



BODYJAM 107

MUSIC, CREDITS AND INFO

WARM-UP / ISOLATIONS

HYPE

I AM ZEE BEAUTIFUL PEACOCK

RECOVERY

WE PUSH ALL THE BUTTONS

GROOVEDOWN

BODYJAM COACHING

DECLARATION OF INTENT

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MUSIC

WARM-UP / ISOLATIONS

- 01

Get It (2:57)

Big Boss Vette

Courtesy of the Universal Music Group.

Written by: Gottwald, Smith, Valdes, Yancey, James, L. Troutman, R. Troutman

HYPE

- 02

Drifting (Koven Remix) (4:47)

Tiësto

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Written by: Baskcomb, Bullimore, Harris, Scott, Verwest

I AM ZEE BEAUTIFUL PEACOCK

- 03

Repeating (3:17)

Punctual

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Written by: Lansley, Morgan, Baskcomb, Shaw

- 04

My Body (3:32)

Dan Aux

Courtesy of Les Mills Music Licensing Ltd.

Written by: Taylor

- 05

RIOT (4:45)

Öwnboss & Selva

© 2023 Monstercat.

Written by: Cohen, Zaniolo

- 06

Peligrosa (2:00)

Maldi

Courtesy of Les Mills Music Licensing Ltd.

Written by: Guerra

- 07

Angels (3:00)

EZ

Courtesy of Les Mills Music Licensing Ltd.

Written by: Martins

- 08

Good For Me (3:19)

EMEL & Stonebank

© 2022 Monstercat.

Written by: Stonebank, Flavell

RECOVERY

- 09

Be Somebody (2:19)

Emotional Oranges feat. Tkay Maidza

© 2023 Avant Garden.

Written by: Naficy, Jones, Porter, Maidza, Ayal

WE PUSH ALL THE BUTTONS

- 10

buttons! (4:01)

Knock2 x Dillon Francis

© 2023 88rising Records.

Written by: Nakhonethap, Francis

- 11

Metro (4:43)

Kevin de Vries & Mau P

© 2023 Afterlife Recordings.

Written by: Parisi, Hubo

- 12

Can U Feel It (Kodat Remix) (2:22)

Swedish House Mafia

Courtesy of the Universal Music Group.

Written by: Hedfors, Ingrosso, Nordstrom, Angello

- 13

Jewel (3:37)

RL Grime & ISOxo

© 2023 Sable Valley Records.

Written by: Steinway, Isorena

- 14

Fine Day Anthem (3:15)

Brass Salt

© 2023 Les Mills Music Licensing Ltd.

Written by: Ridha, Barton, Moore

- 15

Miracle (Hardwell Extended Remix) (5:11)

Calvin Harris feat. Ellie Goulding

© 2023 Sony Music Entertainment UK Limited.

Written by: Bowman, Burns, Goulding, Rycroft, Wiles

GROOVEDOWN

- 16

RNP (2:56)

YBN Cordae feat. Anderson .Paak

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Written by: Cole, Anderson, Dunston

- ALT 16

Grand Theft (Clean Version) (2:56)

Katori Walker

Courtesy of Epidemic Sound.

Written by: Unknown



BODYJAM 107



Back Row L-R: Meno Thomas, Charlotte Ranque, Gandalf Archer Mills
Front Row L-R: Jaime Terrill, Janni Lindgren

I AM ZEE BEAUTIFUL PEACOCK is what I've been saying to myself when I wake up each morning since choreographing this release!! You can channel this energy, power, dance and sass into your own peacock and expose your stunningness to the world through the power of BODYJAM 107.

Track 1 is another rap banger with those Zappy Rogers'ey vibes, then in Track 2, we go FULL HYPE, 175 bpm, full noise and full movement range.

BLOCK 1: I Am Zee Beautiful Peacock is one of those stunning BODYJAM blocks you'll be teaching for years to come. It has total simplicity, quirky movement patterns (thanks Bianca) and massive sounding drops and drums. Don't you love it when the choreography is simple and everybody is going in the right direction (mostly??) the first time???

Bring the heart rate down with all the flavor poured into one song (honestly, the bounce, oh, the bounce) before full send time to the skies with shoulder, kick combos and torso twisting. Rhythmical ba-ba-baas, this block has it all. Sounds you've never heard before, and importantly, the last track, one you have.

BODYJAM 107 will have you challenging your movement patterns in a whole new way, implementing total simplicity along with detailed dance combos to have your class screaming for even more peacock in their lives.

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PRESENTERS

Charlotte Ranque (France)
Gandalf Archer Mills (New Zealand)
Jaime Terrill (United States)
Janni Lindgren (Finland)
Meno Thomas (New Zealand)

CREDITS

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



EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warm-up/ Isolations	Track 01	Warm-up/ Isolations
Track 02	Hype	Tracks 10–15	We Push All The Buttons
Tracks 03–08	I Am Zee Beautiful Peacock	Total Time	26:06
Total Time	27:37		

45-MINUTE FORMAT	
Tracks 03–08	I Am Zee Beautiful Peacock
Tracks 10–15	We Push All The Buttons
Total Time	43:02

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

GET IT 2:57mins

TRACK FOCUS

Turn up full funk for Track 1 with simple combos to get participants warm. Coach them through the correct position of the Shoulder Bounce.

MUSIC		EXERCISE		REPS	LEVEL
0:07	Intro /	1½x8	Elbow Bounce Double Elbow Lift with feet OTS	6x	
0:13	_ Girl listen up	6x8	Add Jump feet wide Add Double Time elbows, turning chest from L to R with Knee Bounce Repeat to R	3x	
0:39	Get it, get it	6x8	Ball Change Step L, cross R leg in front, walk R, L x2 travel L Freestyle Bounce OTS (4cts) Repeat to R NOTE: Replace Freestyle Bounce with Elbow Bounce	3x	
1:05	Meet me at the bank	2x8	Head Isolation L, R	4x	
1:13	Don't care what ya'll think	2x8	Chest Isolation F, B	8x	
1:22	I'm a put you all on game	2x8	Hip Swing L, R	8x	
1:30	Get it, get it	10x8	Ball Change	5x	
2:13	I'm a put you all on game	2x8	Shoulder Bounce Step wide L, bounce shoulder x2 Repeat to R	4x	
2:22	Get it, get it	6x8	Add Travel F, B	3x	
2:48	Outro /	2x8	Step Touch L, R	4x	



02. HYPE

DRIFTING (KOVEN REMIX) 4:47mins

TRACK FOCUS

The hypiest of HYPE tracks – focus on level changes going low to high as you roll the arms forward, coach the hops (or hips) as you Switch Kick back, then ground yourself with high jumps to the end of the combo.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Throw It Wide Walk L, R travel F with Double Arm Punch O/H L, R Wide Walk L, R travel B	8x	Blue
0:22	If I'm drifting	8x8	Add Fast Hand Slice x4 on travel B x2 Add Open Breathe Arms O/H (2cts), roll torso down/up (6cts)	4x	
1:06	Oh yeah, oh yeah	2x8	2 Cakes Step L, pick up R heel, rolling hands out x2 Repeat to R x4 Add Travel F x4 with Hand Roll ascending O/H	1x	Yellow
1:17	If I'm drifting	2x8	Switch Kick Jump wide facing L, diagonal kick R leg B, F B Repeat to R Travel B	4x	
1:28	(Heavy beat)	4x8	2 Cakes x4 Switch Kick x2	2x	Red
1:50	Oh yeah, oh yeah	8x8	2 Cakes x4 Switch Kick x2 Add Throw It NOTE: Add Jump with Breathe Arms	2x	
2:34	Drop /	2x8	Wide Walk L, R	8x	Blue
2:45	(Low synth)	2x8	Add right arm ascending O/H (8cts)	8x	
2:56	Build /	2x8	Add Double Jump L, R	8x	Yellow
3:07	Clap /	2x8	Add Double Arm Reach O/H	8x	
3:18	(Heavy beat)	12x8	2 Cakes x4 Switch Kick x2 Throw It	3x	Red
4:24	Outro /	4x8	Wide Walk L, R	16x	Blue



03. I AM ZEE BEAUTIFUL PEACOCK

REPEATING 3:17mins

TRACK FOCUS

Two simple combos to such a gorgeous track: talk to the chest movement as you grind around, then shoulders front for the sass Arm Combo.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Whip Step Wide L, Slow Whip R, L Step L, R x2 (B, B, F together)	4x	Blue
0:30	_ I got a question on my mind	8x8	Add Slow Hand Twirl	4x	
1:00	Work for me	2x8	Roll Stomp L F and roll L hip B towards the front with Prayer Hands O/H rolling behind head	8x	
1:08	Work for me	2x8	Add Roll x8 turning R 360°	1x	
1:15	Work for me	4x8	Roll x8 OTS Roll x8 turning 360°	1x	
1:30	(Heavy beat)	8x8	Whip Add Double Time with Step Touch L, R Add Arms Ascending on Hand Twirl Roll x4 turning 360° Add Double Time	4x	Yellow
2:00	_ I got a question on my mind	8x8	Triple Tap Tap L x3 (F, B, F) facing R diagonal 5 Steps L, R traveling L (NOTE: Walk B then F as you travel L) Repeat to R	4x	Blue
2:31	Work for me	12x8	Add Arm Combo on the Triple Tap	6x	Yellow



04. I AM ZEE BEAUTIFUL PEACOCK

MY BODY 3:32mins

TRACK FOCUS

I love these tracks! Your class will be going in the right direction now, so let the energy of the beat drive everybody to dance harder and maybe even cleaner?

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Work for me	8x8	Whip Roll Triple Tap	2x	
0:30	I love the way my body	8x8	Step Touch L, R	16x	
1:00	(Heavy beat)	12x8	Whip Roll Triple Tap	3x	
1:45	Drop /	4x8	Step Touch L, R	8x	
2:00	I love the way my body	4x8	Double Push Jump L x8 pushing hips L, R x2 with Palm Push R x2 Repeat to R	1x	
2:15	I love the way my body	2x8	Add Cut In Half (L x4, R x4)	1x	
2:23	I love the way my body	2x8	Add Cut In Half (L x2, R x2)	2x	
2:31	I love the way my body	4x8	Step Touch L, R	8x	
2:46	(Heavy beat)	12x8	Whip Roll Triple Tap	3x	



05. I AM ZEE BEAUTIFUL PEACOCK

RIOT 4:45mins

TRACK FOCUS

SAY IT WITH ME... I AM ZEE BEAUTIFUL PEACOCK, which can hold their back leg strong, turned out, with the core braced, as you Peacock through the combo. Then smash that power in the final Wrist Flick Arm Combo.

MUSIC		EXERCISE		REPS	LEVEL
0:00	We are made of fire	8x8	Fly Jump onto R leg, picking up L heel with Arm Reach O/H facing R diagonal (2cts) Drop into knee bend with hands on thighs (6cts) Tap L leg B x2 with L Arm Circle B Drop into knee bend with hands on thighs (4cts) Repeat to L	2x	
0:30	We are made of fire	4x8	Add Double Time	4x	
0:59	Drop /	2x8	Cross Step (Slow) Step R, Cross L Step B R, L Cross R, Step B L, R, L	1x	
1:07	Shout out start a riot	1x8	Double Push (L x2, R x2)	1x	
1:10	Ooh a	16x8	Fly Cross Step (Double Time) Double Push	4x	
2:09	_When the world is dark	4x8	Step Touch L, R	8x	
2:24	Don't you let them break you	4x8	Break Your Legs Turn Knees Out, In	16x	
2:39	We are made of fire	8x8	Add Arm Reach and pick up R knee with Arm Throw (ct 4) & L knee (ct 8)	8x	
3:09	(Pulse synth)	4x8	Lean Feet wide, lean L with Arm Cross (R over L) Repeat to R Arm Throwdown Drop into legs	4x	
3:23	(Faster synth)	3x8	Scoop Wide Walk L, R with drop and scoop hand F L, R traveling B	6x	
3:34	Drop /	1x8	Step Touch L, R travel F	2x	
3:38	_ We are made of fire	18x8	Lean Add Double Time Scoop L, R x2 (Double Time) Step Touch L, R x2	9x	



06. I AM ZEE BEAUTIFUL PEACOCK

PELIGROSA 2:00mins

TRACK FOCUS

Total change up of the feels, heavy in the legs, hips go full action, flick your fingers out as you slowly travel the arms overhead, staying grounded in the legs to full intensity.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Slide Slide L, pick up R knee and push R hip up x2 Repeat to R	4x	
0:14	Peligrosa	16x8	Lean Scoop Slide Step Touch L, R x4 NOTE: On last rep, preview Break Your Legs (no arms)	4x	
1:14	(Snare drum)	4x8	Break Your Legs Add Break Your Legs R, L facing R, Break Your Legs R, L facing F	2x	
1:29	(Horn beat)	8x8	Add Arm Reach and Throw	4x	



07. I AM ZEE BEAUTIFUL PEACOCK ANGELS 3:00mins

TRACK FOCUS

Another one put together!! Your class will be hopefully going the right direction now, request more sass, or depth, or length, style, feels, drop, height, time to stretch yourselves.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Lean Scoop Slide Break Your Legs	1x	
0:14	(Heavy beat)	8x8	I Am Zee Beautiful Peacock Routine Whip Roll Triple Tap Fly Cross Step Double Push	1x	
0:45	Woo _	4x8	Step Touch L, R	8x	
1:00	(Heavy beat)	12x8	I Am Zee Beautiful Peacock Routine Whip Roll Triple Tap Fly Cross Step Double Push Lean Scoop Slide Break Your Legs	1x	
1:45	(Building beat)	8x8	Step Touch L, R	16x	
2:14	(Heavy beat)	12x8	I Am Zee Beautiful Peacock Routine	1x	



08. I AM ZEE BEAUTIFUL PEACOCK

GOOD FOR ME 3:19mins

TRACK FOCUS

No words needed - what a track, energies to 11, physicality driving the experience, stay braced, stay strong, hit the lines that need to be hit, PUSH YOURSELF IF YOU WANNA!

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ They tell me to leave you	8x8	Step Touch L, R	16x	
0:29	You give me	24x8	I Am Zee Beautiful Peacock Routine	2x	
1:58	You give me	4x8	Step Touch L, R	8x	
2:13	(Heavy beat)	12x8	I Am Zee Beautiful Peacock Routine	1x	
2:58	You good for _	4x8	Step Touch L, R	8x	
3:12	Outro /	1x8	Freeze with Breathe Arms O/H	1x	



09. RECOVERY

BE SOMEBODY 2:19mins

TRACK FOCUS

The funk is outstanding, keep your movements chill to really bring recovery because the second half coming is 10000... Knees soft as you bounce the hips forwards on the beat facing the side, hands open and chill by your sides.

MUSIC		EXERCISE		REPS	LEVEL
0:05	Oh you really wanna be	1x8	Wave (Left) Walk feet together OTS L, R with Hip Roll L	4x	
0:10	He tryna get it	4x8	Add Hand Wave R x4 Add Step Wide R, L x4 facing R diagonal and Wave Chest F with Elbows Rolling B x4	2x	
0:29	When I hit the club like	6x8	Add Travel L with Hip Roll, travel R with Chest Wave	3x	
0:59	Yeah, I'm the topic	12x8	Bounce Feet together facing R diagonal, push hips F x4 with hands at hip height, palms F Walk L, R x2 switching direction Repeat to L	6x	
1:59	Outro /	4x8	Wave (Right)	2x	



10. WE PUSH ALL THE BUTTONS

BUTTONS! 4:01mins

TRACK FOCUS

Simple coaching will get your class there with these next two tracks, “front side side back” over and over, with clear non-verbal cues just like Meno does in the Masterclass, guide your class to success.

MUSIC		EXERCISE		REPS	LEVEL
0:00	If you wanna push my _	4½x8	Shoulder Roll Wide Walk L, R with Shoulder Roll F R, L	9x	
0:16	If you wanna push my _	8x8	Kick It Jump on L leg and kick R leg (front, side) x8 Jump on R leg and kick L leg (side, back) x8	2x	
0:46	If you wanna push my _	4x8	Kick It R, L Add Shoulder Roll R, L x6 Repeat to L	1x	
1:01	(Fast synth)	12x8	Add Cut The Shoulder Roll x2	6x	
1:46	If you wanna push my _	12x8	Palm Push Step Touch L, R x2 with Palm Push L, R x2 (slow quick quick slow) Wide Walk L, R x4 with Single Palm Push L, R x4	6x	
2:31	Oh oh oh	4x8	Kick It Add Palm Push Add Cut In Half Step Touch L, R x2	1x	
2:46	Build /	4x8	Step Touch L, R	8x	
3:01	Buttons, buttons, buttons	16x8	Kick It Palm Push Step Touch L, R NOTE: Continues into next track	4x	



11. WE PUSH ALL THE BUTTONS

METRO 4:43mins

TRACK FOCUS

“Push Ba-Ba, Push Ba-Ba” is your magical cue to keep the rhythms clear as they set up this crazy little thing called Push Combo. The push is long, the Ba-Ba is tiny, then power into the legs as you switch directions, always using the torso to turn the movements.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Kick It Palm Push Step Touch L, R NOTE: Continues from previous track	1x	
0:15	(Whistle)	8x8	Twist Slow Wide Walk L, R with Palm Push L, R Bend knees and drop torso, facing R, diagonal crossing palms in front of R knee Jump feet together with arms O/H Wide Walk R, L x4 arms descending Repeat to R	2x	
0:44	(Synth)	8x8	Add Double Time	2x	
1:14	(Heavy beat)	16x8	Palm Push Twist	4x	
2:14	Drop /	8x8	Cross Kick Jump on R leg and kick L leg F, B x4 facing R diagonal travel F Repeat to R Sweep Slow Sweep B L, R x2 Tap toes L, R x4	2x	
2:44	Build /	4x8	Add Cut In Half	2x	
2:59	(Fast synth)	4x8	Wave Bend knees and drop torso down, up (8cts) Lean B and roll arms B (8cts) Bend knees and drop torso down, up (8cts) Freeze (8cts)	1x	
3:15	(Synth)	4x8	Step Touch L, R	8x	
3:30	(Heavy synth)	8x8	Kick It Palm Push Twist Cross Kick Sweep	1x	
3:59	(Heavy beat)	2x8	Step Touch L, R with hands O/H	4x	
4:06	(Heavy beat)	2x8	Step Touch L, R	4x	
4:14	(Heavy beat)	8x8	Kick It Palm Push Twist Cross Kick Sweep	1x	



12. WE PUSH ALL THE BUTTONS

CAN U FEEL IT (KODAT REMIX) 2:22mins

TRACK FOCUS

YAAAAAAAAAAAAASSSS HERE WE GO - how amazing is music right now??? Use the drums, the rhythms, the power inside to turn up full 100 cause it's a high intensity journey from here on.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Step Touch L, R	8x	Blue
0:14	Can you feel it _	8x8	Kick It Palm Push Twist Cross Kick Sweep	1x	
0:42	Drop /	4x8	Step Touch L, R	8x	Blue
0:56	(Clap)	2x8	Grab A Fist Feet wide, Double Fist Throwdown (R, L, R), pick up R knee with Double Fist Throwdown L Repeat, picking up L heel instead of R knee	2x	Yellow
1:03	(Clap)	1x8	Flip It Hands in front at shoulder height and flip palms (L, R, L) with Head Tilt (L, R, L), pick up R knee and flip palms R with Head Tilt R Repeat, picking up L heel instead of R knee	1x	
1:07	(Clap)	1x8	Cross It Cross fists at chest (3cts), pick up R heel with elbow Pull L and R arm to high diagonal (1ct) Repeat to L	1x	
1:11	(Drum)	16x8	Grab A Fist Flip It Cross It	4x	Red
2:08	Can you feel it _	4x8	Step Touch L, R	8x	Blue



13. WE PUSH ALL THE BUTTONS

JEWEL 3:37mins

TRACK FOCUS

So much glorious contrast - the music ebbs and flows to create feels across the spectrum, you can go harder, higher, strong arms, touch your face - go ahead, why not.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Slow Walk Slow Wide Walk L, R x4 travel F with Arm Reach F R, L (8cts) Double Hand Drag across face (8cts) Wide Walk L, R x4 travel B shaking your head down L, R then slowly extend torso to stand	2x	Blue
0:28	(Quiet)	1x8	Push Away Slow Palm Push R (up, down) x2	1x	
0:31	(Synth)	4x8	Push Away Fast Palm Push R (up, down) x2 Freeze (4cts) Repeat to L	2x	Yellow
0:46	(Light synth)	8x8	Push Away x2 Add Remove the freeze Slow Walk Add Double-Time Walk B	2x	
1:14	(Running synth)	16x8	Add Jump L x2, Jump R x2 on Push Away	4x	Red
2:11	B up /	4x8	Step Touch L, R NOTE: Preview routine	8x	Yellow
2:25	(Heavy synth)	16x8	Grab A Fist Flip It Cross It Push Away Slow Walk	2x	Red
3:22	Outro /	4x8	Step Touch L, R NOTE: Preview routine	8x	Yellow



14. WE PUSH ALL THE BUTTONS

FINE DAY ANTHEM 3:15mins

TRACK FOCUS

Put it all together to the banger of the year - IT’S GOING TO BE A FINE DAY TONIGHT - you know the choreography, time to push yourself, this is A WORKOUT that people will not forget, what have you got left in the tank today?

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	16x8	We Push All The Buttons Routine Kick It Palm Push Twist Cross Kick Sweep Grab a Fist Flip It Cross It Push Away Slow Walk	1x	
0:55	Lee-la-la-la	4x8	Step Touch L, R	8x	
1:09	It’s going to be a _	16x8	We Push All The Buttons Routine	1x	
2:05	Lee-la-la-la	4x8	Step Touch L, R	8x	
2:19	It’s going to be a _	16x8	We Push All The Buttons Routine	1x	



15. WE PUSH ALL THE BUTTONS

MIRACLE (HARDWELL EXTENDED REMIX) 5:11mins

TRACK FOCUS

Ummmmmmmmmmmmmmmm I mean what the actual ??? I love it when everybody is smashed, just totaled, then the final track comes on and it's that song you know you know, you know? And something happens inside all your tingly bits, you want to, you don't know how you're going to, but you really really want to, and then you do and it's divine and it's BODYJAM.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	12x8	Step Touch L, R	24x	
0:41	When you hold me	16x8	We Push All The Buttons Routine	1x	
1:37	When you believe in a miracle _	4x8	Slow Wide Walk L, R	8x	
1:51	When you hold me	8x8	Slow Wide Walk L, R x8 with Arm Combo	2x	
2:19	Are you too cynical	8x8	Step Touch L, R	16x	
2:46	Believe in a miracle _	32x8	We Push All The Buttons Routine	2x	
4:38	Outro /	4x8	Step Touch L, R	8x	
4:52	(Symbol)	4x8	Slow Wide Walk L, R	8x	
5:06		1x8	Freeze with Breathe Arms O/H	1x	



16. GROOVEDOWN

RNP 2:56mins

Please note this song contains explicit content. The alternative song can be used in its place. Please use *Grand Theft (Clean Version)* with the same choreography.

TRACK FOCUS

Feels and funk and chill - everything you deserve now, get your hip bounce on the single then 4s, this is a time to breathe and play with no rules.

MUSIC		EXERCISE		REPS	LEVEL
0:04	Intro /	3x8	Step L, tap R Repeat to R	6x	Level 1
0:19	One of y'all	2x8	Bounce Feet together facing R diagonal, push hips F x1 with hands at hip height, palms F, Freeze (3cts) Walk L, R x2 switching direction Repeat to L	1x	
0:28	Ooh, not one of y'all	2x8	Bounce Feet together facing R diagonal, push hips F x4 with hands hip height, palms F Walk L, R x2 switching direction Repeat to L	1x	
0:38	Put ya _ hands up	4x8	Slow Wide Walk L, R x8 with Arm Combo Add Double Time	2x	Level 2
0:58	And the randomness	4x8	Side Stretch R Repeat to L	1x	
1:17	One of y'all	2x8	Bounce (1 hip)	1x	
1:27	Ooh, not one of y'all	2x8	Bounce (4 hips)	1x	Level 3
1:37	I bought a Moncler coat	4x8	Slow Wide Walk L, R x8 with Arm Combo Add Double Time	2x	
1:56	I got a thick bald	3x8	Chest open and close x7	1x	
2:11	We party in South Beach	1x8	Body Roll down/up	1x	Level 4
2:16	One of y'all	2x8	Bounce (1 hip)	1x	
2:26	Ooh, not one of y'all	2x8	Bounce (4 hips)	1x	
2:36	Outro /	4x8	Step L, tap R Repeat to R	8x	Level 5
2:55			Freeze		



ALT

16. GROOVEDOWN
GRAND THEFT (CLEAN VERSION) 2:56mins

Please use this song in place of RNP when teaching Track 16.

TRACK FOCUS

Feels and funk and chill - everything you deserve now, get your hips bounce on the single then 4s, this is a time to breathe and play and no rules.

MUSIC		EXERCISE		REPS	LEVEL
0:04	Intro /	3x8	Step L, tap R Repeat to R	6x	1
0:19	One of y'all	2x8	Bounce Feet together facing R diagonal, push hips F x1 with hands at hip height, palms F, Freeze (3cts) Walk L, R x2 switching direction Repeat to L	1x	
0:28	Ooh, not one of y'all	2x8	Bounce Feet together facing R diagonal, push hips F x4 with hands hip height, palms F Walk L, R x2 switching direction Repeat to L	1x	2
0:38	Put ya _ hands up	4x8	Slow Wide Walk L, R x8 with Arm Combo Add Double Time	2x	
0:58	And the randomness	4x8	Side Stretch R Repeat to L	1x	3
1:17	One of y'all	2x8	Bounce (1 hip)	1x	4
1:27	Ooh, not one of y'all	2x8	Bounce (4 hips)	1x	
1:37	I bought a Moncler coat	4x8	Slow Wide Walk L, R x8 with Arm Combo Add Double Time	2x	
1:56	I got a thick bald	3x8	Chest open and close x7	1x	5
2:11	We party in south beach	1x8	Body Roll down/up	1x	
2:16	One of y'all	2x8	Bounce (1 hip)	1x	6
2:26	Ooh, not one of y'all	2x8	Bounce (4 hips)	1x	
2:36	Outro /	4x8	Step L, tap R Repeat to R	8x	7
2:55			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 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 LES MILLS DANCE 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.

