:27
Total Time	28:43		

45-MINUTE FORMAT	
Tracks 03-12	Big Lit Energy
Tracks 14-19	Big Lit Energy
Total Time	44:21

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

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
---	------	--	-------	---	----------



01. WARM-UP / ISOLATIONS

TEMBLA 2:41mins

TRACK FOCUS

Tooooo many feels to start this release! The beat is heavy. Find your hips, find your heels, keep it 'chill', then Hype is just around the corner.

MUSIC		EXERCISE		REPS	LEVEL
0:09	Instr /	2½x8	Wide Walk L, R	10x	Blue
0:21	Mira como suelta ma	½x8	Add Double Time	4x	
0:24	... te	2x8	Hips Slow Wide Walk L, R x2 Double-Time Wide Walk L, R x4	2x	
0:33	Es culo	2x8	Add Travel B	2x	
0:42	... Te	2x8	Heel Tap Slow Heel Tap F L, R	4x	
0:52	... hala peña	2x8	Add Double Time	8x	
1:01	Hala peña	2x8	Add Travel F	8x	
1:12	... lo que sea	2x8	Shoulder Isolations Wide Walk L, R and roll shoulders B L, R	8x	Yellow
1:21	... Te Te te	2x8	Hips with Travel B	2x	
1:30	Ese culo te te te	2x8	Heel Tap with Double Time and Travel F	8x	
1:40	Ese culo tiembla ...	2x8	Feet wide and roll shoulders B, waving through the chest	4x	Blue
1:50	Ese culo ...	2x8	Chest Pop Feet wide and Chest Pop F	16x	Yellow
2:00	Ese culo Te Te te	1x8	Breathe Breathe hands ascending and descending	1x	Blue
2:04	Tembla, Te te Te	1x8	Wide Walk L, R	4x	
2:09	Ese culo Te Te te	2x8	Hips	2x	Yellow
2:19	Es culo ra	2x8	Heel Tap	8x	
2:28	Outro /	2x8	Wide Walk L, R x8 with Breathe Arms on first 4 reps	1x	Blue



02. HYPE

MAKE 'EM BOUNCE 3:24mins

TRACK FOCUS

HIT (HYPE Intensity Training) comes to BODYJAM. We have all the sass Elbow Sweeps and Whacking (which you should keep fast and tight). Did I say HIT in the legs?

MUSIC		EXERCISE	REPS	LEVEL
0:00	Intro /	4x8 Walk OTS L, R with hand under Elbow Sweep	16x	
0:15	(Fast clap)	4x8 Walk Back Walk B L, R x2 with hand under Elbow Sweep Double Time Walk F L, R x2 with Hand Whack	4x	
0:31	Make em bounce _	4x8 Tap L foot wide x4 Jump to Repeat to R	2x	
0:47	Make em bounce _	4x8 B-Boy Tap L Twist R x2 (cts 2&) Tap R Repeat to R	4x	
1:02	Till they can't no more _	12x8 Walk Back B-Boy x3	3x	
1:49	Till they can't no more _	4x8 Step Touch L, R	8x	
2:05	Make em bounce _	4x8 Tap L foot wide x4 Jump to Repeat to R	2x	
2:21	Till they can't no more	12x8 Walk Back Add Double Whack B-Boy x3	3x	
3:08	Till they can't no more _	4x8 Step Touch L, R	8x	
3:23	(Shatter)	Freeze	1x	



03. BIG LIT ENERGY

OTRA NOCHE 2:34mins

TRACK FOCUS

Set up the block by simply running OTS, then lean deep into your L side when you do the Double Punch. Encourage as much hip wiggle as possible on the Heel movement.

MUSIC		EXERCISE		REPS	LEVEL
0:09	Ahh _	2x8	Run the feet L, R OTS with feet wide	16x	Blue
0:19	Otra noche	2x8	Double Punch Run the feet L, R OTS x4 Add Double Punch (cts 1, 5)	4x	
0:28	(Synth)	4x8	Add Double Time Add Jump L, R x2	4x	
0:48	(Siren)	2x8	Jump Wide Walk L, R with Wrist Twist	8x	Yellow
0:57	(Fast bass)	1x8	Add Jump L, R with Wrist Twist O/H	4x	
1:02	(Synth)	1x8	Travel B	4x	
1:07	(Horn)	2x8	Heel Tap heel F L, R	8x	
1:16	Otra noche	2x8	Add Elbow Pull B R, L	8x	
1:26	Otra noche	2x8	Add Travel F	8x	
1:36	(Siren)	2x8	Big Lit Energy Routine Double Punch x2 Jump x2, Travel B	2x	
1:45	(Low synth)	2x8	Add Heel	8x	Red
1:55	(Siren)	2x8	Big Lit Energy Routine Double Punch x2 Jump x2, Travel B	2x	Yellow
2:05		2x8	Heel	8x	Red
2:14	DJ turn it up	4x8	Hammer Hammer Punch with feet wide (cts &1) Cross Punch, arms at shoulder height (cts &3)	8x	Blue



04. BIG LIT ENERGY

DJ TURN IT UP 2:14mins

TRACK FOCUS

This is soooooo 'sick'! Get your chest popping huge in the Punch and Hammer and your feet even wider as you do the Arm Throw. Count down 6-5-4-3-Hammer when you combo the Heel, Hammer and Work The Back moves. Your class will love you for it!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Work The Back Feet wide and stomp R leg x4 with R Arm Throw x4 Wide Walk L, R x2	8x	
0:38	And turn up the _	20x8	Big Lit Energy Routine Double Punch & Jump x1 Heel x3 Hammer Work The Back	5x	



05. BIG LIT ENERGY

TRAMPOLINE 2:18mins

TRACK FOCUS

Keep your coaching simple and repetitive. Say the same things over and over. Rhythm cues like 'BaBaBa', &a1, Tap, Right-Left-Drop! Those rhythm cues will get your class to where they need to be.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	2x8	Tap Step onto ball of L foot Whack Hands L, R, L	2x	
0:09	Bounce that	8x8	Add Double Time (cts &a1) Add Wide Walk L, R x2	8x	
0:46	Bouncing like I need	2x8	Tap Add Turn chest R slow with L hand to R shoulder (4cts), turn chest to face the front with L hand to L shoulder, R hand to R shoulder (4cts) Wide Walk L, R x2 with hands descending down torso (4cts)	1x	
0:55	Missy met me	6x8	Tap Add Double Time to Chest Turn	6x	
1:23	If Guetta made it	12x8	Tap Add Torso Drop (4cts), jump feet together with Double Arm Throw O/H Add Walk L, R x4 (travel B&F)	6x	



06. BIG LIT ENERGY

BIG ENERGY 2:43mins

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *Tell Me What You Want* with the same choreography.

TRACK FOCUS

This is a major contrast from the previous track. Make everything huge and loose. Get your kick on, get your shakes on, then combo it all for the Big Lit Energy Routine.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Got that real big energy	2x8	Kick Kick L leg F, Jump L Repeat to R	2x	
0:09	_ Bad	4x8	Add Double Time	8x	
0:27	_ Tell me how you want it	6x8	Shake It Back Double Punch R corner step L, Double Punch up, facing front, Double Punch L corner, step R, Double Punch up, facing front, Wide Walk L, R with Double Punch R, L x2	6x	
1:03	Bad _	10x8	Kick L, R x2 (travel F) Shake It Back (travel B on Wide Walk)	5x	
1:39	Yeah, tell me how you	6x8	Step Touch L, R (Preview Big Lit Energy Routine)	12x	
2:06	Bad _	6x8	Big Lit Energy Routine Double Punch & Jump Heel Hammer Work The Back Tap Kick Shake It Back	1x	
2:33	Got that real big	2x8	Step Touch L, R	4x	



ALT

06. BIG LIT ENERGY

TELL ME WHAT YOU WANT 2:43mins

Please use this song in place of *Big Energy* when teaching Track 06.

TRACK FOCUS

This is a major contrast from the previous track. Make everything huge and loose. Get your kick on, get your shakes on, then combo it all for the Big Lit Energy Routine.

MUSIC		EXERCISE		REPS	LEVEL
0:00		2x8	Kick Kick L leg F, Jump L Repeat to R	2x	Blue
0:09	Don't tell me what it ain't	4x8	Add Double Time	8x	
0:27	On the intersate in traffic	6x8	Shake It Back Double Punch R corner step L, Double Punch up, facing front, Double Punch L corner, step R, Double Punch up, facing front, Wide Walk L, R with Double Punch R, L x2	6x	
1:03	Tell me what it is	10x8	Kick L, R x2 (travel F) Shake It Back (travel B on Wide Walk)	5x	
1:39	She got me feeling higher	6x8	Step Touch L, R (Preview Big Lit Energy Routine)	12x	Blue
2:06	... designers	6x8	Big Lit Energy Routine Double Punch & Jump Heel Hammer Work The Back Tap Kick Shake It Back	1x	Red
2:33	... about it	2x8	Step Touch L, R	4x	Blue



07. BIG LIT ENERGY

CHICKEN TERIYAKI 1:48mins

TRACK FOCUS

A fire track – *Chicken Teriyaki*, to run the combo over and over for fun. It honestly feels like sunshine on your face.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Rosa' sin tarjeta	6x8	Big Lit Energy Routine	1x	
0:27	_ Rosa' sin tarjeta	2x8	Step Touch L, R	4x	
0:36	(Fast drum)	6x8	Big Lit Energy Routine	1x	
1:04	_ Y sí, la fama e' una condena	2x8	Step Touch L, R	4x	
1:13	Rosa' sin tarjeta	6x8	Big Lit Energy Routine	1x	
1:41	Mi gata en kawasaki _	1½x8	Step Touch L, R	3x	



08. BIG LIT ENERGY

RAVE 2:50mins

TRACK FOCUS

OOOOOOOKKKKKKKKK – create full vocal contrast with 'chill' coaching to match the music. Then let the music drive the energy. It's fun to pretend to like you're not actually going to teach them the second part of the Whack & A Clap Clap Combo. Hahahaha!

MUSIC		EXERCISE	REPS	LEVEL
0:00	Intro /	8x8 Back Step Step B L, facing L diagonal, lifting L hand to shoulder Lift R hand to shoulder Cross hands x2 Step together R, L F, dropping hands Freeze (2cts)	8x	
0:35	Rave	8x8 Add Double Time Add Whack & A Clap Clap Point out-down-out, jumping feet wide Toe-heel-toe-heel Walk OTS L, R x2	4x	
1:11	(Drop)	4x8 Whack & A Clap Clap slow	4x	
1:29	(Stutter)	4x8 Whack & A Clap Clap slow Add Slow Point out-down-out	4x	
1:47	(Build up)	4x8 Slow Back Step Add Whack & A Clap Clap Add Point Add toe-heel-toe-heel Walk OTS L, R x6	1x	
2:05	Rave	10x8 Back Step Whack & A Clap Clap NOTE: Continues into next track	5x	



09. BIG LIT ENERGY

EDAMAME 2:15mins

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

TRACK FOCUS

The TRACK OF THE YEAR is here! I love this so much. Find the styles and Hip Hop in your body as you teach the steps on the Shoulder combo – keep it small, arms hanging low and LOTS of booty wiggles as you jump.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	6x8	NOTE: Continues from previous track Back Step Whack & A Clap Clap	3x	
0:27	Just popped a kidney	12x8	Shoulder Wide Walk L, R with Shoulder Lift R, L x2 Hand Roll R corner x4 Repeat to R Jump R hands O/H, facing R, lean F and shake hips x3 Repeat to L, R Walk L, R, L turning L then jump wide, facing F	3x	
1:21	I've been in the club	12x8	Big Lit Energy Routine Double Punch & Jump Heel Hammer Work The Back Tap Kick Shake It Back Back Step Whack & A Clap Clap Shoulder	1x	



10. BIG LIT ENERGY

EDAMAME (DIPLO REMIX) 1:45mins

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

TRACK FOCUS

Dance, Hip Hop, House – it's all here, in one track. Let the music drive your technique, connect with the journey, the highs, the 'chill'. That one Step Touch in the middle is perfection. BIG LIT ENERGY.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Woah	20x8	Big Lit Energy Routine NOTE: On the last rep, drop from the shoulder	2x	
1:27	Hanging low while	4x8	Step Touch L, R	8x	



11. BIG LIT ENERGY

EDAMAME (INSTRUMENTAL) 0:35mins

TRACK FOCUS

Dance, Hip Hop, House – it's all here, in one track. Let the music drive your technique, connect with the journey, the highs, the 'chill'. That one Step Touch in the middle is perfection. BIG LIT ENERGY.

MUSIC		EXERCISE	REPS	LEVEL
0:00	Intro /	8x8 Big Lit Energy Routine NOTE: Continues into next track	² /3x	



12. BIG LIT ENERGY

EDAMAME 1:12mins

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

TRACK FOCUS

Dance, Hip Hop, House – it's all here, in one track. Let the music drive your technique, connect with the journey, the highs, the 'chill'. That one Step Touch in the middle is perfection. BIG LIT ENERGY.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro / Hanging low while	16x8	NOTE: Continues from previous track Big Lit Energy Routine	1 ¹ / ₃ x	
1:09			Freeze	1x	



13. RECOVERY

ZIKI ZIKI 2:24mins

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

TRACK FOCUS

Super playful Recovery track. No rules, no stress, just bounce your Ziki Ziki through 2 minutes of Pop perfection before we take this thing even higher!

MUSIC		EXERCISE		REPS	LEVEL
0:04	Intro / Ziki, Ziki, Ziki	4x8	Quick Step Step L, Cross behind R, Step L, Tap R (2cts) Freeze with Hip Bounce (2cts) Repeat to R	4x	
0:23	Mm, da-da,	2x8	Knee Lift R, L (travel F on rep 2) NOTE: On the last rep, hands O/H	8x	
0:32	If she got	2x8	Knee Lift R, L with hands O/H NOTE: On the last rep, finish with feet wide with Peace Sign arm-line L	8x	
0:41	Ziki, Ziki, Ziki	2x8	Bump Back NOTE: Switch Peace Sign arm-line R on rep 8	16	
0:51	_ Mami, dale	4x8	Quick Step	4x	
1:09	Mm, da-da	2x8	Knee Lift R, L (travel F on rep 5) NOTE: On the last rep, hands O/H	8x	
1:18	If she got	2x8	Knee Lift R, L with hands O/H NOTE: On the last rep, finish with feet wide with Peace Sign arm-line L	8x	
1:28	Ziki, Ziki, Ziki	2x8	Bump Back NOTE: Switch Peace Sign arm-line on rep 8	16x	
1:36	She got that	4x8	Quick Step NOTE: Travel F on rep 3	4x	
1:56	If she got	2x8	Knee Lift R, L with hands O/H NOTE: On the last rep, finish with feet wide with Peace Sign arm line L	8x	
2:05	Ziki, Ziki, Ziki	2x8	Bump Back NOTE: Switch Peace Sign arm-line R on rep 8	16x	
2:14	Ziki, Ziki, Ziki	1x8	Bump OTS, face R with arms down and back lean F	8x	
2:19	Ziki, Ziki, Ziki	1x8	Bump Back, face R with arms down and back lean F	8x	
2:23			Freeze		



ALT

13. RECOVERY

ZIKI ZIKI 2:24mins

Please use this song in place of Ziki Ziki when teaching Track 13.

TRACK FOCUS

Super playful Recovery track. No rules, no stress, just bounce your Ziki Ziki through 2 minutes of Pop perfection before we take this thing even higher!

MUSIC		EXERCISE		REPS	LEVEL
0:04	Intro / Papi, papi, papi	4x8	Quick Step Step L, Cross behind R, Step L, Tap R (2cts) Freeze with Hip Bounce (2cts) Repeat to R	4x	
0:23	Br /	2x8	Knee Lift R, L (travel F on rep 2) NOTE: On the last rep, hands O/H	8x	
0:32	Br /	2x8	Knee Lift R, L with hands O/H NOTE: On the last rep, finish with feet wide with Peace Sign arm-line L	8x	
0:41	Papi, papi, papi	2x8	Bump Back NOTE: Switch Peace Sign arm-line R on rep 8	16	
0:51	Br /	4x8	Quick Step	4x	
1:09	Br /	2x8	Knee Lift R, L (travel F on rep 5) NOTE: On the last rep, hands O/H	8x	
1:18	Br /	2x8	Knee Lift R, L with hands O/H NOTE: On the last rep, finish with feet wide with Peace Sign arm-line L	8x	
1:28	Br /	2x8	Bump Back NOTE: Switch Peace Sign arm-line on rep 8	16x	
1:36	Papi, papi	4x8	Quick Step NOTE: Travel F on rep 3	4x	
1:56	Br /	2x8	Knee Lift R, L with hands O/H NOTE: On the last rep, finish with feet wide with Peace Sign arm line L	8x	
2:05	Br /	2x8	Bump Back NOTE: Switch Peace Sign arm-line R on rep 8	16x	
2:14	Br /	1x8	Bump OTS, face R with arms down and back lean F	8x	
2:19	Papi, papi	1x8	Bump Back, face R with arms down and back lean F	8x	
2:23	Papi		Freeze		



14. BIG LIT ENERGY

CURAZAO 4:01mins

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

TRACK FOCUS

This is some brand-new stuff right here – the beats are stomping Afro House; those vocals will just drive you. Teach these two simple combos over and over and over and sit in it, scream about it, this is the future!

MUSIC		EXERCISE		REPS	LEVEL
0:09	Las pastilla' y la weed	½x8	Wide Walk L, R	2x	
0:11	Las pastilla' y la weed	8x8	Wide Walk L, R with Double-Arm Throw over shoulder R, L	32x	
0:43	Tamo en Curazao	2x8	Throw It Back – Slow Jump and lift L heel B with Throw Arms L Wide Walk L, R, L with Throw Arms R, L, R Repeat to R	1x	
0:50	Arma'o hasta lo' diente	13x8	Add Double Time	13x	
1:36	Yo no recibo ordene'	¾x8	Hip Roll L (super slow)	1x	
1:39	Atentamente el que	2x8	Hip Roll L (slow)	8x	
1:48	Alguna' vece' también	1½x8	Add Double Time	12x	
1:54	La nota sazona'o	8x8	Hip Roll L Add Hand In The Air arm-line L x8, switch to R x4, switch to L x4 Repeat to R	2x	
2:22	Si tú quiere' te paso	4x8	Figure 8 Jump feet together with Figure 8 arm-line (4cts) Jump wide with arms low diagonal, lean F (4cts)	4x	
2:37	La pastilla' y la weed	2x8	Step Touch L, R	4x	
2:43	La pastilla' y la weed	4x8	Whole Routine Hip Roll L Throw It Back Figure 8 (NOTE: Double Time)	1x	
2:57	Hay pastilla'	2x8	Step Touch L, R	4x	
3:05	Hay pastilla'	4x8	Whole Routine Hip Roll L Throw It Back Figure 8 (NOTE: Double Time)	1x	
3:19	(Beat)	2x8	Step Touch L, R	4x	



14. BIG LIT ENERGY

CURAZAO 4:01mins

MUSIC		EXERCISE		REPS	LEVEL
3:26	Hay pastilla'	4x8	Whole Routine Hip Roll L Throw It Back Figure 8 (NOTE: Double Time)	1x	
3:40	(Low synth)	2x8	Step Touch L, R	4x	
3:47	(Beat)	4x8	Whole Routine Hip Roll L Throw It Back Figure 8 (NOTE: Double Time)	1x	



ALT

14. BIG LIT ENERGY

LEYENDAS 4:01mins

Please use this song in place of Curazao when teaching Track 14.

TRACK FOCUS

This is some brand-new stuff right here – the beats are stomping Afro House; those vocals will just drive you. Teach these two simple combos over and over and over and sit in it, scream about it, this is the future!

MUSIC		EXERCISE		REPS	LEVEL
0:09	... en cómo se hace y no...	½x8	Wide Walk L, R	2x	
0:11	... leyenda, leyenda, leyenda, leyenda vivas	8x8	Wide Walk L, R with Double-Arm Throw over shoulder R, L	32x	
0:43	Yo no la vivo para que opinen	2x8	Throw It Back – Slow Jump and lift L heel B with Throw Arms L Wide Walk L, R, L with Throw Arms R, L, R Repeat to R	1x	
0:50	Blah blah blah blah	13x8	Add Double Time	13x	
1:36	Somos las leyendas vivas	¾x8	Hip Roll L (super slow)	1x	
1:39	Instr /	2x8	Hip Roll L (slow)	8x	
1:48	... tú Mejor te afines	1½x8	Add Double Time	12x	
1:54	Ahora ser diferente es un delito en este lugar	8x8	Hip Roll L Add Hand In The Air arm-line L x8, switch to R x4, switch to L x4 Repeat to R	2x	
2:22	Quien é voce quien é voce	4x8	Figure 8 Jump feet together with Figure 8 arm-line (4cts) Jump wide with arms low diagonal, lean F (4cts)	4x	
2:37	Somos leyenda, leyenda, leyenda, leyendas vivas	2x8	Step Touch L, R	4x	
2:43	Somos leyenda, leyenda, leyenda, leyendas vivas	4x8	Whole Routine Hip Roll L Throw It Back Figure 8 (NOTE: Double Time)	1x	
2:57	Somos	2x8	Step Touch L, R	4x	
3:05	Leyenda, leyenda, leyenda	4x8	Whole Routine Hip Roll L Throw It Back Figure 8 (NOTE: Double Time)	1x	
3:19	Somos leyenda, leyenda, leyenda, leyendas vivas	2x8	Step Touch L, R	4x	



ALT

14. BIG LIT ENERGY

LEYENDAS 4:01mins

MUSIC		EXERCISE		REPS	LEVEL
3:26	...leyenda, leyenda, leyenda	4x8	Whole Routine Hip Roll L Throw It Back Figure 8 (NOTE: Double Time)	1x	
3:40	Afuera, afuera esa gente que tiene siempre esa manía	2x8	Step Touch L, R	4x	
3:47	...leyenda, leyenda, leyenda	4x8	Whole Routine Hip Roll L Throw It Back Figure 8 (NOTE: Double Time)	1x	



15. BIG LIT ENERGY BEAM

3:57mins

TRACK FOCUS

YAAASSS, WAVE MUSIC is the greatest. The bass moves everything so move with it – huge arms, all the stretch you have. Coach your class the Jump then the Palm Sweep with no Jump.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro / (Clap)	2x8	Step Touch L, R	4x	Blue
0:07	(Synth)	8x8	Palm Sweep Step wide L and push palm F from L to R (8cts)	4x	
0:34	(High synth)	8x8	Add Step together L (ct5) facing R, Jump OTS (cts &7) Repeat to R	4x	
1:02	(Horn)	4x8	Swing It Back Lift R knee, jumping to face R, throwing R arm B (4cts) Step onto L foot, facing R; turn head over front elbow (4cts) x3 Repeat to L	1x	Yellow
1:16	(Beat)	2x8	Push Your Butt Facing L diagonal, push hips B with arms pushed out front	16x	
1:23	(Synth)	2x8	Add Open Arms Wide (16cts)	16x	
1:30	(Clap)	20x8	Swing It Back R, L NOTE: Only 1x Head Turn Push Your Butt x8 (NOTE: Open arms on last 4 reps) Palm Sweep x2 NOTE: No Jump on the last 2 reps	5x	Red
2:40	(Synth)	4x8	Freestyle Walk	1x	
2:54	_ iso	16x8	Whole Routine Hip Roll Throw It Back Figure 8 Swing It Back Hip Push Palm Sweep	2x	Red
3:50	(Fade)	2x8	Wrap Feet wide, push chest F and Double Sweep Arms L around head (8cts) Repeat to R NOTE: Continues into next track	1x	



16. BIG LIT ENERGY

SAY NOTHING 4:18mins

TRACK FOCUS

I love this because we go FULL DANCE CLASS in the middle of a BODYJAM class. Find your technique, power out of the legs, lift the center of the body big for every Turn. You really have to use all your dance skills in this one – no faking it: all love, all fire!

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ As far as summer goes	8x8	NOTE: Continues from previous track Wrap	4x	
0:29	Now I'm not on the inside	4x8	Roll Jump L, landing with R heel up Roll L hand out x3 with R hand in the air and Jump R on the 3rd roll NOTE: On the last rep, preview Diagonal High Grab	8x	
0:44	Now I'm not on the inside	4x8	Add Diagonal High Grab R, L x2 (slow)	8x	
0:58	_ Say nothing	8x8	Roll x2 Add Diagonal High Grab R, L x2 (slow)	4x	
1:28	(Drop)	1x8	Wrap L	1x	
1:32	You're lying through teeth	2x8	Turn Jump onto L leg, pick up R knee with arms O/H Jump wide with Arm Throw down over R leg Jump onto R leg, pick up L knee with arms O/H Jump wide and Body Wave	1x	
1:39	As far as subtleties	2x8	Add 360° Turn R, L on Knee Lift	1x	
1:47	It hurts to love	8x8	Turn R, L (no turn) Turn R, L (with turn)	2x	
2:16	Say nothing	8x8	Turn R, L	4x	
2:46	It's not harder	24x8	Roll x2 Diagonal High Grab R, L Add Double Time Wrap Turn R, L	6x	
4:14	Say goodbye _	1x8	Freeze	1x	



17. BIG LIT ENERGY

INDUSTRY BABY 2:02mins

TRACK FOCUS

It's like a Pop Rap interlude! Bring a smile back so ya'll can sing along. Then teach the Six Combo over and over with all that booty poppin' side to side, before the finale comes...

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Horn)	2x8	Freestyle Walk	1x	
0:06	_ Baby back, ayy	12x8	Whole Routine Hip Roll Throw It Back Figure 8 Swing It Back Hip Push Palm Sweep Roll Wrap Turn	1x	
0:44	Rootin' for me anyway	2x8	Six Combo Feet wide and throw hands fast L, R x3 Jump feet together with hands O/H Knee Bounce with arms descending down to shoulder	2x	
0:51	He don't run from nothin' dog	2x8	Add Step L with Hip Smack R, repeat to R traveling F with arms O/H	4x	
0:57	Need to get this album done	8x8	Six Combo (slow) NOTE: On the Hip Smack x2, travel F and 2x Travel B	1x	
1:23	And this one is for the champions	12x8	Six Combo (fast) NOTE: Travel F, B, F	3x	



18. BIG LIT ENERGY

WE ARE ONE 3:12mins

TRACK FOCUS

Soca creates all the contrast, all the smiles, all the energy in one glorious track of dancing. You will be singing this track for years! WE ARE ONE!

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Drums)	4x8	Step Touch L, R	8x	
0:12	_ Start the drum	4x8	Double Jump L, R	8x	
0:25	This is from the Caribbean	16x8	Whole Routine Hip Roll Throw It Back Figure 8 Siwng It Back Hip Push Palm Sweep Roll Wrap Turn Six Combo	1x	
1:16	Cause if these streets	4x8	Step Touch L, R	8x	
1:29	Um e num	16x8	Whole Routine	1x	
2:21	Tell em it's one family _	4x8	Step Touch L, R	8x	
2:33	Cause if these streets	4x8	Double Jump L, R	8x	
2:46	Um e num	8x8	Whole Routine NOTE: Continues into next track	1x	



19. BIG LIT ENERGY CRUSH

6:37mins

TRACK FOCUS

You want it huge? You want it heavy? Do you love dance? Do you want to push yourself? Do you want to go harder? THIS IS BODYJAM! THIS IS THE FUTURE!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	NOTE: continues from previous track Whole Routine	1x	
0:23	_ We got the crush	4x8	Wide Walk L, R	8x	
0:35	(Building synth)	4x8	Double Jump L, R	8x	
0:47	(Heavy synth)	16x8	Whole Routine	1x	
1:35	(Drop)	8x8	Wide Walk L, R	16x	
1:58	We got the crush	16x8	Double Jump L, R x4 Slide L, R x4 NOTE: L hand slowly rises and stays up in rep 2	4x	
2:46	We got the crush	4x8	Freestyle Walk	1x	
2:58	We got the crush	4x8	Double Jump	8x	
3:09	(Heavy synth)	16x8	Whole Routine	1x	
3:57	(Drop)	8x8	Wide Walk L, R	16x	
4:20	We got the crush	16x8	Double Jump L, R x4 Slide L, R x4 NOTE: R hand slowly rises and stays up in rep 2	4x	
5:08	We got the crush	8x8	Freestyle Walk	1x	
5:32	(Heavy synth)	16x8	Whole Routine	1x	
6:19	Outro /	4x8	Wide Walk L, R with Breathe Arms	8x	



20. GROOVEDOWN

BETTER DAYS 2:39mins

TRACK FOCUS

PLEASE, I need this so badly! Back to reality – oh, there goes gravity. Get a stretch, get some Disco – you made it! We made it! I'd love to see you next week.

	MUSIC		EXERCISE	REPS	LEVEL
0:09	I've been feeling lonely	8x8	Tap L, step L, R, L traveling L Repeat to R	8x	
0:44	Livin' in a haze	6x8	Step L, Tap R. Repeat to R x2, traveling F Walk B L, R x4 with Throw Over Shoulder arms	3x	
1:10	Can I get an Amen	5½x8	Lat Stretch R. Repeat L	1x	
1:33	Fan of yours, hang pictures	2½x8	Wide Adductor Stretch, roll up to standing on last 4cts	1x	
1:45	Livin' in a haze	8x8	Step L, Tap R. Repeat to R x2 Walk B L, R x4 with Throw Over Shoulder arms	4x	
2:20	Oh no	2x8	Freeze with Breathe Arms	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.

