



BODYJAM 105

MUSIC, CREDITS AND INFO

WARM-UP / ISOLATIONS

HYPE

ACROSS THE BOOTYVERSE

RECOVERY

LONG LIVE THE G

GROOVEDOWN

BODYJAM COACHING

DECLARATION OF INTENT

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MUSIC

WARM-UP / ISOLATIONS

01

Red Ruby Da Sleeze (3:23)

Nicki Minaj

Courtesy of the Universal Music Group.

Written by: Cedeno, Goods, Price, Marsden, Mendez, Minaj, Perez, Whitlow, McCorckell, Spencer, Muhammad

09

Let You Go (3:32)

Pauline Herr

© 2023 Sable Valley Records.

Written by: Herr

HYPE

02

A Milli (SIDEPIECE Extended Mix) (3:15)

Lil Wayne

Courtesy of the Universal Music Group.

Written by: Jones-Muhammad, Carter, Fareed, Crawford

RECOVERY

10

BILLIE EILISH. (1:37)

Armani White

Courtesy of the Universal Music Group.

Written by: Camp, Santiago, Williams, Tolbert, Fernandez

ACROSS THE BOOTYVERSE

03

Hold The Line (3:30)

Major Lazer feat. Mr. Lexx and Santigold

© 2009 Mad Decent.

Written by: White, Mr. Lex, Pentz, Taylor

04

Grenade (4:10)

QUIX

© 2023 Seedeater Records.

Written by: Schnell, Taggart, Pall

05

Somebody Told Me (2:20)

The Killers

Courtesy of the Universal Music Group.

Written by: Vannucci, Jr., Stoermer, Keuning, Flowers

Somebody Told Me (0:44)

The Killers

Courtesy of the Universal Music Group.

Written by: Vannucci, Jr., Stoermer, Keuning, Flowers

06

WAWA (2:40)

Party Favor

© 2017 Mad Decent.

Written by: Ragland

07

dashstar* (Yellow Claw Trap Edit) (1:17)

Knock2

© 2022 NIGHTMODE.

Written by: Singhiphat

08

Grillz (2:41)

Nelly feat. Paul Wall, Ali & Gipp

Courtesy of the Universal Music Group.

Written by: Haynes, Unknown

LONG LIVE THE G

11

Raise Up (4:22)

Archer M_Ils

Courtesy of Les Mills Music Licensing Ltd.

Written by: Mills

12

Escapism. (4:07)

RAYE feat. 070 Shake

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Written by: Keen, Balbuena, Sabath

13

Get Free (5:24)

The Bleachers

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Written by: Pentz, Coffman, Longstreth, Taylor

14

Non-Stop (7:20)

Archer M_Ils

Courtesy of Les Mills Music Licensing Ltd.

Written by: Mills

GROOVEDOWN

15

Designer (3:20)

Jon Rath

© 2023 Les Mills Music Licensing Ltd.

Written by: Pentz, Akpewe, Akinfenwa-Donus, Banele Mbere, Bandile Mbere, Jaegar



MUSIC

ALT
01

Good Intent (3:23)
Ballpoint
Courtesy of Epidemic Sound.
Written by: Unknown

ALT
02

My Friends Are Brutal (Instrumental Version) (3:15)
Paisley Pink
Courtesy of Epidemic Sound.
Written by: Unknown

ALT
03

It's Still Alive (3:30)
Cushy
Courtesy of Epidemic Sound.
Written by: Unknown

ALT
10

Common Cry (1:37)
Ballpoint
Courtesy of Epidemic Sound.
Written by: Unknown

ALT
12

Fish Game (4:07)
Dylan Sitts
Courtesy of Epidemic Sound.
Written by: Unknown



BODYJAM 105



L-R: House Chaalane, Bianca Ikinofu, Dannielle Lally, Meno Thomas

PRESENTERS

Bianca Ikinofu (New Zealand) is an award-winning Urban/Hip Hop dancer who has performed – and has a wealth of experience – all around the globe. She has worked on a TV show and commercials and is a choreographer for BODYJAM™ and SH'BAM™. She is based in Auckland.

House Chaalane (Singapore) is a BODYJAM, BODYCOMBAT™ and SH'BAM Trainer/Presenter/Instructor, and a BODYATTACK™, BODYBALANCE™, BODYPUMP™, RPM™ and LES MILLS THE TRIP™ Trainer/Instructor. He lives in Singapore.

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

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

CREDITS

Creative Lead – Gandalf Archer Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings and Andrew Newmarch

Production Coordinator – Juliet Mora



BODYJAM 105

Grab a hold of something because you are about to embark on an epic journey into wide ranging dance – the loudest music and all things jiggy and shaky from the Bootyverse up through your armpits and fingers.

BODYJAM 105 is here and it's awesome!

Warm-up/Isolations

Warm-up with the bumpiest pumps through your chest. The rhythmical genius of this move Bianca made up is next level stunning.

Hype

Track 2 is a huge new remix of maybe one of the greatest Hip Hop tracks of all time – lift the energy, split your legs because it's Bootyverse time!

Across The Bootyverse

So we are traveling through space and time (and booty's) where Menz, DanniCat and B lift us up, take us down, and put some diamonds in your mouth (did you ever have a grill? I didn't but I have a feeling they'll come back in style soon). *Grenade* is huge and full of changes, but the insane heights of *Let You Go* are going to have your throwing everything around.

Recovery

Stank up your lower body to *BILLIE EILISH*.

Long Live The G

House and the crew Raise Up, (I made that song, it's pretty good aye) before maybe the best Pop track of the year, *Escapism*! More huge remixes of *Get Free* take you higher, then *Non-Stop* will have your soul singing (and, of course, your butt moving).

Groovedown

Finish up this incredible new release with Amipiano in the Groovedown.

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 02	Hype
Track 03-09	Across The Bootyverse	Track 11-14	Long Live The G
Total Time	27:32	Total Time	27:51

45-MINUTE FORMAT

Tracks 03-09	Across The Bootyverse
Tracks 11-14	Long Live The G
Total Time	42:07

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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TEACHING THIS RELEASE

How long should I teach the new release for?

Teach this entire new release for a minumum 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.

RELEASE FEEDBACK

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



01. WARM-UP / ISOLATIONS

RED RUBY DA SLEEZE 3:23mins

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

TRACK FOCUS

Huge, heavy sounds start the class so create contrast between the hard aggressive Chest Pops forward, then the smooth Hip Rolls with your Danni sass!

MUSIC		EXERCISE		REPS	LEVEL
0:07	Intro /	1½x8	Chest Pop Feet wide, push chest F, B	12x	
0:14	Only on them C's	4x8	Add Single, single double rhythm (4cts)	8x	
0:32	Seven-hundred on 'em horses	4x8	Add Wide Walk L, R, travel F with Chest Pop Wide Walk R, L x2, travel B. Repeat to R	1x	
0:50	Bad gyal don't	4x8	Hip Roll Roll hip L x2 with Arm Grab Hip Push L, R x4 with Hand Flick	4x	
1:09	Miss me with that	4x8	Shoulder Roll Roll shoulder B L, R	16x	
1:27	Bad gyal don't	4x8	Hip Roll	4x	
1:46	When the Queen leave	14x8	Chest Pop Add Fist Grab on travel F	3½x	
2:60	Bad gyal don't	4x8	Hip Roll NOTE: Roll R	4x	
3:08	_ If you want me	3x8	Shoulder Roll NOTE: Roll R	12x	



02. HYPE

A MILLI (SIDEPIECE EXTENDED MIX) 3:15mins

Please note: This track contains explicit content. The alternative song can be used in its place.
Please use *My Friends Are Brutal (Instrumental Version)* with the same choreography.

TRACK FOCUS

Turn up to the Hype track with this insane remix of the best rapper alive – create energy in the lower body with all the Wide Jumps, keeping your body centred as you drag, then fly to the side as you glide backwards.

MUSIC		EXERCISE	REPS	LEVEL
0:00	Intro /	4x8 Pump It Split feet out and in, dragging R toes x2, facing L diagonal. Repeat to R	4x	
0:14	(Bass)	4x8 Add Pump It Arms	4x	
0:29	(Quiet)	1x8 Shoulder Roll – Slow Facing R diagonal, roll L Shoulder B x4, drag feet together to face L	1x	
0:33	A milli, a milli	4x8 Shoulder Roll – Fast Facing L diagonal roll R Shoulder B x5, drag feet together to face R. Repeat to R	2x	
0:48	A milli, a milli	4x8 Pump It	4x	
1:03	_ I'm ill	1x8 Shuffle – Slow Split feet out and in, Body Wave R. Repeat to R	1x	
1:07	A million here	4x8 Shuffle Back Add Double Time Add Travel B x2 Add Jump wide and Body Wave R Repeat to R	2x	
1:22	He's a beast	10x8 Hype Routine Pump It Shuffle Back L Repeat to R	2½x	
1:59	A milli, a milli	4x8 Shoulder Roll – Fast	2x	
2:15	A milli, a milli	4x8 Step Touch L, R	8x	
2:30	A milli, a milli	8x8 Hype Routine	2x	
3:00	A milli, a milli	4x8 Step Touch R, L	8x	
3:14	Outro /	Freeze		



03. ACROSS THE BOOTYVERSE

HOLD THE LINE 3:30mins

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

TRACK FOCUS

Now, we're on! Plenty of space to coach the hips as you figure 8, then lift the heart rate with style in your Punch It.

MUSIC		EXERCISE		REPS	LEVEL
0:03	Intro /	3½x8	Hip Roll – Slow Roll hip L	7x	Blue
0:24	(Horse steps)	1x8	Add Double Time	4x	
0:31	Major lazer	2x8	Add Triple Time	16x	Yellow
0:37	I make ya	4x8	Unwind Triple-time hips with Unwind Arms L with Elbow Split. Repeat to R	2x	
0:49	_ We ah the hottest	12x8	Add Heel Lift R with Elbow Split. Repeat to R	6x	
1:26	I make ya	8x8	Punch It Feet wide, lean L, punch R arm up and down to hip with R heel turning in and out x7 Jump R x2 Repeat to R	2x	
1:50	Hot gyal here	8x8	Add Cut It In Half (Punch It x3)	4x	Red
2:15	I make ya	20x8	Unwind Punch It	5x	
3:17	Outro / I make ya	4x8	Step Touch L, R	8x	Yellow



04. ACROSS THE BOOTYVERSE

GRENADE 4:10mins

TRACK FOCUS

Follow the sounds you hear – it's quiet, it builds. Follow with your vocal tone. Teach the length of movement, extra size, full of energy.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Intro / Pull up claim	8x8	Slide Step L and drag R leg, traveling L with Open Arms (8cts) Knee Lift L, R x2 with Elbow Pull Repeat to R	2x	Blue
0:25	Pull up claim	8x8	Add Double Time Add Jump with Knee Lift	4x	
0:51	(B up)	4x8	Hip Roll Lean into R leg, R hand on R knee, stomp L foot and roll hip L with L Hand Swirl in air	16x	Yellow
1:03	(Heavy synth)	8x8	Slide L Hip Roll R x4 Repeat to R	2x	
1:29	(Pulsing synth)	8x8	Add Face L on Jump Knee Add Stomp B in Hip Roll	2x	
1:55	(Quiet)	2x8	Sway Wide Walk L, R with Hip Sway L, R	4x	
2:01	Pull up claim	4x8	Add Hand Cross	8x	
2:14	_ If your walls	4x8	Add Drop Torso F	8x	
2:27	Pull up drive	8x8	Add Double Time Wide Walk L, R with Double Time Hand Cross, slow Wide Walk L with Double Arm Reach O/H facing L Repeat to R	8x	
2:52	(B up)	8x8	Matrix Feet wide, circle torso B L with fists to hips (6cts) Double Punch fists in front of hips (2cts) Slide L, R x2 with Chest Push F, B, rolling fists at chest (8cts)	4x	
3:18	(Heavy synth)	16x8	Sway L, R x2 Matrix NOTE: Travel B on Sway and travel F on Slide with Chest Roll	4x	Red



05. ACROSS THE BOOTYVERSE

SOMEBODY TOLD ME 3:04mins

TRACK FOCUS

Perfection – Put it all together. Wait, to this song! Yes! Light it up – 100!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	6x8	Step Touch L, R NOTE: Preview Across The Bootyverse Routine	12x	
0:19	Breakin' my back	38x8	Across The Bootyverse Routine Unwind Punch It Slide L, R Sway Matrix Step Touch L, R x2 NOTE: On last rep, drop the Step Touch L, R	3x	
2:21	Somebody told me	4x8	Double Bounce L, R	8x	
2:34	Somebody told me	8x8	Add Arm Swing R x4 Repeat to L	2x	
3:00	Outro /		Freestyle pose		



06. ACROSS THE BOOTYVERSE

WAWA 2:40mins

TRACK FOCUS

Time to fly – want to go harder? Higher? Yes? Fly through the air! No options, let's go!

MUSIC		EXERCISE		REPS	LEVEL
0:06	(Heavy synth)	8x8	Souljah Bounce Face R, Feet wide, reach arms O/H, drop arms and torso down (4cts) Jump on R leg x4 travel B, Repeat L travel F (8cts) Freeze (4cts)	4x	
0:31	(Vocal effect)	16x8	Add Jump & clap feet with O/H reach Add turn back on jump F to face L & collapse on freeze Repeat to L	4x	
1:23	(Descending synth)	4x8	Double Bounce with Arm Swing	1x	
1:36	(Heavy synth)	16x8	Across The Bootyverse Routine Unwind Punch It Slide L, R Sway Matrix Souljah Bounce	1x	
2:27	(B up)	4x8	Step Touch L, R	8x	



07. ACROSS THE BOOTYVERSE

DASHSTAR* (YELLOW CLAW TRAP EDIT) 1:17mins

TRACK FOCUS
More, more, more, more!

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Synth)	4x8	Double Bounce with Arm Swing	1x	
0:12	(Heavy synth)	16x8	Across The Bootyverse Routine	1x	
1:04	(Synth rhythm)	4x8	Step Touch L, R	8x	



08. ACROSS THE BOOTYVERSE

GRILLZ 2:41mins

TRACK FOCUS

Perfection 2 – Electric boogaloo. Switch the whole thing up for pure Hip Hop funk 2005 styles. Always dance hard – text your partner from an Excel Spreadsheet on your Nokia.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Step L, Tap R Repeat to R	8x	
0:11	Bottom rose gold _	4x8	Double Bounce with Arm Swing	1x	
0:22	Got thirty down	16x8	Across The Bootyverse Routine	1x	
1:09	Smile for me daddy	4x8	Step L, Tap R Repeat to R	8x	
1:20	Smile for me daddy	4x8	Double Bounce with Arm Swing	1x	
1:32	What it do baby?	16x8	Across The Bootyverse Routine	1x	
2:18	Smile for me daddy	4x8	Step L, Tap R Repeat to R	16x	



09. ACROSS THE BOOTYVERSE

LET YOU GO 3:32mins

TRACK FOCUS

My favorite part – close your eyes, listen, feel, cry – BODYJAM.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Wide Walk L, R x4 with no arms Wide Walk L, R x4 with Breathe Arms	2x	
0:26	(Building synth)	4x8	Double Bounce with Arm Swing	1x	
0:39	(Heavy synth)	16x8	Across The Bootyverse Routine	1x	
1:30	(Vocal effect)	8x8	Wide Walk L, R x4 with Breathe Arms Wide Walk L, R x4 with no arms	2x	
1:56	(Building synth)	4x8	Double Bounce with Arm Swing	1x	
2:08	(Heavy synth)	16x8	Across The Bootyverse Routine	1x	
3:00	(Low synth)	4x8	Wide Walk L, R x8	1x	
3:12	Outro /	4x8	Breathe Arms with feet wide	1x	



10. RECOVERY

BILLIE EILISH. 1:37mins

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

TRACK FOCUS

How low can you go? Stank up the room with the weight in soft knees, drag it all out.

MUSIC		EXERCISE		REPS	LEVEL
0:04	Intro /	3x8	Stanky Leg Leap L, turn R knee in, out, in Repeat to R	6x	
0:19	Stylish	2x8	Kick It Step L, kick R heel side Repeat to R	4x	
0:28	_ Put it in perspective	4x8	Pop Back Feet wide, push hip B L, R x2 Roll chest L x2	4x	
0:48	_ Two pistols	4x8	Add Hand Lift R, L x2 on Hip Push then hold at chest height for Chest Roll	4x	
1:07	Stylish	2x8	Stanky Leg	4x	
1:16	Stylish	2x8	Add Flava	4x	
1:26	Stylish	2x8	Kick It	4x	
	Outro /		Freestyle Freeze		



11. LONG LIVE THE G

RAISE UP 4:22mins

TRACK FOCUS

I love the complexity of the rhythms in this track. Keep your technique tight, lots of rhythmical coaching through this track – "drop &6, 7&8" or the hit drums as you make your way around the room.

MUSIC		EXERCISE		REPS	LEVEL
0:04	Intro /	8x8	Whip It Stomp wide L with Whip Arms x3 (5cts) Freeze (3cts) Step R and wrap L hand around head. Repeat to L (4cts) Jump together with R hand high (4cts)	4x	Blue
0:44	People on the side	3½x8	Add Double Time Add Hand Throw between legs L, R x2 (cts &6, 7&), Jump together (cts 8) Walk OTS L, R x4 with R hand in air NOTE: On last rep, Walk OTS x2	2x	
1:01	Coming from the east	4½x8	Hand Throw only L, R x2	9x	Yellow
1:23	(Synth)	2x8	Slide L, R with Shoulder Roll F R, L	8x	
1:33	People on the side	14x8	Whip It Add Travel B on Walk OTS L, R x2 with R hand pat in air Add Slide L, R x2 travel F with Shoulder Roll F R, L	7x	
2:42	People on the side	4x8	Kriss Kross Kriss Kross Jump R Hip Wind F x4 Repeat to L	4x	
3:02	Ba ba ba ba	4x8	Wind Back Wide Walk L, R x4 Circle arms O/H L to R and Double Punch hands (cts 2&) x4 Add Kriss Kross R, L	2x	
3:22	(Low synth)	8x8	Add Turn B on the Wind Back	4x	
4:02	Outro / Come on	4x8	Step Touch L, R	8x	Blue



12. LONG LIVE THE G

ESCAPISM. 4:07mins

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

TRACK FOCUS

Song of the year? Maybe. Turn up the hyper as you solidify the learnings – then lots of simple rhythmic cues for the &1 Double Jump.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro / Sleazin' and teasin	12x8	Whip It Wind Back Kriss Kross Step Touch L, R x4	2x	
0:58	Doctor doctor	2x8	Double Bounce L, R	8x	
1:07	Toke this how	10x8	Long Live The G Routine NOTE: On last rep, drop the Step Touch	2x	
1:56	Cause I don't wanna	4x8	Wide Walk L, R x4 Cross palms in front of hips on first 2 reps of Wide Walk	4x	
2:15	_ Cause I don't wanna	4x8	Collapse Small Wide Leap F L, R with Breathe Arms then collapse torso down and up (8cts)	4x	
2:34	Out of reach	4x8	Double Jump Double Jump L, R x2 Add Collapse (double time) Step Touch L, R x2	2x	
2:53	I don't wanna feel	4x8	Add Palm cross to Double Jump and travel B NOTE: Drop Step Touch	4x	
3:13	_ I don't wanna feel	4x8	Afro Wide Walk L, R x2 with Afro Arms R, L x2 Wide Walk L, R x2	4x	
3:32	Outro / (Quiet)	7x8	Add Travel B, F NOTE: On travel F, Walk L, R x2	7x	



13. LONG LIVE THE G

GET FREE 5:24mins

TRACK FOCUS

YAAASSSS! Stretch your body. You can go higher, you can go longer – please don't try to fill up the space with words, please let the music take over. Stretch higher – be free!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro / Look at me	4x8	Double Twist Jump lower body to face R, feet apart, then turn upper body to face R with arms at chest (cts &1) Freeze (3cts) Return to front (4cts)	4x	Blue
0:18	I just wanna dream	16x8	Add Afro B L, R x2 facing R (NOTE: Remove travel F) Add Hip Roll L x3 facing F with R hand high Add Slide R (8cts)	8x	
1:35	(Heavy synth)	4x8	Slide Slide R with Open Arms (4cts) Draw L knee to chest with arms crossed at chest (3cts) Jump off R leg shooting L leg back straight with arms stretched O/H (ct 8) Land with feet wide sweeping R arm in circle L (8cts)	2x	Blue
1:54	_ Look at me	12x8	Add Double Time Add Turn B on L leg, picking up R foot (2cts), jump R x2 (cts &4) Walk L, R x2	6x	
2:51	I just wanna dream	4x8	Knee Drop Step L and tap R toes, dropping R knee in Repeat to R	16x	Yellow
3:10	_ All of my life	16x8	Double Jump Double Twist Slide Knee Drop L, R x16	2x	
4:26	_ Look at me	8x8	Double Jump Double Twist Slide NOTE: No Knee Drop	2x	Red
5:04	Outro /	4x8	Knee Drop L, R	16x	



14. LONG LIVE THE G

NON-STOP 7:20mins

TRACK FOCUS

BODYJAM goes up, down, up, down, up, down – I love this! YAAAASS! Here we go up again, no down time, Whoopeddoo!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Long Live The G Routine Double Jump Double Twist Slide Whip It Wind Back Kriss Kross	1x	
0:36	Non-stop	8x8	Shhnaky Shoulders Step L with Shoulder Pop x8, turning chest R Repeat to R	8x	
1:13	(Synth rhythm)	4x8	Add Cut It In Half (4 Shoulder Pops each side)	8x	
1:31	Laser	2x8	Step Touch L, R	4x	
1:40	(Light drum)	2x8	Double Bounce L, R	8x	
1:49	(Synth)	8x8	Long Live The G Routine	1x	
2:26	(Quiet)	2x8	Step Touch L, R	4x	
2:35	(Vocal effect)	2x8	Double Bounce L, R	8x	
2:44	(Heavy synth)	8x8	Long Live The G Routine	1x	
3:21	(Low vocal effect)	2x8	Step Touch L, R	4x	
3:30	(Vocal effect)	2x8	Double Bounce L, R	8x	
3:39	Non-stop	8x8	Long Live The G Routine	1x	
4:16	(Quiet)	4x8	Shhnaky Shoulders NOTE: 8 Shoulder Pops each side	4x	
4:34	(Low synth rhythm)	4x8	Add Cut It In Half (4 Shoulder Pops each side)	8x	
4:52	(Low shatter)	2x8	Step Touch L, R	4x	
5:01	(Quiet synth)	2x8	Double Bounce L, R	8x	
5:10	(Heavy synth)	16x8	Long Live The G Routine	2x	
6:24	(Low vocal effect)	4x8	Step Touch L, R	8x	
6:41	(Synth)	4x8	Knee Drop L, R	16x	
7:00	Outro /		Breathe to finish		



15. GROOVEDOWN

DESIGNER 3:20mins

TRACK FOCUS

You need Amipiano in your life right now – you're welcome. Slow the vibes, take a breath, dance to the end. We are the luck ones, right!

MUSIC		EXERCISE		REPS	LEVEL
0:04	Intro /	1x8	Hip Push B L, R with feet wide	4x	
0:08	I be rockin' my designer	4x8	Add Hip Push B L, R x8 with Breathe Arms ascending (cts 5, 6, 7, 8) then descending for 8cts	2x	
0:25	Oya check am	8x8	Pop Back Hip Push B L, R x2 with Hand Lift Roll chest L x2	8x	
0:59	Oya check am	8x8	Salsa Step wide L, R then cross L foot in front (cts 1&2), Repeat to R (cts 3&4) x2, travel F Wide Walk L, R x4, travel B NOTE: Preview Clap Open Arms on last rep	4x	
1:33	I be rockin' my _	4x8	Add Clap Open Arms on Wide Walk B	2x	
1:50	I be rockin' my designer	4x8	Pop Back	4x	
2:07	Oya check am	4x8	Step Touch L, R	8x	
2:24	I be rockin' my _	8x8	Salsa	4x	
2:58	(Soft clap)	4x8	Step Touch L, R	8x	
3:15	Outro /		Freeze		



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.