



BODYJAM 102

MUSIC, CREDITS AND INFO

WARM-UP / ISOLATIONS

HYPE

TO THE MAX DAM TIME

RECOVERY

MAXIMUM DEREK

GROOVEDOWN

BODYJAM COACHING

DECLARATION OF INTENT

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MUSIC

WARM-UP / ISOLATIONS

- 01
- Bateria** (1:46)
Static & Ben El
Courtesy of Les Mills Music Licensing Ltd.
Written by: Rousseau, Peleg, Lassner

HYPE

- 02
- El Apagón** (5:13)
Name A Stranger
© 2022 Les Mills Music Licensing Ltd.
Written by: Ocasio

TO THE MAX DAM TIME

- 03
- Go Mode** (3:12)
Warmhearted Hops
© 2022 Les Mills Music Licensing Ltd.
Written by: Collins, Montague
- 04
- QUE LE DE** (3:30)
FRE\$KO
Courtesy of Les Mills Music Licensing Ltd.
Written by: Matamoros, Guerra, DRMasacre, La Crema
- 05
- How We Ride** (3:39)
EZ
Courtesy of Les Mills Music Licensing Ltd.
Written by: Martins
- 06
- Venture** (3:39)
STRLGHT
Courtesy of Epidemic Sound.
Written by: Unknown
- 07
- To The Max** (3:12)
EZ
Courtesy of Les Mills Music Licensing Ltd.
Written by: Martins
- 08
- About Damn Time** (5:32)
Core Secret
© 2022 Les Mills Music Licensing Ltd.
Written by: Frederic, Price, Hague, Larkins, Thomas, Jefferson, Slatkin

RECOVERY

- 09
- up at night** (2:57)
Kehlani feat. Justin Bieber
© 2021 Atlantic Recording Corp.
Written by: Bieber, Parrish, Clemons Jr., Conrad, Romeo, Hooper, Windross, Chahayed, Anthony, Wansel

MAXIMUM DEREK

- 10
- Carnival Tabanca** (3:19)
Bunji Garlin
© 2014 VP Music Group, Inc.
Written by: Alvarez, Thompson
- 11
- Carnival Tabanca (Viking Remix)** (1:24)
Bunji Garlin
© 2014 VP Music Group, Inc.
Written by: Alvarez, Thompson
- 12
- Carnival** (2:06)
4B feat. Bunji Garlin
© 2016 Mad Decent.
Written by: Alvarez, McKeon
- 13
- Toxic** (2:33)
Britney Spears
© 2003 Zomba Recording LLC.
Written by: Yang
- 14
- Toxic (Y2K & Alexander Lewis Remix)** (1:35)
Britney Spears
© 2020 RCA Records, a division of Sony Music Entertainment.
Written by: Yang
- 15
- Forever** (1:48)
Drake, Kanye West, Lil Wayne & Eminem
Courtesy of the Universal Music Group.
Written by: Samuels, Carter, Mathers, West, Graham
-
- Forever** (1:18)
Drake, Kanye West, Lil Wayne & Eminem
Courtesy of the Universal Music Group.
Written by: Samuels, Carter, Mathers, West, Graham
- 16
- Cerulean** (3:50)
REMNANT.exe
© 2022 Ophelia Records.
Written by: Illenbeger
- 17
- Atrea** (4:21)
Heimanu
© 2020 Nightmode.
Written by: Pitt
- 18
- Hurricane** (4:03)
Kayne West
Courtesy of the Universal Music Group.
Written by: Dean, Abdul-Rahman, Barsh, Cubina, Gwin, Jones, Mbogo, Njapa, Ruelas, Spence Jr., Seeff, Tesfaye, Walter, West, Williams



MUSIC

- ALT

02

El Apagón (Instrumental) (5:13)

Name A Stranger

© 2022 Les Mills Music Licensing Ltd.

Written by: Ocasio
- ALT

03

777 (3:12)

Nbhd Nick

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT

04

Que Le De (Instrumental) (3:30)

FRE\$KO

Courtesy of Les Mills Music Licensing Ltd.

Written by: Matamoros, Guerra, DRMasacre, La Crema
- ALT

08

About Damn Time (Instrumental) (5:32)

Core Secret

© 2022 Les Mills Music Licensing Ltd.

Written by: Frederic, Price, Hague, Larkins, Thomas, Jefferson, Slatkin
- ALT

18

JOYFUL VS HAPPINESS (4:03)

DJ DENZ The Rooster

Courtesy of Epidemic Sound.

Written by: Unknown



BODYJAM 102



L–R: Meno Thomas, Dannielle Lally and Gandalf "G" Archer Mills

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.

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.
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TEACHING THIS RELEASE

How long should I teach the new release for?

Teach this 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 also experience the magic, excitement and training effect of the new launch tracks.



BODYJAM 102

BODYJAM 102 – MAXIMUM DEREK!

The fire on this latest release is out of control. Honestly, I really went ham on this one.

Track 1 is this Latin Pop perfection number to get your 'chesticles' working.

Track 2 HYPE is the HYPIEST with three totally different sounds in one stunner of a naughty rabbit style.

To The Max Dam Time goes hard! *Go Mode*, then *Que Le De* sets up simple combos with sultry feels. *How We Ride* is full of happy, bouncy vibes that will have you humming this track over and over as you make your morning coffee. Then, *Venture*, goes a lot harder but not as hard as *To The Max*. Honestly, this track goes soooooo hard! You get to bump your butt and put it all together and OMG I love this track!

Then I made an electro bouncy remix of *About Damn Time* for you... do with it what you will.

Recovery is to calm your face down and to find some beautiful grooves. Before Dah Duh Duhn... we get back into it with Maximum Derek!

Start it off right with what I like to call, the Carnival section. Some super quirky new moves for you to test out – super slow wind of the hips and then a massive Soca drops on *Carnival* (everybody's hands go up)!

I've got an incredible *Toxic* remix in this class, and I thought 'Gandalf, how could we possibly make this better?' Oh yeah, by putting ALL OF THE TOXIC IN THERE TOO! Twist your palms, touch your face, the best pop track of this era?

Oh yeah, then the rap anthem to end all rap anthems. Huge horns, sick verses. I love *Forever*.

Then finish this MAXIMUM DEREK release off in true BODYJAM style. Heavy, euphoric and epic – open more, jump higher, there is nothing like it. Last name Derek, first name Maximum.

Much love,
G.

EXPRESS FORMATS

30-MINUTE OPTION 1

Track 01	Warm-up/ Isolations
Track 02	Hype
Track 03-08	To The Max Damn Time
Total Time	29:43

30-MINUTE OPTION 2

Track 01	Warm-up/ Isolations
Tracks 02	Hype
Track 10-17	Maximum Derek
Total Time	29:13

45-MINUTE FORMAT

Tracks 03-8	To The Max Damn Time
Tracks 10-17	Maximum Derek
Total Time	44:58

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
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01. WARM-UP / ISOLATIONS

BATERIA 1:46mins

TRACK FOCUS

Start my class super hype – smooth rolls to get liquid, fast fingers to get hands up.

MUSIC		EXERCISE		REPS	LEVEL
0:09	Bateria	5x8	Wave Stomp Stomp R leg F x3 with Body Wave Cha-cha-cha feet R, L, R Repeat to L	2½x	
0:28	Yeah I can	2x8	Wave Stomp Add Arm Roll B x3	1x	
0:36	Oh bateria	1x8	Flick Wide Walk L, R with Flick Hands R, L	4x	
0:40	Oh bateria	5x8	Flick Add Double Time (4cts) Add Chest Roll L x2 (4cts)	5x	
0:59	Oh bateria	4x8	Wave Stomp	2x	
1:15	Bateria	1x8	Breathe Feet wide, Breath Arms ascending O/H (4cts) and descending (4cts)	1x	
1:18	Oh bateria	3x8	Flick NOTE: Arms start to ascend O/H on each rep	3x	
1:30	Oh bateria	4x8	Flick O/H Add Wind Arms O/H with Chest Roll L x2	4x	



02. HYPE

EL APAGÓN 5:13mins

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

TRACK FOCUS

Feel the stunning contrasts of modern Latin Pop, smooth drums, electronic drops and floating vocals.
Invite my class to Throw the Arms strong, same arm same leg, then get super low into the legs to flick the heels on the Dig Your Heel move.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Samba Jump L with Double Heel Tap R Repeat to R	16x	
0:16	Puerto Rico está bein	8x8	Add Travel B x4 with open arms from shoulders Add Tap L, R x2 with arms at shoulders Add Travel F x4 with open arms from shoulders Add Tap L, R x2 with arms at shoulders	2x	
0:50	Puerto Rico está bein	4x8	Dig Your Heel Step together F L x4 with Body Wave Add Turn B R (2cts) Walking B R, L x4½ NOTE: The Turn begins on the last ct of the last rep of the Step Together	2x	
1:06	Pichea Maldiva', yo me	4x8	Add Double Time L Add Repeat to R with Turn B L	2x	
1:23	Pero les falta sazon	4x8	Add Swim Arms on the Step together	2x	
1:40	(Synth)	4x8	Throw It Pick up L foot with Arm Throw rolling O/H L (2cts) Knee Drop R, L Repeat to R	4x	
1:56	(Heavy beat)	4x8	Add Break Out	4x	
2:12	(Synth)	4x8	Step Touch L, R with Hand Flick	8x	
2:29		1x8	Step Touch L, R	2x	
2:32	Puerto Rico está bien	8x8	Hype Routine Samba NOTE: Only B Heel Dig L, R Throw It x2 Step Touch x4	1x	
3:04	(Drop)	2x8	Freestyle Walk NOTE: On the last 4cts, preview Jump	1x	
3:12	Yo no me quiero	8x8	Hype Routine	1x	
3:44	Esta es mi playa	2x8	Step Touch L, R	4x	
3:52	(Heavy synth)	8x8	Hype Routine	1x	



02. HYPE

EL APAGÓN 5:13mins

MUSIC		EXERCISE		REPS	LEVEL
4:24	(Drop)	2x8	Step Touch L, R	4x	
4:32	Yo no me quiero	8x8	Hype Routine	1x	
5:04	Esta es mi playa	2x8	Step Touch L, R	4x	



03. TO THE MAX DAM TIME

GO MODE 3:12mins

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use 777 with the same choreography.

TRACK FOCUS

Kick off Block 1 with simplicity, long learning and repetition. Rhythm cues create success for the Drag Forwards, then super low in the legs on the Back Tap.

MUSIC		EXERCISE		REPS	LEVEL
0:04	Intro /	3x8	Twist Step F L, Twist both heels F B (&2), Walk B F L, R x3	3x	
0:19	_ She on go mode	4x8	Add Arms at shoulder	4x	
0:38	_ Ok got the neck	4x8	Drag Step F & drag R leg with hands ascending up body Pick up L knee and place back down with snap hands (cts 2&) Freeze (2cts) Walk B F L, R x2 NOTE: On the last rep preview the Twist	4x	
0:57	All the opps see me	8x8	Drag NOTE: Replace Freeze with the Twist (cts &4)	8x	
1:36	No promo	4x8	Heel Tap Tap R heel with L hand Repeat to L, R Clap at R diagonal	4x	
1:55	Feel like sada	4x8	Add Double Time Freeze (4cts) NOTE: On the last Freeze replace with Freestyle Walk L, R x2	4x	
2:14	_ She on go mode	12x8	Hip Hop Routine Drag Twist Heel Tap Step drag L, R x2 with R arm to high diagonal	6x	



ALT

03. TO THE MAX DAM TIME

777 3:12mins

Please use this song in place of **Go Mode** when teaching Track 03.

TRACK FOCUS

Kick off Block 1 with simplicity, long learning and repetition. Rhythm cues create success for the Drag Forwards, then super low in the legs on the Back Tap.

MUSIC		EXERCISE		REPS	LEVEL
0:04	Intro / yeah yeah yeah	3x8	Twist Step F L, Twist both heels F B (&2), Walk B F L, R x3	3x	
0:19	Yeah	4x8	Add Arms at shoulder	4x	
0:38	Now I study like I'm milly rockin'	4x8	Drag Step F & drag R leg with hands ascending up body Pick up L knee and place back down with snap hands (cts 2&) Freeze (2cts) Walk B F L, R x2 NOTE: On the last rep preview the Twist	4x	
0:57	Yeah, I can't do no time	8x8	Drag NOTE: Replace Freeze with the Twist (cts &4)	8x	
1:36	Couple of money in my hand	4x8	Heel Tap Tap R heel with L hand Repeat to L, R Clap at R diagonal	4x	
1:55	Pick up the loot	4x8	Add Double Time Freeze (4cts) NOTE: On the last Freeze replace with Freestyle Walk L, R x2	4x	
2:14	(Drop)	12x8	Hip Hop Routine Drag Twist Heel Tap Step drag L, R x2 with R arm to high diagonal	6x	



04. TO THE MAX DAM TIME

QUE LE DE 3:30mins

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *Que Le De (Instrumental)* with the same choreography.

TRACK FOCUS

Create feels with lower body power, nailing the Wide Drag then Wide Step of the Chest Wave. The Arm Roll can be massive, but keep it controlled.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Wave Left Step L dragging R leg with Chest Wave & R hand high diagonal (2cts), Freeze (2cts) x4 Repeat to R	2x	
0:36		8x8	Add Double Time x3 Add Step L, R x2 traveling R Add Freeze, Soft Bounce OTS (8cts)	4x	
1:13	(Siren)	6x8	Add Break Out	3x	
1:40	Que le, que le	2x8	Hip Push B F	8x	
1:49	Que le, que le	2x8	Add Double Time	16x	
1:58	Que Le De	4x8	Roll Jump & pick up L leg rolling L arm & shoulder F x2 Hips x4 Repeat to R	2x	
2:17	Que le, que le	12x8	Add Double Time (NOTE: only Hips x2) Add Hip Shift L, R x4 with finger point D Arms at shoulders	6x	
3:12	(Synth)	2x8	Freestyle Walk L, R NOTE: Preview Routine	8x	
3:21	(Synth)	2x8	Step Touch L, R	4x	



05. TO THE MAX DAM TIME

HOW WE RIDE 3:39mins

TRACK FOCUS

Combine what we got so far – Base cues to get the feels so far. Drag Snap, Chest Wave with the feet wider when you roll the arm, VIBEZ YEOW and then shall we get our bump on?

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	6x8	Hip Hop Routine Drag Twist Heel Tap Roll Wave Left NOTE: On the Hip Shift add Jump L, R x4 B and on the last 2 Jumps add arms O/H Step Touch L, R x4	1x	
0:27	Pull it up	22x8	Hip Hop Routine NOTE: On the last rep remove Step Touch	4x	
2:08	Light it up	2x8	Bump It Pull elbows B, F	8x	
2:17	_ I'm gliding	2x8	Add Lift R knee (cts 3,4), lift L knee (cts 7,8)	2x	
2:26	I eating I drinking	4x8	Add Hip Push F, B dropping lower	4x	
2:44	Aye aye shorty	4x8	Add Double Time	8x	
3:02	_ Tonight we turn it up	8x8	Wind It Roll shoulder F L, R x2 Drag R with L hand high diagonal (2cts) Jump feet together bending knees facing R diagonal (2cts) Step L, R x4 with B turn to face F	4x	



06. TO THE MAX DAM TIME

VENTURE 3:39mins

TRACK FOCUS

Feel the space as you get your class rolling that shoulder super fast, then give vocal space and room space as you set up the Cross Kick.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	24x8	Bump It x2 Wind It NOTE: Add Double Time Add Wide Walk B L, R x4 with shoulder roll B R, L facing L Walk L, R x4 back to front	6x	Red
1:49	(Low synth)	4x8	Cross Kick Kick R leg F, feet together, jump split with L leg F & R leg B	4x	
2:08	(Quiet beat)	4x8	Add Double Time with Freeze (4cts)	4x	Gold
2:26	(Quiet beat)	4x8	Add face L diagonal	4x	
2:44	(Drum beat)	12x8	Add O/H clap on kick & replacing the Freeze with Kick R leg F, B and jump feet together facing R diagonal Walk L, R x4	6x	



07. TO THE MAX DAM TIME

TO THE MAX 3:12mins

TRACK FOCUS

TO THE MAX – like honest, just dance it harder, put it together, this is really where the workout starts.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Add Double Time Add Wiggle Pick up L Knee and Wiggle L hip F, B x2 Walk L, R x4	4x	
0:38	_ Turn to the, turn to the	2x8	Freestyle Walk L, R NOTE: Preview Routine	8x	
0:47	Let's get turn to the max _	12x8	Bump It Wind It Cross Kick Wiggle Walk L, R x2	3x	
1:45	_ Turn to the, turn to the	2x8	Freestyle Walk L, R NOTE: Preview Routine	8x	
1:55	Let's get turn to the max _	8x8	To The Max Dam Time Routine Bump It Wind It Cross Kick Wiggle Drag Twist Heel Tap Wave Left Roll	1x	
2:33	Let's get turn to the max _	4x8	Step Touch L, R	8x	
2:52	(Synth)	4x8	To The Max Dam Time Routine NOTE: Continues into next track	1x	



08. TO THE MAX DAM TIME

ABOUT DAMN TIME 5:32mins

Please note: This track contains explicit content. The alternative song can be used in its place. Please use *About Damn Time (Instrumental)* with the same choreography.

TRACK FOCUS

YAAAAAAAAAASSSS NO STRESS! You are way too fine to be stressed. For this last track, try turning up the music, possibly turning down the lights. I’ve got a feeling you’re going to be OK by dancing your butt off to this banger.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	To The Max Dam Time Routine NOTE: Continues from previous track	1x	
0:18	It's about time _	2x8	Freestyle Walk L, R	8x	
0:27	It's bad o'clock	8x8	To The Max Dam Time Routine	1x	
1:03	Turn up the music	4x8	Step Touch L, R	8x	
1:22	Turn up the music	4x8	Double Jump L, R	16x	
1:40	(Heavy beat)	16x8	To The Max Dam Time Routine	2x	
2:53	Turn up the music	4x8	Step Touch L, R	8x	
3:12	Turn up the music	4x8	Double Jump L, R	16x	
3:30	(Heavy beat)	16x8	To The Max Dam Time Routine	2x	
4:43	(Bass beat)	4x8	Step Touch L, R	8x	
5:01	(Clap)	2x8	Double Jump L, R	8x	
5:11	(Low beat)	2x8	Wide Walk L, R	8x	
5:20	(Drop)	2x8	Freeze with Breathe Arms	1x	



09. RECOVERY

UP AT NIGHT 2:57mins

TRACK FOCUS

What a stunning Slow Jam... Give your class room to play, turn, groove, no rules, just feels on feels.

MUSIC		EXERCISE		REPS	LEVEL
0:09	_ You wonder why I love you	2x8	Walk OTS L, R with Hip Shift R, L	8x	
0:19	No one better	2x8	Add Breathe Arms ascending O/H (8cts) Elbow Bump (8cts)	8x	
0:28	_ What could I say	4x8	Hop Hop feet together L facing L diagonal, Wiggle hips Repeat to R	4x	
0:48	_ Up at night	16x8	Walk L, R x4 L, Hop R, L Repeat to R	4x	
2:04	Up at _	2x8	Walk OTS L, R with Hip Shift R, L	8x	
2:14	Just escape _	2x8	Add Breathe Arms ascending O/H (8cts) Elbow Bump (8cts)	8x	
2:23	Up at night	1x8	Freeze with Breathe Arms O/H	1x	
2:28	Up at night	3x8	Step Touch L, R	6x	
2:43	Up at _	2x8	Walk L, R x4 L, Hop R, L	1x	
2:52	In my dreams	1x8	Walk R, L x4	1x	



10. MAXIMUM DEREK

CARNIVAL TABANCA 3:19mins

TRACK FOCUS

This track, this whole Block relies on repetitive simple cues, so choose your words carefully and give them all the meaning. Then you will have your class rolling their arms, or riding that lower body right.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Drag L, R	8x	
0:10	Ahh-aye	8x8	Add Arm Roll in slow x4 & fast x8	4x	
0:39	I have a real carnival	4x8	Push Out Walk feet wide OTS L, R picking up heel R, L x4 with Push Out Arms (Out Cross Flick) NOTE: On last rep preview Triple Flick	4x	
0:54	Everytime I hear a	4x8	Add Triple Flick to the Push Out Arms	4x	
1:08	Ah tell you I have	8x8	Add Arm Roll fast ascending up body	8x	
1:36	I miss jumpin	4x8	Swim Jump R with feet wide & wave hands with Hip Scoop L x8 Repeat to L	1x	
1:50	Well anytime I	4x8	Swim R x4 Repeat to L	2x	
2:05	Ahh tell you I have	16x8	Swim R, L Push Out x2	4x	
3:02	(Heavy beat)	5x8	Grab Grab R & throw down (cts 1, 2) Slowly stand (cts 3, 4, 5, 6) Shimmy (cts 7, 8) Repeat to L NOTE: Continues into next track	2½x	



11. MAXIMUM DEREK

CARNIVAL TABANCA (VIKING REMIX) 1:24mins

TRACK FOCUS

BASE cues create success. Same as Track 10, choose your words carefully (or steal Meno’s, honestly, go for it). Then use those cues to lift the class even higher (how high?? VILI HIGH).

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Grab NOTE: Continues into next track	1½x	
0:11	Everybody let me see you	4x8	Kick Twist Jump Kick R, L x2 Twist R knee with R heel lifted x3 Repeat to L	2x	
0:25	Everybody let me see you	8x8	Add Hands O/H with Kick and Hand Flick x3 with Twist	4x	
0:54	Clap those hands	4x8	Wave Your Arms Facing R diagonal circle open arms wide (2cts), Chest Pop F x2 with Hand Pull (2cts)	8x	
1:08	Clap those hands	3x8	Add Wide Walk L, R F facing R	6x	
1:18	Clap clap clap	1x8	Grab R Add Jump on Grab	1x	



12. MAXIMUM DEREK

CARNIVAL 2:06mins

TRACK FOCUS

HYPE ON HYPE – give your class plenty of notice each Grab as they power the chest forwards 3, 2, 1, JUMP!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Everybody hands	8x8	Kick Twist R, L travel B Wave Your Arms x2 Grab R	2x	
0:28	(Loud bang)	8x8	Step Touch L, R	16x	
0:56	Everyone let me see	12x8	Kick Twist Wave Your Arms Grab	3x	
1:38	Everybody hands go	8x8	Wide Walk L, R with shoulder roll B L, R – slow Wide Walk L, R x2 with shoulder roll B L, R x2 – fast NOTE: Continues into next track	8x	



13. MAXIMUM DEREK

TOXIC 2:33mins

TRACK FOCUS

Change the whole thing up and take it back, sass, smooth, take your time. Then rhythm cues over and over to get your class sliding and grabbing with power. TURN THAT HAND IT’S SO GOOOOOD.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Wide Walk	4x	
0:13	_ Baby can't you see	12x8	Touch Your Face Wide Walk L, R B slow x3 with Touch Your Face	6x	
0:53	(Wind up)	1x8	Step Touch L, R	2x	
0:57	With a taste	8x8	Sweep Step L traveling with L Arm Sweep (2cts) Cross Step R, L traveling L (2cts) Wide Walk slow OTS R, L (4cts) Repeat to R	4x	
1:24	_ It's getting late	4x8	Reach Grab Slow Wide Walk L, R x8 with Reach & Grab Hands R x4, L x4	1x	
1:37	To high	4x8	Add Double Time with 2x Reach Grab R & 2x no Reach Grab, Repeat to L	2x	
1:50	(Wind up)	1x8	Freestyle Walk L, R	4x	
1:54	With a taste	8x8	Sweep L, R Add Double Time Wide Walk with Reach Grab	4x	
2:20	(High voice)	4x8	Touch Your Face	2x	



14. MAXIMUM DEREK TOXIC (Y2K & ALEXANDER LEWIS REMIX) 1:35mins

TRACK FOCUS

The remix is hard, so use the style changes, the sound changes, to create contrast in your movements. Get lower, get aggressive, dance, dance, dance!

MUSIC		EXERCISE		REPS	LEVEL
0:01	_ Baby can't you see	12x8	Sweep L, R Touch Your Face x1	3x	
0:38	(Wind up)	2x8	Drop Jump Jump feet wide facing R diagonal (2cts) Jump OTS x2 with feet together (2cts) Jump OTS x4 turning B to face L diagonal Repeat to L	1x	
0:45	With the taste	12x8	Add Reach back hand O/H on Jump OTS	6x	
1:22	Don't you know that your toxic _	4x8	Chest Wynd With feet wide Wynd Chest L (2cts), pick up L heel Repeat to R NOTE: Continues into next track	4x	



15. MAXIMUM DEREK

FOREVER 3:06mins

TRACK FOCUS

OH, THIS IS HUGE. You know the track, you know the moves, put it together, pre-cue each move, then watch everybody get gassed.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	It may not mean anything	4x8	Chest Wynd	4x	
0:12	Forever man	4x8	Swim Push Out	1x	
0:24	Forever Man	2x8	Step Touch L, R	4x	
0:31	Last name ever	16x8	Maximum Derek Routine Kick Twist Grab Sweep Touch Your Face Drop Jump Chest Wynd Swim Push Out	1x	
1:20	(Siren)	8x8	Step Touch L, R	16x	
1:45	Forever Man	2x8	Wide Walk L, R	4x	
1:51	There they go	16x8	Maximum Derek Routine	1x	
2:41	_ It may not mean nothing	8x8	Step Touch L, R	16x	



16. MAXIMUM DEREK

CERULEAN 3:50mins

TRACK FOCUS

This is BODYJAM – let the music take you there, less words, more legs, upper body power, dance it harder, higher. Go, go, go.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Wide Lunge L with Arm Reach L (4cts) Repeat to R	8x	Blue
0:25	(Synth)	4x8	Add Double Time with Arm Reach ascending to O/H	8x	
0:38	(Synth build)	4x8	Step Touch L, R	8x	Gold
0:51	(Heavy synth)	16x8	Maximum Derek Routine	1x	
1:42	(Drop)	4x8	Wide Walk L, R	8x	Blue
1:55	(Quiet synth)	4x8	Slow Wide Lunge L, R with arms ascending O/H	4x	
2:07	(Synth)	4x8	Fast Wide Lunge L, R with arms ascending O/H	8x	Gold
2:20	(Beat)	4x8	Step Touch L, R	8x	
2:33	(Heavy beat)	16x8	Maximum Derek Routine	1x	Red
3:24	(Drop)	4x8	Wide Walk L, R	8x	Blue
3:37	(Quiet synth)	4x8	Slow Wide Lunge L, R	4x	



17. MAXIMUM DEREK

ATREA 4:21mins

TRACK FOCUS

Could it get any bigger? I don't think it could... The music takes you there. Take a breath, breathe the music, feel the vibes, go there! Why not? What could be better?

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ I've been down	8x8	Fast Wide Lunge L, R with arms ascending O/H	16x	
0:25	Leaving in the past _	8x8	Step Touch L, R	16x	
0:51	(Heavy synth)	16x8	Maximum Derek Routine	1x	
1:42	(Drop)	4x8	Wide Walk L, R	8x	
1:54	(Quiet synth)	12x8	Fast Wide Lunge L, R with arms ascending O/H	24x	
2:32	Like what I've lost _	8x8	Step Touch L, R	16x	
2:58	(Heavy synth)	16x8	Maximum Derek Routine	1x	
3:49	No way out	8x8	Wide Walk L, R	16x	
4:14	Outro /		Breathe Arms O/H	1x	



18. GROOVEDOWN

HURRICANE 4:03mins

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

TRACK FOCUS

I love this internal bounce to finish. No rules, everybody can feel what they feel. This song is stunning.

MUSIC		EXERCISE		REPS	LEVEL
0:09	All lights are for me _	2½x8	Scoop Arm Scoop L, R	5x	
0:23	Found the god in me	2x8	Add Fast Walk OTS L, R, L with Arm Scoop L Repeat to L	4x	
0:35	I can float on the water	1½x8	Breathe Freeze (2cts) Breathe Arms ascending O/H (4cts) Breathe Arms descending (3cts) Jump feet wide & freeze with R hand high diagonal (3cts)	1x	
0:45	I know you won't _	3½x8	Chest Wave Stomp L leg & Chest Wave L with R hand high diagonal	14x	
1:06	Came with sheepskin	2x8	Chest Wave L x4 Add Cross Step R, L Repeat to L	1x	
1:18	And I feel like you	5x8	Chest Wave L x4 Cross Step R Chest Wave R x12 Cross Step L Chest Wave L x4 Cross Step R	1x	
1:48	Eeeeeee	1½x8	Breathe Arms	1x	
1:57	ohhhh	Freestyle Walk to outro			



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.

