



BODYJAM 106

MUSIC, CREDITS AND INFO

WARM-UP / ISOLATIONS

HYPE

I DON'T LIKE DISCO

RECOVERY

WESTSIDE STORY

GROOVEDOWN

BODYJAM COACHING

DECLARATION OF INTENT

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MUSIC

WARM-UP / ISOLATIONS

- 01

Westside Story (4:04)

DJ Snake

Courtesy of the Universal Music Group.

Written by: Gamson, Grigahcine, Petitfere, Troutman

HYPE

- 02

Keep It Goin' Louder (2:23)

Major Lazer feat. Nina Sky & Ricky Blaze

© 2009 Mad Decent.

Written by: Taylor, Pentz, SKy, Blaze

I DON'T LIKE DISCO

- 03

I Don't Like Disco (6:03)

Archer M_Ils

Courtesy of Les Mills Music Licensing Ltd.

Written by: Mills
- 04

Massive (4:14)

Drake

Courtesy of the Universal Music Group.

Written by: Klahr, Zastenker, Blackmon, Graham, Riziki
- 05

Tra (2:57)

Maldi

Courtesy of the Universal Music Group.

Written by: Guerra
- 06

PEW PEW (3:28)

Slushii & Tokyo Machine

© 2022 Monstercat.

Written by: Tokyo Machine, Scanlan

- 07

Take Me Into Space (4:26)

Dada Life & DEXTER KING

© 2023 Monstercat.

Written by: Corneer, Engblom, Wang

RECOVERY

- 08

Rude Boy (2:26)

Rihanna

Courtesy of the Universal Music Group.

Written by: Hermansen, Dean, Riddick, Eriksen, Swire, Fenty

WESTSIDE STORY

- 09

Don't Go Yet (Major Lazer Remix) (2:49)

Camila Cabello

© 2021 Epic Records, a division of Sony Music Entertainment.

Written by: Cabello, Sabath, Reed, Harris, Pentz, Alberto-Lopez

- 10

JUMP in (4:20)

Knock2

© 2023 NIGHTMODE.

Written by: Nakhonethap

- 11

17 (Extended Mix) (5:16)

MK

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Written by: Kinchen, Nash, Whelan, Di Scala

- 12

Barricade (5:19)

Axwell

Courtesy of the Universal Music Group.

Written by: Fakir, Pontare, Fondell, Pournouri, Hedfors, Santos, Sodahl, Ingrosso

- 13

Silence (Kryder Remix) (3:34)

Delerium feat. Sarah McLachlan

Courtesy of Armada Music B.V. under exclusive license from Netwerk Music Group.

Written by: Leeb, Fulber, McLachlan

- 14

Silence (Andrew Rayel & Achilles Extended Remix) (3:18)

Delerium feat. Sarah McLachlan

Courtesy of Armada Music B.V. under exclusive license from Netwerk Music Group.

Written by: Leeb, Fulber, McLachlan

GROOVEDOWN

- 15

Tennis Court (Flume Remix) (5:48)

Lorde

Courtesy of the Universal Music Group.

Written by: Little, Yelich-O'Connor

- ALT 08

Don't Make Any Sense (2:26)

Lvly feat. Asta

Courtesy of Epidemic Sound.

Written by: Unknown



BODYJAM 106



Back Row L-R: Angel Everardo Elizondo, Sebastian Jaramillo, Erich Soares, House Chaalane, Charlotte Ranque, Jordan Kelly, Gandalf Archer Mills, Dannielle Lally, Jessica Kahn
Front Row L-R: Alyx Sparrow, Colleen King, Eric Ripley, Ba Hieu Nguyen, Meno Thomas

PRESENTERS

- Alyx Sparrow** (United States)
- Angel Everardo Elizondo** (Mexico)
- Ba Hieu Nguyen** (Vietnam)
- Charlotte Ranque** (France)
- Colleen King** (United States)
- Dannielle Lally** (New Zealand)
- Eric Ripley** (New Zealand)
- Erich Soares** (Brazil)
- Gandalf Archer Mills** (New Zealand)
- House Chaalane** (Singapore)
- Jessica Kahn** (United States)
- Jordan Kelly** (Australia)
- Meno Thomas** (New Zealand)
- Sebastian Jaramillo** (Germany)

CREDITS

- Creative Lead** – Gandalf Archer Mills
- Creative Director** – Diana Archer Mills
- Technical Consultants** – Bryce Hastings and Andrew Newmarch
- Production Coordinator** – Kristy Ward



BODYJAM 106

THIS IS BODYJAM 106 WESTSIDE STORY, CAUSE WE FILMED IT IN LOS ANGELES – GET IT?!

Oh my lawdy you are going to love this release. From the Warm-up to Groovedown, Release 106 is going to introduce you to epic new feels of highs and even higher.

Track 1 is Westside fire with popping, bouncing and sliding to this incredible new track. Then in Track 2, we HYPE to *Keep It Goin' Louder* because (spoiler alert) we do.

BLOCK 1 is called I Don't Like Disco, which is subjectively a very funny thing to say in a song (I think, because globally and culturally we've all agreed a long time ago that Disco is perfection) but sometimes your wife just says hilarious things.

House Knees and a singalong! With *Massive*, we teach gorgeous arm combos galore. Then, the Peanut Butter song *Tra* (none of us knew what the song was actually called), lets you serve all the faces. Before HOLLY MOLLY PEW PEW is the BEST! This is a harmonious cohesion of dance combos mashed with huge Monstercat feels. *Take Me Into Space*, my gawsh you're going to love it – come to outer space with us!

Monster Bangers to bring the heart rate down (and your star's in the sky)

Then, honestly, how awesome do you want this class to be? I suggest... full awesome. *Don't Go Yet* is back (this time the drums are loud and clear). *JUMP in* is MAAAAAAAADD!

Then, I'll just let you feel, smile, dance and cry if you wanna, from now till the end of BODYJAM 106. This is BODYJAM, right here, right now. What you are feeling, what you are hearing, you get to move your body to all these songs, I do too... We're the lucky ones, right? Dance rules everything around me and I know you're gonna love this class and the vibes around you too.

G



EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warm-up/ Isolations	Track 01	Warm-up/ Isolations
Tracks 03–07	I Don't Like Disco	Tracks 09–14	Westside Story
Total Time	27:35	Total Time	28:40

45-MINUTE FORMAT

Tracks 03–07	I Don't Like Disco
Tracks 09–14	Westside Story
Total Time	45:44

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		ELEVATE		100
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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

WESTSIDE STORY 4:04mins

TRACK FOCUS

Turn up full style with old school feels and basic clear coaching of the popping, the grabbing and release of muscles that BAM on the beat each time.

MUSIC		EXERCISE		REPS	LEVEL
0:09	Intro /	2x8	Pop Feet wide, L-shape arms L with Pop x8 Repeat to R	1x	
0:18	Breakthrough	8x8	Pop Ball Change Single Pop L, R x2 (L-shape Arms) Pop with arms low L diagonal, Ball Change R, L Travel L x2 Repeat to R	4x	
0:54	_ Baby baby it's alright	8x8	Funk Flick Step L, together R with Heel Pop L x4 traveling L with Funk Flick Step R, Jump together L x2 with Funk Roll R Repeat to R	2x	
1:31	(High synth)	4x8	Chest Pop chest F, B x2 Circle chest F R, L	4x	
1:50	(High synth)	4x8	Hips Push hips F, B x2 Hip Circle F R, L	4x	
2:08	Drop /	2x8	Step Touch L, R	4x	
2:17	Breakthrough	6x8	Pop Ball Change	3x	
2:44	_ Baby baby it's alright	8x8	Funk Flick	2x	
3:21	(Synth)	4x8	Pop Ball Change	2x	
3:39	_ You need to break that shell	4x8	Step Touch L, R	8x	
3:56			Freestyle Freeze		



02. HYPE

KEEP IT GOIN' LOUDER 2:23mins

TRACK FOCUS

Now we turn up to the HYPE track with faster beats and simple combos generating a range of movement. Get low as you flip the hands over coming forwards, then open your chest as you circle back.

MUSIC		EXERCISE		REPS	LEVEL
0:01	_ oh yeah	4x8	Serve It Up Step L, pick up R heel with Serve Hands Repeat to R	8x	
0:14	Me and my friends	8x8	Circle Back Walk OTS L, R x4 with circle arms B behind head L x4 (8cts) Step L and Jump OTS (2cts) Freeze (2cts) With feet together, turn knees out/in x4 with Elbow Pull R, L x2 (4cts)	4x	
0:42	Girl I wanna party with you	24x8	Serve It Up x4 NOTE: Arms start shoulder height and ascend and travel F Circle Back x2 NOTE: Cut It In Half and travel B	6x	
2:05	Girl I wanna party with you	4x8	Step Touch L, R	8x	
2:19	Major Lazer	Freestyle Freeze			



03. I DON'T LIKE DISCO

I DON'T LIKE DISCO 6:03mins

TRACK FOCUS

Plenty of repetition and clear coaching to get my class House Knee’ing, "1 2 3 4& 5 6 7 8&" then more beautiful rhythms when setting up the Arm Cross "7&8&". Use all the space in the choreography to generate movement that is strong, sharp and smooth.

MUSIC		EXERCISE	REPS	LEVEL
0:03	I don’t like _	8x8 House Knee Jump wide, pick up R knee x2 Repeat to L	4x	
0:34	I don’t like disco	16x8 Add Double time R, L x2 Add Body Wave B (4cts) Add Body Wave F, pushing hips B (4cts) Step Touch L, R x2	4x	
1:37	(Pulsing synth)	4x8 Tick Tick Slow Elbow Arms (6cts) Freeze (2cts)	4x	
1:53	(Pulsing synth)	4x8 Add Double time Add Fist Roll across chest x3	4x	
2:08	(Drumbeat)	16x8 House Knee Tick Tick NOTE: Fist Roll x4, no Step Touch	4x	
3:11	(Low pulsing synth)	16x8 Arm Push Wide Walk L, R x4 with Arm Cross ascending Step Touch L, R x2 with Hand Pat descending	8x	
4:13	No, I don’t like disco _	4x8 Step Touch L, R	8x	
4:29	Low B up /	24x8 House Knee Tick Tick Arm Push x2	3x	
		8x8 Wave Up Slow Wide Walk L, R, facing R diagonal, with Wave Hands	16x	



04. I DON'T LIKE DISCO

MASSIVE 4:14mins

TRACK FOCUS

We quirk it right up with glorious hand/arm combos, and once again the rhythm is the key. Get your class striking a hard throw on the 2 and the 4, smooth for the Arm Wave, then tight as you slide to the side opening, powering off your left leg to the ball change slide.

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ I've been alone in my thoughts	8x8	Wave Up Slow Wide Walk L, R, facing R diagonal, with Wave Hands	16x	
0:31	(Heavy beat)	4x8	Throw Step L, pick up R heel, throwing fists F across body L Repeat to R	8x	
0:46	(Short synth)	20x8	Throw L, R Wave Up x2 (NOTE: Add Double time) Step Touch L, R x2	10x	
2:03	_ Swervin' between emotions	8x8	Push It Step L, opening arms wide, L hand up, R hand down (8cts) Sweep R knee in/out with hands O/H (4cts) Slide to R (4cts)	4x	
2:34	Oh, when you're ready	8x8	Add Double time Add Jump with Knee Sweep Step Touch L, R x2	4x	
3:04	I don't wanna _	12x8	Throw Wave Up Push It Add Triple Jump L with arms O/H facing L, pop chest F, Repeat to R Step Touch L, R x2	3x	
3:50	(Low beat)	6x8	Step Touch L, R	12x	



05. I DON'T LIKE DISCO

TRA 2:57mins

TRACK FOCUS

Amazing Latin feels to teach the simplicity of the Kicks Hip Roll combo – always shout out "2 KICKS" before you execute the roll and bend your knees and glutes back to teach the *PEW PEW*.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	12x8	Throw Wave Up Push It Step Touch L, R x2	3x	
0:45	Para para para	4x8	Kick Kick L leg B, F, facing R	8x	
1:01	Sabes que me Encanta ma	2x8	Add Jump on R leg	4x	
1:09	Tú te pones Caliente ma _	16x8	Kick B, F x5 NOTE: Double time Add: Step L leg Back, sweep upper body down and round to face L (6cts) Repeat to R	4x	
2:10	Sabes que me Encanta ma	4x8	Peanut Butter Feet wide, pop L arm L to R x4 then R to L x4	2x	
2:25	Para para para	4x8	Add Double time Add Hip Push B	4x	
2:41	Tú te pones Caliente ma _	4x8	Step Touch L, R	8x	



06. I DON'T LIKE DISCO

PEW PEW 3:28mins

TRACK FOCUS

If you love dancing inside of video games, I've got the track for you – full of energy, hype and execution. Make it strong and lift higher and higher into the finale track.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Intro /	4x8	Throw Wave Up Push It Kick B, F Peanut Butter	1x	
0:14	Pew	2x8	Freestyle	1x	
0:22	(Heavy synth)	4x8	I Don't Like Disco Routine	1x	
0:37	My laser gun and I go _	4x8	Step Touch L, R	8x	
0:51	Pew Pew Pew	12x8	I Don't Like Disco Routine	3x	
1:36	Pew Pew Pew	2x8	Step Touch L, R	4x	
1:44	(Laser synth)	8x8	House Knee Tick Tick Arm Push x2	1x	
2:14	My laser gun and I go _	4x8	Step Touch L, R	8x	
2:28	Pew Pew Pew	16x8	I Don't Like Disco Routine Add House Knee Tick Tick Arm Push x2 NOTE: Continues into next track	2x	



07. I DON'T LIKE DISCO

TAKE ME INTO SPACE 4:26mins

TRACK FOCUS

Stunning BODYJAM vibes where you can close your eyes, turn the music up to 11 and dance, jump and feel; JAM is here for you to live!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	I Don't Like Disco Routine NOTE: Continued from previous track	1x	
0:29	(Low shatter)	4x8	Wave Reach Wide Walk L, R with Wave Reach L, R	8x	
0:44	B up /	4x8	Step Touch L, R	8x	
0:59	Take me into space _	12x8	I Don't Like Disco Routine	1x	
1:43	Take me into space _	2x8	Wave Reach L, R	4x	
1:50	(Low synth)	4x8	Add Double time Add Wave Reach L, R x3 then L, R, L (triple time) Repeat to R	2x	
2:05	Beat /	8x8	Add Lean body F	4x	
2:34	B up /	4x8	Step Touch L, R	8x	
2:49	Take me into space _	24x8	I Don't Like Disco Routine	2x	
4:17	Outro /	1x8	Breathe Arms O/H	1x	



08. RECOVERY

RUDE BOY 2:26mins

Please note this song contains explicit content. The alternative song can be used in its place. Please use *Don't Make Any Sense* with the same choreography.

TRACK FOCUS

Now for some Old School sounds to float through (wait, is this song Old School now?!). Get gooey in the chorus, then sass your fantastic face side to side with power.

MUSIC		EXERCISE		REPS	LEVEL
0:02	Intro /	1½x8	Feet wide, Knee Lift L, R	6x	
0:10	Come here rude boy	4x8	Diamonds In The Sky Fast Wide Walk B L, R x8 with Diamond Hands ascending O/H Knee Lift L, R x4, travel F, descending arms down torso	2x	
0:33	Tonight, I'ma let you be the captain	4x8	Walk Walk L, R traveling L (5 steps) Kick R heel behind L leg x2 (cts &6, &8) Repeat to R	2x	
0:55	I wa-wa-want what	2x8	Roll Hip Roll F to the R x4 Wide Walk L, R x2 with fast Chest Pop F/B Repeat to L NOTE: Replace the Chest Pop with a Freestyle Body Wave F	1x	
1:06	Come here rude boy	4x8	Diamonds In The Sky	2x	
1:28	Tonight, I'ma give it to you	4x8	Walk	2x	
1:50	I wa-wa-want what	2x8	Roll	1x	
2:01	Come here rude boy	4x8	Diamonds In The Sky	2x	
2:22	Outro /		Freestyle Freeze		



ALT

08. RECOVERY

DON'T MAKE ANY SENSE 2:26mins

Please use this song in place of *Rude Boy* when teaching Track 08.

TRACK FOCUS

Now for some Old School sounds to float through (wait, is this song Old School now?!). Get gooey in the chorus, then sass your fantastic face side to side with power.

MUSIC		EXERCISE		REPS	LEVEL
0:02	Intro /	1½x8	Feet wide, Knee Lift L, R	6x	
0:10	(Beat)	4x8	Diamonds In The Sky Fast Wide Walk B L, R x8 with Diamond Hands ascending O/H Knee Lift L, R x4, travel F, descending arms down torso	2x	
0:33	Don't make sense	4x8	Walk Walk L, R, traveling L (5 steps) Kick R heel behind L leg x2 (cts &6, &8) Repeat to R	2x	
0:55	Tell me, tell me, tell me	2x8	Roll Hip Roll F to the R x4 Wide Walk L, R x2 with fast Chest Pop F/B Repeat to L NOTE: Replace the Chest Pop with a freestyle Body Wave F	1x	
1:06	Tell me, tell me, tell me	4x8	Diamonds In The Sky	2x	
1:28	Do you ever respond	4x8	Walk	2x	
1:50	Baby no, tell me	2x8	Roll	1x	
2:01	Tell me, tell me, tell me	4x8	Diamonds In The Sky	2x	
2:22	Outro /		Freestyle Freeze		



09. WESTSIDE STORY

DON'T GO YET (MAJOR LAZER REMIX) 2:49mins

TRACK FOCUS

Layers and layers of throwbacks – simple combos start up the class, but I really want you to get LOW as you wave forwards, feet wide with those little blobbleit steps, and your chin goes right down to your belly button, then arch your back as you come up. I LOVE THIS COMBO!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	2x8	Push It Out Wide Tap L, R	4x	
0:07	I replayed this moment	4x8	Add Wrap Hands Around Head R, L Wide Tap L, R	4x	
0:23	I imagined myself in satin	4x8	Add Chest Pop B/F with Hand Push F/B x8 Wrap R, L Wide Tap L, R	2x	
0:38	Oye yeah don't go	8x8	Add 100	4x	
1:09	Baby don't go yet	4x8	Dive Low Jump feet wide (2cts) Wide Run feet fast L, R with Body Wave down and up (6cts)	4x	
1:24	We'd find a corner there	2x8	Push It Out Dive Low NOTE: Replaces the Wide Tap L, R	1x	
1:32	Yet yet yet yet	2x8	Wide Tap L, R	4x	
1:39	No _	2x8	Push It Out Dive Low	1x	
1:47	Oye yeah don't go	2x8	Wide Tap L, R	4x	
1:55	Oye yeah don't go	10x8	Push It Out Dive Low	5x	
2:33	(Drums)	4x8	Skip Jump L, tapping R leg F Repeat to L with Hand Roll in	16x	



10. WESTSIDE STORY

JUMP IN 4:20mins

TRACK FOCUS

YAAAAAAAAA MY BOOTY SHAKKIN MY BOOOOOTY SHAKKIN FULL FIRE! Simple cues set up the hopscotch, then dance with simplified power as you pull your left elbow down to your left hip to Table Turn the arms up and down, lean back a little. Gawwsh darn this track is fire!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Tap Jump on L leg, tap R heel with L hand F then B Repeat to R Freeze with feet wide (4cts) NOTE: Preview Rock It on the last rep	8x	
0:30	From the left to the right _	5x8	Rock It Step Touch R with Elbow Lift R, L x2 Repeat to L	10x	
0:49	Everybody jump in _	8x8	Skip Travel B Tap Travel B Rock It Travel F	4x	
1:18	We light _	16x8	Push It Out Dive Low Skip Tap Rock It	4x	
2:19	Drop /	4x8	Whack It (Slow) L hand F, palm up with R hand behind head Repeat to R (8cts) Hands wide (4cts) Hand Roll in and down (4cts)	2x	
2:34	_ My booty shaking	8x8	Add Double time (4cts) Add Hip Roll with hands ascending up torso (4cts)	8x	
3:04	In In In In	4x8	Double Jump Double Jump OTS with hands O/H Land feet wide, facing L diagonal, throw hands down Repeat to R	8x	
3:19	Jump in _	16x8	Whack It x2 Double Jump L, R x2 Add Roll In Facing R, Diagonal Step L F and roll shoulders F x4	4x	



11. WESTSIDE STORY

17 (EXTENDED MIX) 5:16mins

TRACK FOCUS
YOU... ARE... WELCOME.

MUSIC		EXERCISE	REPS	LEVEL
0:00	Intro /	4x8 Back Turn Cross L leg behind R, step wide R, L Repeat to R Wide Walk L, R	4x	
0:15	Intro /	8x8 Add Back Turn R, L	8x	
0:45	I'm gonna fight for you	4x8 Step Touch L, R NOTE: Preview routine	8x	
1:00	You ain't even	4x8 Whack It x2 Double Jump L, R x2 Roll In x2 Back Turn	1x	
1:15	I'm gonna fight for you	4x8 Step Touch L, R	8x	
1:30	Like we are still 17 _	4x8 Whack It x2 Double Jump L, R x2 Roll In x2 Back Turn	1x	
1:45	(Low cry)	4x8 Step Touch L, R	8x	
2:00	You ain't even	4x8 Whack It x2 Double Jump L, R x2 Roll In x2 Back Turn	1x	
2:15	I'm gonna fight for you	4x8 Step Touch L, R	8x	
2:30	(Piano)	4x8 Whack It x2 Double Jump L, R x2 Roll In x2 Back Turn	1x	
2:45	Drop /	4x8 Step Touch L, R NOTE: Preview Westside Story Routine	8x	
3:00	You ain't even	16x8 Westside Story Routine Push It Out Dive Low Skip Tap Rock It Whack It x2 Double Jump L, R x2 Roll In x2 Back Turn	2x	



11. WESTSIDE STORY

17 (EXTENDED MIX) 5:16mins

TRACK FOCUS
YOU... ARE... WELCOME.

MUSIC		EXERCISE		REPS	LEVEL
4:00	Baby _	12x8	Wave Facing R diagonal, step L leg B and open arms wide with Chest Wave F (4cts) Lean F and sweep hips B to the R (4cts) Repeat to L	6x	
4:46	Making a fool	8x8	Clap Wide Walk, leaning F L, R then double time (L, R L) with Hand Swipe L, R then double time (L, R, L) Repeat to R x2 Walk L, R x4, travel B with Arm Reach L, R x4 Walk L, R x4, travel F with open arms ascending O/H then descending NOTE: Continues into next track	2x	



12. WESTSIDE STORY

BARRICADE 5:19mins

TRACK FOCUS

One more incredible banger to teach the remaining combos. This track is going to need you to GO IN – feet wide as you power the knees side to side, get low into the thighs to scissor your hands, open your chest huge as you tap it back each time.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Clap NOTE: Continued from previous track	1x	
0:15	We are the future	4x8	Squat Knee Jump feet wide, facing R diagonal, Knee Pop x3 turning to face L diagonal, jump feet out and in x2 Repeat to L	2x	
0:30	Get up! Erase the barricade! _	12x8	Add 100	6x	
1:14	Build /	24x8	Wave Clap (NOTE: Cut It In Half) Squat Knee R, L	4x	
2:44	Surface, sisters	2x8	Wave	1x	
2:52	Erase the barricade _	4x8	Step Touch L, R	8x	
3:07	The barricade _	4x8	Body Wave into freestyle Hip Shake	1x	
3:22	(Steady beat)	1x8	Hip Push L	8x	
3:26	(Synth)	10x8	Wide Tap L, R NOTE: Preview routine	20x	
4:03	Erase the barricade _	16x8	Westside Story Routine Push It Out Dive Low Skip Tap Rock It Whack It x2 Double Jump L, R x2 Roll In x2 Back Turn Wave Clap Squat Knee Wave	1x	
5:03	Outro /	4x8	Step Touch L, R	8x	



13. WESTSIDE STORY SILENCE (KRYDER REMIX) 3:34mins

TRACK FOCUS

This is my GLOBAL SUMMIT track of choice, the remixes are perfection – modern, loud, rhythmic, where you get to tap into so many energies and sounds to take your members higher and further and beyond. Use your voice, be loud, be quiet, silence.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	16x8	Westside Story Routine	1x	
0:59	I believe	4x8	Step Touch L, R	8x	
1:14	(Heavy drum)	16x8	Westside Story Routine	1x	
2:14	_ Heaven holds a sense	4x8	Step Touch L, R	8x	
2:29	(Piano)	12x8	Three Waves Wide Weight Shift L, R x3 with Palm Wave L, R x3 (12cts) Slide L with Palm Wave L (4cts) Repeat to R	3x	
3:13	I believe	4x8	Step Touch L, R	8x	
3:28	In this silence	2x8	Wide Tap L, R	4x	



14. WESTSIDE STORY SILENCE (ANDREW RAYEL & ACHILLES EXTENDED REMIX) 3:18mins

TRACK FOCUS

Take it home... Words are not sufficient – use your body, use everything you have, you can smash, you can hit, you can dance, PURE BODYJAM.

MUSIC		EXERCISE		REPS	LEVEL
0:01	In this _	16x8	House Routine	1x	
1:00	Drop /	4x8	Step Touch L, R	8x	
1:15	In this white wave	4x8	Wide Tap L, R	8x	
1:30	I have seen you	4x8	Add: Arms ascending O/H	8x	
1:45	Build /	4x8	Freestyle walk	1x	
2:00	(Heavy synth)	16x8	House Routine	1x	
2:59	Outro /	4x8	Step Touch L, R	8x	
3:13		1x8	Freeze: Feet wide, Breathe Arms ascending O/H	1x	



15. GROOVEDOWN TENNIS COURT (FLUME REMIX) 5:48mins

TRACK FOCUS

Some stunning electronic remix to finish maybe the best BODYJAM class of all time, right? Let your class sing along if they want, get that up bounce in your step touch groove, c-walk your way to New Zealand.

MUSIC		EXERCISE		REPS	LEVEL
0:07	(Synth)	8x8	Reach Slow reach L, ascending O/H followed by R, Facing R diagonal, lean B, arms descending, roll shoulders B Repeat to R	2x	
0:49	_ Don't you think	4x8	Step Touch L, R with arms wide leaning into stepping leg	8x	
1:09	Because I'm doing this	4x8	Add: Bounce in legs NOTE: Preview Seawalk on last rep	8x	
1:30	(Heavy synth)	8x8	Seawalk Jump feet slightly apart, traveling L x8 Step Touch R, L x2 with Wide Arms Repeat to R	2x	
2:11	_ Baby	4x8	Pop Feet wide, lean L, R, popping arms when leaning L x4 Repeat to R	2x	
2:32	(Heavy synth)	4x8	Seawalk	1x	
2:52	(Low synth)	2x8	Wide Walk L, R with Breathe Arms	8x	
3:03	Yeah _	2x8	Wide Walk L, R	8x	
3:13	_ Pretty soon	4x8	Wide Walk L, R with Breathe Arms	16x	
3:34	But my head's fillin'	2x8	Freeze with Breathe Arms	1x	
3:44	And my boys trip me		Freestyle until the end		



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 100.

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 100 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 100

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, Elevate and 100
- 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.

