

# BODYJAM 80 EXPRESS FORMATS

## 30-MINUTE OPTION 1:

|                   |                   |
|-------------------|-------------------|
| Tracks 1–2        | Warmup            |
| Track 3           | Isolations        |
| Track 4           | Afro House        |
| Tracks 5–8        | So Hard So Player |
| Track 14          | Groovedown        |
| <b>TOTAL TIME</b> | <b>29:51</b>      |

**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 and 45-minute class formats have been customized for this release. In the future, if you mix and match using different releases, please use the standardized express formats in the Instructor Education section on [www.lesmills.com](http://www.lesmills.com).

## 30-MINUTE OPTION 2:

|                   |                    |
|-------------------|--------------------|
| Tracks 1–2        | Warmup             |
| Tracks 10–13      | Continual Momentum |
| <b>TOTAL TIME</b> | <b>28:30</b>       |

## 45-MINUTE:

|                   |                    |
|-------------------|--------------------|
| Tracks 1–2        | Warmup             |
| Tracks 5–8        | So Hard So Player  |
| Tracks 10–13      | Continual Momentum |
| <b>TOTAL TIME</b> | <b>42:24</b>       |

## CREDITS KEY

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|                                                                                     |                                         |
|-------------------------------------------------------------------------------------|-----------------------------------------|
| <b>F</b>                                                                            | forward                                 |
| <b>B</b>                                                                            | back                                    |
| <b>L</b>                                                                            | left                                    |
| <b>mins</b>                                                                         | minutes                                 |
| <b>O/H</b>                                                                          | over head                               |
| <b>OTS</b>                                                                          | on the spot                             |
| <b>Rep</b>                                                                          | reprise (part of the chorus repeated)   |
| <b>Reps Xx</b>                                                                      | perform the Sequence/Exercise x times   |
| <b>R</b>                                                                            | right                                   |
|  | This move is featured in 'Dance School' |

Please note the color to represent the correct level of execution

|                                                                                     |          |
|-------------------------------------------------------------------------------------|----------|
|  | BASE     |
|  | FLAVA    |
|  | BREAKOUT |

## CONTENTS

### Born To Move: New Research

|                           | TRACK                                                                                                                                                                                                                                                                                                           | ARTIST                                                |             |
|---------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------|-------------|
|                           | <b>1</b> <b>Pigalle</b><br>Courtesy of the Universal Music Group.<br>Written by: Grigahcine, Alt                                                                                                                                                                                                                | DJ Snake feat. Moksi                                  | <b>3:10</b> |
|                           | <b>2</b> <b>LRAD</b><br>© 2013 Warner Music UK Limited. Produced Under License From Warner Music UK Limited.<br>Written by: Swire, McGrillen                                                                                                                                                                    | Knife Party                                           | <b>2:29</b> |
|                           | <b>3</b> <b>Bunx Up</b><br>© 2012 Wiletones / Ward 21 Music. Written by: McCarthy, Walker, Chin                                                                                                                                                                                                                 | DeeWunn feat. Marcy Chin                              | <b>3:36</b> |
|                           | <b>4</b> <b>Crank It (Woah!)</b><br>© 2016 Ministry of Sound Recordings Ltd, under exclusive license to Astrx Music, a division of Ministry of Sound Australia Pty Ltd. <a href="http://www.ministryofsound.com.au">www.ministryofsound.com.au</a><br>Written by: Cole, Cliviles, Hurley, Adapoe, Quiles, Ramos | Kideko & George Kwali feat. Nadia Rose & Sweetie Irie | <b>3:07</b> |
| <b>SO HARD SO PLAYER</b>  | <b>5</b> <b>Only Girl In The World (Mixin Marc &amp; Tony Svejda Extended Mix)</b><br>Courtesy of the Universal Music Group.<br>Written by: Johnson, Eriksen, Hermansen, Wilhelm                                                                                                                                | Rihanna                                               | <b>5:29</b> |
|                           | <b>6</b> <b>Animals (Original Mix)</b><br>Courtesy of the Universal Music Group.<br>Written by: Garritsen                                                                                                                                                                                                       | Martin Garrix                                         | <b>2:29</b> |
|                           | <b>7</b> <b>Go (Hardwell Remix)</b><br>Revealed Recordings, under exclusive license to Cloud 9 Music B.V.<br>Written by: Hall                                                                                                                                                                                   | Moby                                                  | <b>2:36</b> |
|                           | <b>8</b> <b>Dominator</b><br>© 2016 ArminAudio B.V. under exclusive license to Armada Music B.V.<br>Written by: Pernet, van Beek, Drexhage, Mahu, Nash                                                                                                                                                          | Armin Van Buuren & Human Resource                     | <b>3:20</b> |
|                           | <b>9</b> <b>Let Me Love You</b><br>Courtesy of the Universal Music Group.<br>Written by: Marsden, Grigahcine, Lee, Bieber, Tamposi, Wotman, Bell                                                                                                                                                                | DJ Snake feat. Justin Bieber                          | <b>3:16</b> |
| <b>CONTINUAL MOMENTUM</b> | <b>10</b> <b>Incredible (Denis The Menace &amp; Jerry Ropero's Full Vocal Mix)</b><br>Courtesy of the Universal Music Group.<br>Written by: Gibbons, Marlin, Reich                                                                                                                                              | The Shapeshifters                                     | <b>7:25</b> |
|                           | <b>11</b> <b>I Will Be Here (Tiësto Remix)</b><br>© 2009 Eimlows Limited and After Midnight Productions Limited for the World excluding North America.<br>Written by: Waakop, McDonald, Mitchell, Verwest                                                                                                       | Tiësto & Sneaky Sound System                          | <b>6:31</b> |
|                           | <b>12</b> <b>Afroki</b><br>© 2015 Liberator Music.<br>Written by: Aoki, McKee, van de Wall                                                                                                                                                                                                                      | Steve Aoki & Afrojack ft. Bonnie McKee                | <b>4:23</b> |
| <b>A&amp;B</b>            | <b>13</b> <b>Leave The World Behind (Original Mix)</b><br>© 2009 Axtone Records Ltd.<br>Written by: Josefsson, Hedfors, Ingrosso, Schmidt, Angello, van Scheppingen, Roberts, Cox, Fragogiannis                                                                                                                 | Axwell, Angello, Ingrosso, Laidback Luke              | <b>4:32</b> |
|                           | <b>14</b> <b>Feel It</b><br>© 2016 Warner Bros. Records Inc. Produced Under License From Warner Bros. Records Inc.<br>Written by: Ige, Palmer, Higgs                                                                                                                                                            | GTA & What So Not feat. Tunji Ige                     | <b>3:35</b> |
| <b>MASH IT!</b>           | <b>15</b> <b>We're All No One (Hook N Sling Remix)</b><br>Courtesy of the Universal Music Group.<br>Written by: Wall, O. Nervo, M. Nervo, Aoki                                                                                                                                                                  | NERVO                                                 | <b>5:38</b> |
|                           | <b>16</b> <b>How We Party</b><br>© 2014 LNG Music.<br>Written by: El Ghoul, A. Vinai, A. Vinai                                                                                                                                                                                                                  | R3hab & VINAI                                         | <b>3:11</b> |
|                           | <b>17</b> <b>Greyhound</b><br>Courtesy of the Universal Music Group.<br>Written by: Josefsson, Hedfors, Ingrosso                                                                                                                                                                                                | Swedish House Mafia                                   | <b>5:35</b> |

### The Fine Print

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# WARMUP

## 1 Pigalle > 3:10 mins

Start the class with contrast and punch, using welcoming language to highlight the up feel...

| MUSIC                               | CHOREOGRAPHY                                                                                                                                                                                | REPS | COACHING                              |
|-------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|---------------------------------------|
| 0:05 (Yeah) _                       | 3x8 Wide Freeze with Breathe Arms (ascending/descending)<br>Body Roll (down/up)                                                                                                             | 1x   |                                       |
| 0:19 (Steady beat)<br>_ Years go by | <b>Shoulder Bounce setup</b><br>4x8 Shoulder Lift R, L (2 cts)<br>Double Shoulder Lift R, L, R (2 cts)<br><b>Repeat L</b>                                                                   | 4x   | Rhythm: 1, 2, da da da                |
| 0:33 by. _ Years go                 | 4x8 <b>Add</b> Shuffle L, R                                                                                                                                                                 | 4x   | Keep the feet small                   |
| 0:47 (Long synth blast)             | <b>Tap It Out setup</b><br>4x8 Step Tap B L, R with Arm Snap R, L                                                                                                                           | 8x   | Step Tap                              |
| 1:01 (Fast beat)                    | 4x8 <b>Add</b> Step Tap with Arm Snap x2<br><b>Add</b> Shoulder Bounce                                                                                                                      | 2x   | Feet wide, up on the toes             |
| 1:16 Drop it _                      | 8x8 <b>Add</b> Breakout                                                                                                                                                                     | 4x   |                                       |
| 1:44 Bring it back now _            | 4x8 Wide Shoulder Roll with Cross Punch Arms (F/B) (4 cts)<br>Chest Pop x4 (4 cts)                                                                                                          | 4x   | Cross your arms<br>Pump your chest    |
| 1:59 (Low synth note)               | <b>Breathe Sequence setup</b><br>4x8 Wide Freeze with Breathe Arms (ascending) (slow) (8 cts)<br>Lunge L with Breathe Arms (descending) (slow) (facing B corner) (8 cts)<br><b>Repeat R</b> | 1x   | Breathe<br>Sink into the back leg     |
| 2:13 (Steady beat)<br>_ Years go by | 8x8 <b>Tap It Out</b> x2<br><b>Shoulder Bounce</b>                                                                                                                                          | 4x   | Tap it out<br>Shoulders               |
| 2:41 (Siren)                        | <b>Afro Combo setup</b><br>4x8 Wide Bounce Tap L, R with Elbow Bounce L, R                                                                                                                  | 8x   | Bounce your hips<br>Bounce your elbow |
| 2:55 (Fast beat)                    | 4x8 <b>Add</b> Wide Walk L, R x2 (B/F) Cross Punch Arms<br><b>Add</b> Chest Pop x4<br>(continues into next track)                                                                           | 2x   | Right leg back<br>Chest Pop           |

## 2 LRAD > 2:29 mins

... then build the hype as you **Afro** tap to the massive drops.

| MUSIC                    | CHOREOGRAPHY                                              | REPS | COACHING               |
|--------------------------|-----------------------------------------------------------|------|------------------------|
| 0:00 (Percussion rhythm) | (continues from previous track)<br>12x8 <b>Afro Combo</b> | 6x   | Drop it!<br>Stay low   |
| 0:42 (Synth blast)       | 2x8 Body Roll (down/up)                                   | 1x   |                        |
| 0:49 (Synth melody)      | 8x8 <b>Breathe Sequence</b>                               | 4x   | Breathe into your body |
| 1:18 (Heavy beat)        | 8x8 <b>Tap It Out</b> x2<br><b>Shoulder Bounce</b>        | 4x   | Bounce everybody!      |
| 1:46 in the club _       | 12x8 <b>Afro Combo</b>                                    | 6x   | Want some Dancehall?   |
| 2:29 (Synth blast)       | 1x8 Body Roll (down/up) (8 cts)                           | 1x   |                        |

# WARMUP

## TECHNIQUE

In the **Breathe Sequence**, you need to drop low into the back leg to stabilize the twist.

Keep the feet wide and get loads of up-bounce in **Tap It Out** and down-bounce in **Afro**. When it comes to the Back Step, keep the arms slow and smooth with a huge push through the chest, driving through the upper body. Don't rush the movement, peoples!

### SHOULDER BOUNCE

- Feet outside shoulder-width, arms long, hands relaxed and open, palms in
- Shoulder Lift *single, single, double*, elbows soft, slight weight transfer side to side
- Walk the feet small, triple shuffle, light on the feet, travel side
- Increase range



### BREATHE SEQUENCE

- Feet wide, outside shoulder-width, knees soft, breathe arms *out/up*, soft elbows, palms down, to full extension over head
- Swivel inside heel out, weight on the ball of the foot, knee turns in
- Shoulders to back corner, drop low into the back leg, breathe arms descending *out/down*, soft elbows, palms up
- Double time



### TAP IT OUT

- Feet wide, outside shoulder-width, knees super soft, bouncing up through the legs on the upbeat
- Tap inside toes back, at shoulder-width, snap inside hand at shoulder-height
- Add **Shoulder Bounce**
- Increase range



### AFRO COMBO

- Feet outside shoulder-width, knees super soft, wide step-tap the feet
- Bounce down through the legs, dropping down on the beat
- Elbow bounce across chest, grab the fist, bouncing down on the beat
- Back Step, pushing arms forward, through the chest, lead with a tight fist, elbows high and wide
- Forearms cross to finish at full extension, soft elbows, tight fists, slightly forward of the body
- Wide step forward, arms pull up and back, elbows lead, chest pushing through
- Feet wide, knees soft, pop the chest, arms long, soft elbows, tight fists
- Increase range



# 3 ISOLATIONS

Use the first couple of reps to teach the 'how'... then bring the Dancehall feel, with freedom to play with it.

| MUSIC                 | CHOREOGRAPHY                                                                                                                                | REPS  | COACHING                                                     |
|-----------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-------|--------------------------------------------------------------|
| 0:03 Strip club music | <b>Triple Tap With Hip Bounce</b><br>Tap L x3, together<br><b>Repeat R</b>                                                                  | 2x8   | Right leg... 3, 2, 1<br>2x Lift your hip with your heel      |
| 0:12 drop on the left | <b>Add Double Hip Bounce</b>                                                                                                                | 6x8   | 6x Bounce your butt                                          |
| 0:41 (Male vocal)     | <b>Wind The Hip setup</b><br>Tap L x3 with Hip/Hand Roll x3 (facing L),<br>Drag (facing F)<br><b>Repeat R</b>                               | 4x8   | Right hip... 3, 2, 1<br>4x Roll your hip and hands           |
| 1:00 bunx up, mek it  | <b>Low Arm Wave</b>                                                                                                                         | 2x8   | 2x Wave it small                                             |
| 1:10 bunx up, mek it  | <b>Add Shoulder-Height Arm Wave</b>                                                                                                         | 2x8   | 2x Higher                                                    |
| 1:20 (Male vocal)     | <b>Tick Tock setup</b><br>Hip Rock L with Double Hand Throw R, L<br><b>Repeat R</b>                                                         | 2x8   | 2x Tick tock                                                 |
| 1:29 me watch me      | <b>Heel Wind setup</b><br>Heel Swivel L (out/in) with Hip Bounce x4<br>(facing R diagonal), Switch on count 8<br><b>Repeat R</b> (facing L) | 4x8   | Drop<br>Out, in, out, in<br>2x Lift your butt with your heel |
| 1:48 Take it to the   | <b>Swizzie setup</b><br>Heel Swivel (out/in) x8, upper body<br>ascending L to R                                                             | 2x8   | 2x Weight in the heels                                       |
| 1:58 mek it bunx up   | <b>Make It Bounce Up L, R</b>                                                                                                               | 4x8   | 16x Up tap...                                                |
| 2:17 (Male vocal)     | <b>Tick Tock</b>                                                                                                                            | 2x8   | 2x                                                           |
| 2:27 bunx up, mek it) | <b>Jump With Heel Twist</b><br>Jump L with Elbow Bounce O/H, Heel<br>Twist L<br><b>Repeat R</b>                                             | 4x8   | Lift your heels<br>8x Push your hip                          |
| 2:46 drop on the left | <b>Kick Back</b><br>Kick Back L with Six60 Bounce Arms,<br>Walk L, R, L<br><b>Repeat R</b>                                                  | 4x8   | Kick it back... like pow<br>4x                               |
| 3:05 bunx up, mek it  | <b>Heel Wind</b>                                                                                                                            | 4x8   | 2x Grind your hips                                           |
| 3:24 (Steady beat)    | <b>Swizzie</b>                                                                                                                              | 2x8   | 2x Heels                                                     |
| 3:34 Hey, hey, hey    | <b>Feet Together</b><br>Body Wave                                                                                                           | 1/2x8 | 1x Feet together                                             |

Bunx Up > 3:36 mins

3

## TECHNIQUE

OK Isolations... let's talk hips, people!

1. When it comes to the **Triple Tap**, you need to double-time bounce the legs... only the legs! Keep the Hip Bounce slow
2. The footwork in **Wind The Hip** is small... the huuuugeness comes from the hips
3. **Tick Tock** is all hips... don't use your legs... just ya bottom!
4. You need to hit the side hip huge in the **Twist**

### TRIPLE TAP WITH HIP BOUNCE

- Triple-tap the feet wide from shoulder-width, tight, knees soft, arms relaxed by sides
- Hip lift with the rhythm of the heel
- Rhythm: *up down, up down, up down*
- Double-time bounce the lower body, maintain single-time rhythm in the hips
- Stable through the upper body, natural arm groove at chest-height, elbows in, relaxed fists
- Rhythm: & 1 & 2 & 3 & 4



### WIND THE HIP

- Triple-tap the outside leg super small, knees soft, circle push hip forward to the diagonal
- Hands circle forward from chest to hip-height, to full extension, palms flexed
- Arm wave to the low diagonal, away from the hip, elbow leads, smooth and fluid
- Arm wave forward at shoulder-height, away from the hip, elbow leads, smooth and fluid



### TICK TOCK

- Feet at shoulder-width, knees soft, fast hip shift side to side
- Elbows in, hands to the forward diagonal, palms up, fingers relaxed
- Rhythm: 1 & 2 & 3 & 4, 5 & 6 & 7 & 8
- Double hand throw side to side, small and tight, head turns to the outside



### HEEL WIND

- Feet outside shoulder-width, toes to the diagonal, heel hits the floor (*out/in*), rotate on the ball of the foot
- Knees bent, super low and heavy in the legs, weight to the outside
- Arms long to full extension, hands to outside knee, soft elbow, palms layered
- Huge hip bounce with the rhythm of the heel
- Rhythm: & 1 & 2 & 3 & 4
- Hands switch on count '8'



### SWIZZIE

- Feet under shoulders, knees super soft, weight forward, heavy in the legs
- Swivel on the heels, toes hit the floor *out/in*
- Natural arm groove below chest-height, side to side, slight turn of the chest, palms to floor



# 3 ISOLATIONS

Bunx Up > 3:36 mins

3

## TECHNIQUE

### MAKE IT BOUNCE UP

- Tap feet wide at shoulder-width, knees soft, bouncing up through the legs
- Rhythm: *1 up, 2 up, 3 up, 4 up*
- Forward swing Six60 hand to shoulder-height, elbow down, other arm long, soft elbow, palm in



### JUMP WITH HEEL TWIST

- Jump feet side to side at shoulder-width, knees soft
- Twist hip and heels out, weight in the balls of the feet
- Natural arm bounce, elbows at chest-height, soft fist, palm forward, head release to the outside



### KICK BACK

- Jump kick back, huge, foot flexed, hips to the diagonal, elbows high
- Elbows pull back on the kick, pistol grip, palms in
- Walk the feet at shoulder-width *back, back, front*, arms swing forward and down at full extension, soft elbows

## COACHING

Always pre-cue the **Kick Back**. Say something like:

*"Kick behind... right leg"*

*"Jump into your kick"*

*"Kick, walk, walk, walk"*

## COACHING

Use Layer 2 cues to evolve the movement. Say something like:

*"Lift your hip up, up... with the heel"*

*"Wind up your body"*

*"Make it bounce up"*

# 4 AFRO HOUSE

This is a short track, so keep your coaching spaced out and simple, and don't forget to dance right down to your *boom ba boom ba boom*.

| MUSIC                   | CHOREOGRAPHY                                                                                                                                               | REPS | COACHING                                                          |
|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-------------------------------------------------------------------|
| 0:00 Okay _             | 2x8 <b>Jump Tap setup</b><br>Jump Freeze L, Tap R x2 (out/in)<br><b>Repeat R</b>                                                                           | 2x   | Jump... tap, tap                                                  |
| 0:07 Mmm, shake that    | 6x8 <b>Add Double Time</b>                                                                                                                                 | 12x  | Double time<br>Rhythm: jump, ba ba                                |
| 0:30 (woah!) shake that | 4x8 <b>Shoulder Throw setup</b><br>Backward Shoulder Roll L, R x2<br>Tap Back with Backward Arm Circle L, R                                                | 4x   | Shoulder... 4, 3, 2, 1<br>Throw it back                           |
| 0:46 Crank it _         | 8x8 <b>Jump Tap (x2)</b><br><b>Shoulder Throw</b>                                                                                                          | 4x   | Put it together!                                                  |
| 1:16 (ah) You know how  | 4x8 <b>Stutter Step setup</b><br>Stutter Step L, R x2 (travel F) (4 cts)<br>Jump Back (L, R, L) (R, L, R) (travel B) (4 cts)                               | 4x   | Stutter forward, jump back, ba ba ba<br>Butt back, weight on toes |
| 1:32 way past _ ten     | 4x8 <b>Palms Up Setup</b><br>Wide Walk L, R x2 with Palm Throw L, R x2<br>Wide Walk L, R x2 with Arm Wave O/H L, R x2                                      | 4x   | Palms up<br>Turn your shoulders                                   |
| 1:47 Mmm, shake that    | 8x8 <b>Stutter Step</b><br><b>Jump Back</b><br><b>Palms Up</b>                                                                                             | 4x   | Stutter<br>Palms Up                                               |
| 2:18 Crank it _         | 12x8 <b>Jump Tap (x2)</b><br><b>Shoulder Throw</b><br><b>Stutter Step</b><br><b>Jump Back</b><br><b>Palms Up</b><br>(Last ct: Wide Freeze with Arm Wave R) | 3x   | All together<br>Crank it!                                         |

Crank It (Woah!) > 3:07 mins

4

## TECHNIQUE

This whole track is pretty chill... and fast... so keep your technique tight.

Don't take your weight back in the **Shoulder Throw**. You need to stay in the front leg and back-tap the feet tight and fast.

### JUMP TAP

- Feet under hips, knees soft, jump side, double-tap inside toe *out/in*
- Arms long, elbows super soft, palms to thigh, small Shoulder pop out
- Double time
- Rhythm; 1, 2&3, 4&



### SHOULDER THROW

- Feet at shoulder-width, knees soft, walk the feet
- Shoulder Roll back, arms long, at full extension, elbows soft, hands open, palms in
- Back-tap the feet, at shoulder-width, weight forward, tight and fast
- Circle throw the arm back at full extension, slight turn of the chest, hands open



### STUTTER STEP

- Feet at shoulder-width, knees soft, drop heavy into the outside leg, weight in the heels, inside heel releases
- Arms relaxed down by sides



### JUMP BACK

- Triple bounce back, tight, on the balls of the feet, small hip shift side to side
- Elbows in, soft fists, natural arm groove below chest-height
- Rhythm: 5&6, 7&6



### PALMS UP

- Feet under shoulders, knees soft, walk the feet
- Turn the chest, rotate the forearms *up/down*, elbow in, hand open, palm up
- Other hand to lower back, above hip-height, palm back, elbow wide
- Wide-walk the feet, hip shift side to side, Arm Wave behind the head, hands open, palms forward



# SO HARD SO PLAYER

## 5 Only Girl In The World > 5:29 mins

It's all about clean, simple technique, and clean, simple cues. Repeat and repeat until your class are feeling comfortable, then **Smash** it out on that strobing electro beat.

| MUSIC                         | CHOREOGRAPHY                                                                                                                                                                                | REPS | COACHING                                                                       |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|--------------------------------------------------------------------------------|
| 0:00 (Synth blast)            | 8x8 <b>Jump Back setup</b><br>Jump together with Shoulder Grab (2 cts)<br>Jump B with Arm Push F (2 cts)<br>Body Wave R, feet together (4 cts)<br>Slow Wide Walk L, R x2 (travel F) (8 cts) | 4x   | Feet together<br>Jump back                                                     |
| 0:30 (Heavy beat)             | 8x8 <b>Add Double Time</b><br><b>Add Freeze</b> (2cts)<br><b>Add Fast Wide Walk L, R x5</b> (10cts)<br>(Last rep: Step Touch L, R x2)                                                       | 4x   | Double time<br>Keep it controlled<br>It's all about getting your feet together |
| 1:00 (Low synth melody)       | 4x8 <b>Stab It Arm Combo setup</b><br>Step Touch L, R x2 with Stab It Arms (Out/In, F/B/F) (8 cts)                                                                                          | 4x   | Palms up... then rotate down                                                   |
| 1:16 to <b>love</b> me, like  | 8x8 <b>Add Double Time</b> (Stab It Arm Combo)<br><b>Add Arm Throw O/H, Palm Drag</b> (descending)                                                                                          | 8x   | Double time, stab it<br>Shoot out then bounce back                             |
| 1:46 to <b>make</b> me feel   | 7x8 <b>Whack Double Wrap setup</b><br>Wide Freeze with Arm Whack (R, L, R)<br>Step Drag R with Double Wrap L, R, Wide Freeze                                                                | 7x   | Right hand behind<br>Whack the arms, double wrap                               |
| 2:13 like a <b>man</b> (yeah) | 1x8 <b>Add Double Time</b><br><b>Add Step Touch L, R</b>                                                                                                                                    | 1x   | Double time                                                                    |
| 2:17 to <b>make</b> me feel   | 12x8 <b>Stab It Arm Combo</b><br><b>Whack Double Wrap</b><br>Step Touch L, R x2                                                                                                             | 6x   | Palms up<br>Plant your feet;<br>da da da                                       |
| 3:02 to <b>make</b> me feel   | 7x8 <b>Drop Knee setup</b><br>Step Drop Knee R, L with Hand Flap L, R<br>Chest Pop                                                                                                          | 7x   | Drop knee<br>Turn your heel out                                                |
| 3:29 your <b>heart</b> . Only | 1x8 <b>Add Double Time</b><br>Step Touch L, R                                                                                                                                               | 1x   | Double time                                                                    |

# SO HARD SO PLAYER

| MUSIC                       | CHOREOGRAPHY                                                                                                            | REPS | COACHING                                       |
|-----------------------------|-------------------------------------------------------------------------------------------------------------------------|------|------------------------------------------------|
| 3:33 (Low synth melody)     | 12x8 <b>Stab It Arm Combo</b><br><b>Whack Double Wrap</b><br><b>Drop Knee</b><br><b>Jump Back</b><br>Step Touch L, R x4 | 3x   | Put it together!<br><br>Drop knee<br>Jump back |
| 4:18 last all night _       | ½x8 Step Touch L, R                                                                                                     | 1x   | 5, 6, 7, 8                                     |
| 4:20 to <b>make</b> me feel | 16x8 <b>Stab It Arm Combo</b><br><b>Whack Double Wrap</b><br><b>Drop Knee</b><br><b>Jump Back</b><br>Step Touch L, R x4 | 4x   | Control the movement                           |
| 5:21 (B up)                 | 2x8 Hand Roll Push R to L<br>(reps continue into next track)                                                            | 2x   | Roll your hands towards your face              |

# SO HARD SO PLAYER

## 6 Animals > 2:29 mins

Same again – simple, clean cues in this new kind of choreography; fast, controlled and executed with a kind of hard simplicity. Hit the lines strong and clear to create success.

| MUSIC               | CHOREOGRAPHY                                                                                                                                                                                                         | REPS | COACHING                                                                    |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----------------------------------------------------------------------------|
| 0:00 (Synth blast)  | (continues from previous track)<br>2x8 Hand Roll Push R to L                                                                                                                                                         | 2x   | Turn your chest                                                             |
| 0:07 (Synth melody) | <b>Smash L setup</b><br>8x8 Slow Drag L with Smash Arm O/H L (facing L diagonal) (4 cts)<br>Wide Walk R, L with Backwards Hand/Roll Palm Push (4 cts)<br>Circle Turn R (R, L, R), Freeze (facing R diagonal) (8 cts) | 4x   | Smash your right arm<br>Turn back... left, right, left<br>Switch directions |
| 0:37 (Heavy synth)  | 8x8 <b>Add Double Time</b><br><b>Add Double Shoulder Pop L x2, L heel lifted (facing R diagonal)</b><br>Step Touch L, R x2                                                                                           | 4x   | Double shoulder on the ball of the foot                                     |
| 1:07 animals _      | 8x8 <b>Add Breakout</b>                                                                                                                                                                                              | 4x   | Turn tight                                                                  |
| 1:37 (Synth blast)  | <b>Smash R setup</b><br>2x8 Slow Drag R with Smash Arm O/H R (facing R diagonal) (4 cts)<br>Drop Step L, R (travel B) (2 cts)<br>Circle Turn L (L, R) (2 cts)<br>Step Touch L, R x2 (4 cts)                          | 1x   | Other side, Smash<br>Right leg<br>Drop, drop, turn, turn<br>Forward turn    |
| 1:44 (Heavy synth)  | 8x8 <b>Add Knee Lift L with Clap</b>                                                                                                                                                                                 | 4x   | Right, left, turn, turn                                                     |
| 2:14 (B up)         | <b>Smash setup continued</b><br>4x8 <b>Smash L</b><br><b>Smash R</b><br>Step Touch L, R x4<br>(reps continue into next track)                                                                                        | 1x   | Put it together<br>From the top                                             |

# SO HARD SO PLAYER

## 7 Go > 2:36 mins

Dance it harder... then use the Step Touch to reconnect before rehearsing it slow from the top, creating much needed space.

| MUSIC               | CHOREOGRAPHY                                                                                                                                       | REPS | COACHING                                  |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------|-------------------------------------------|
| 0:00 (Go) _         | (reps continue from previous track)<br>8x8 <b>Smash L</b><br><b>Smash R</b><br>Step Touch L, R x4                                                  | 2x   | Feel the drag... 4, 3, 2, 1<br>Turn tight |
| 0:30 (B up)         | <b>So Hard So Player Setup</b><br>4x8 <b>Stab It Arm Combo</b><br><b>Whack Double Wrap</b><br><b>Drop Knee</b><br><b>Jump Back</b><br><b>Smash</b> | 1x   | Put it together!                          |
| 0:45 (Go) _         | 4x8 Step Touch L, R                                                                                                                                | 8x   | How's the music?                          |
| 1:00 (Go) _         | 4x8 <b>So Hard So Player</b>                                                                                                                       | 1x   | We dance it harder                        |
| 1:15 (Go) _ (yeah)  | 2x8 Drag L, R                                                                                                                                      | 2x   | Slow                                      |
| 1:23 (Steady beat)  | 8x8 <b>So Hard So Player (half time)</b>                                                                                                           | 1x   | Let's rehearse that slow                  |
| 1:52 I'm bigger and | 4x8 Slow Wide Walk L, R                                                                                                                            | 8x   |                                           |
| 2:06 I'm bigger and | 4x8 Step Touch L, R                                                                                                                                | 8x   |                                           |
| 2:21 I'm bigger and | 4x8 <b>So Hard So Player</b>                                                                                                                       | 1x   |                                           |



# SO HARD SO PLAYER

## 8 Dominator > 3:20 mins

Use minimal coaching, dance your ass off and let the music *Dominator*. This track truly wild, hardcore is back.

| MUSIC                   | CHOREOGRAPHY                                  | REPS | COACHING                 |
|-------------------------|-----------------------------------------------|------|--------------------------|
| 0:00 (Descending synth) | 2x8 Freestyle Freeze or Step Touch            | 1x   | Freeze!                  |
| 0:07 (Descending synth) | 2x8 Step Touch L, R                           | 4x   | 3 times put it together! |
| 0:14 (Steady beat)      | 12x8 So Hard So Player                        | 3x   | Do it again              |
| 0:59 (Quick fade)       | 4x8 Slow Wide Walk L, R                       | 8x   |                          |
| 1:14 I'm bigger and     | 4x8 Step Touch L, R                           | 8x   |                          |
| 1:28 I'm bigger and     | 4x8 So Hard So Player                         | 1x   |                          |
| 1:43 I'm the one and    | 4x8 Step Touch L, R                           | 8x   | 3 times... smash it!     |
| 1:58 Dominator          | 12x8 So Hard So Player                        | 3x   |                          |
| 2:42 (Heavy beat)       | 8x8 Step Touch L, R                           | 16x  | Breathe, everybody       |
| 3:12 (Synth blast)      | 1x8 Wide Freeze with Breathe Arms (ascending) | 1x   |                          |

# SO HARD SO PLAYER

## TECHNIQUE

**So Hard So Player** brings a whole new kind of movement. The choreography is modern and the music is HEAVY.

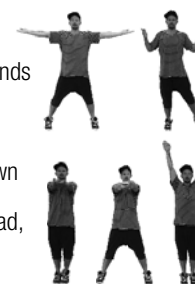
First you need to nail the stabbing motion in **Stab It Arm Combo**... so don't leave your arms out there! Once you reach full extension, bounce them off, your hands retracting straight back in.

Get your hands below your eye line in the **Whack Double Wrap** and use the step out to lead into the **Drop Knee**.

Keep your footwork tight in the turn phase of the **Smash** combo. When you **Smash** to your right, you need to control the movement because it's so sloooowwww!

### STAB IT ARM COMBO

- Step-touch the feet at shoulder-width, knees soft
- Double stab to the horizontal, at shoulder-height, palms up, retract hands to front of shoulders
- Double stab to the front, at shoulder-height, hands layered, palms up
- Retract hands to chest, rotate the palms down, elbows release out
- Double stab to the front, at shoulder-height, hands layered, palms down
- Double time
- Retract hands to front of chest, double throw to full extension over head, at shoulder-width, palms forward
- Hands drag down, at shoulder-width, palms forward



### WHACK DOUBLE WRAP

- Plant the feet wide, outside shoulder-width, knees soft
- Triple-whack the hands, left hand to back of neck, elbow wide, palm forward
- Other hand to front of face, chin-height, elbow wide, palm forward
- Double-wrap the head, arms circling forward, elbows wide, palms down, dragging the left leg in
- Step wide to finish, outside shoulder-width
- Double time
- Rhythm: 5 & 6, 7, 8



### DROP KNEE

- Feet at shoulder-width, knees soft, drop into the outside leg, inside knee turns in, heel up
- Outside hand to the front diagonal, at shoulder-height
- Palm flaps down on the 'off' count, fingers out, palm up
- Other arm relaxed down by side
- Wide freeze at shoulder-width, arms long, elbows soft, tight fists, palms back, pop the chest forward/back
- Double time
- Rhythm: 1&2&3, Chest Pop



# SO HARD SO PLAYER

# SO HARD SO PLAYER

## TECHNIQUE

### JUMP BACK

- Jump feet together, under hips, knees soft, tight fists at shoulder-height, elbows in, palms forward
- Jump back, circle arm push *forward/down*, arms finish long, down by sides
- Step wave to the right diagonal, soft knees, chest lifts, waving through the upper torso
- Double time
- Freeze, feet together under hips, knees soft
- Rhythm: 5, 6, 7&8



### SMASH L

- Step left, drag the trailing leg, hips to the diagonal, leading arm over head, elbow out, tight fist, palm forward, chest open
- Other arm relaxed down by side, hand open, palm in
- Wide-walk the feet, knees super soft, switch direction turning chest corner-to-corner
- Roll the forearms in, chest-height, palms flat to floor
- Inside palm retracts at shoulder-height, elbow back, palm forward
- Other arm at full extension to the front diagonal, soft elbow, wrist flexed, palm up
- Tight-turn the feet *right/left/right*, drop into the outside leg, feet at shoulder-width, knees soft, inside knee turns in, heel up
- Double time
- Double Shoulder Pop, weight on the ball of the foot, arms long, hands relaxed
- Rhythm: 7&8
- Increase range



### SMASH R

- Step right, drag the trailing leg, hips to the diagonal, leading arm over head, elbow out, tight fist, palm forward
- Other arm relaxed down by side, hand open, palm in
- Drop step back, feet at shoulder-width, knees soft, drop heavy into the outside leg, inside heel releases
- Rhythm: 5, 6
- Tight-turn the feet *left/right*
- Rhythm: 7, 8
- Knee release forward, foot relaxed, hands clap in front of chest
- Rhythm: 1, 2, 3, Clap
- Combine Smash L and Smash R
- Increase range



## COACHING

It's a new kind of choreography... *fast, tight and controlled*... executed with a kind of hard simplicity.

So, hit the lines hard and clean to create success.

# 9 RECOVERY

Let Me Love You > 3:16 mins

9

Keep the hip roll small to create beauty and drop smoothly into the **Double Back** to get that 'dreamy' feel.

| MUSIC                  | CHOREOGRAPHY                                                                                                                                                                                                                     | REPS | COACHING                                |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----------------------------------------|
| 0:04 (Synth melody)    | <b>Love You Combo setup</b><br>1x8 Diagonal Tap L, R                                                                                                                                                                             | 2x   | Tap your toes                           |
| 0:09 used to believe   | 4x8 <b>Add</b> Diagonal Tap L, R x2<br><b>Add</b> Double Back L, R (travel B),<br>L, R (travel F) x2                                                                                                                             | 2x   | Double back<br>Back, back, front, front |
| 0:27 Say, go through   | 4x8 <b>Add</b> Hip Roll L, R x2                                                                                                                                                                                                  | 2x   | Push your hip to the front corner       |
| 0:46 give up, nah-nah  | <b>Love You Combo setup continued</b><br>2x8 Walk L, R x4 with Arm Swing (out/in) (8 cts)<br>Walk L, R x4 Hand Roll to O/H (8 cts)                                                                                               | 1x   | Let your arms swing<br>Roll up          |
| 0:55 give up, nah-nah  | 6x8 Diagonal Tap L, R x2 with Arm Swing<br>Double Back with Arm Roll                                                                                                                                                             | 3x   | Put those moves together                |
| 1:23 Don't fall asleep | <b>Sway setup</b><br>2x8 Slow Wide Walk L, R x2 with Sway Arms<br>R, L x2<br>Drop Step L, R (travel L, R)                                                                                                                        | 1x   | Sway<br>Two steps                       |
| 1:33 that we need      | 6x8 <b>Add</b> Double Wrist Flick on Drop Step x4 R, L                                                                                                                                                                           | 3x   | Drop into your back leg                 |
| 2:00 give up, nah-nah  | 8x8 <b>Love You Combo</b>                                                                                                                                                                                                        | 4x   | Soften into it                          |
| 2:38 (Never let you)   | 4x8 <b>Sway</b>                                                                                                                                                                                                                  | 2x   |                                         |
| 2:56 give up, nah-nah  | 4x8 Slow Wide Walk L, R x2 with Breathe Arms<br>(ascending/descending) (8 cts)<br>Fast Wide Walk L, R x4 (8 cts)<br>Slow Wide Walk L, R x2 with Breathe Arms<br>(ascending/descending) (8 cts)<br>Fast Wide Walk L, R x4 (8 cts) | 1x   | Take a breath<br>Double time            |

## TECHNIQUE

Keep the Hip Roll small to drop smoothly into the **Double Back**. You need to hold your arms over head till the end of count 8.

### LOVE YOU COMBO

- Feet together, knees soft, tap ball of the foot to front diagonal
- Walk the feet *back/forward*, dropping back smoothly into the left leg, slight hip shift side to side, arms relaxed down by sides
- Hip push towards leading leg, roll around the back, small and smooth
- Walk feet under hips, knees soft
- Arm swing *back/forward* to the low diagonal, arms long, elbows soft, palms down, hands relaxed, forearms cross above hip-height to finish
- Roll hands back, palms layered, sweep arms up slowly to hold at full extension over head



### SWAY

- Slow wide-walk the feet, shoulder-width, knees super soft, chest turns to the diagonal
- Sweep arms across, front arm at shoulder-height, top arm to the high diagonal, slightly behind the body, palms out
- Step drop into the back heel, hips to corner, front heel release, step together, finish facing front
- Elbows super soft, flap hands up on the beat, front arm at shoulder-height, back hand over head



# CONTINUAL MOMENTUM

## 10 Incredible > 7:25 mins

This song is the greatest! Use simple, clear cues to set up the combos, then let the music wash over you. Dial up the hype to get your class moving bigger and bigger.

| MUSIC                    | CHOREOGRAPHY                                                                                                                                                                                                                              | REPS | COACHING                                                                                     |
|--------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----------------------------------------------------------------------------------------------|
| 0:00 (Steady beat)       | 4x8 <b>Breathe setup</b><br>Slow Hip Rock L, R with Wide Breath and Clap L (4 cts)<br>Slow Hip Rock L, R                                                                                                                                  | 4x   | Breathe<br>Arms straight on the clap                                                         |
| 0:14 (Oh yeah)           | 8x8 <b>Add</b> Slow Arm Rock R, L                                                                                                                                                                                                         | 8x   | Rock your body<br>Side to side                                                               |
| 0:44 (Synth melody)      | 8x8 Heel Walk L, R with Circle Arms R (4 cts)                                                                                                                                                                                             | 16x  | Circle arms... left to right                                                                 |
| 1:14 (B up)              | 2x8 <b>Breathe setup continued</b><br>Breathe (8 cts)<br>Wide Walk L, R x2 with Arm Circle R x2 (8 cts)                                                                                                                                   | 1x   | Put it together                                                                              |
| 1:22 (B up)              | 2x8 <b>Add</b> Double Time<br><b>Add</b> Step Touch L, R x2                                                                                                                                                                               | 1x   | Double time<br>Keep it fluid                                                                 |
| 1:29 (Heavy beat)        | 8x8 <b>Add</b> Breakout<br>(Last Step Touch rep: preview Arms F)                                                                                                                                                                          | 4x   | One continuous movement                                                                      |
| 1:59 _ You think I'm     | 8x8 <b>Smash Back setup</b><br>Step Touch L, R with Backwards Elbow Smash R, L<br>Step Touch L, R with Arms F<br>Step Touch L, R with Single Whack R, L<br>Step Touch L, R with Arms F                                                    | 4x   | Left hand, elbow smash<br>Whack behind the head<br><br>Turn your chest<br><br>Turn your hips |
| 2:29 feeling _ Let's all | 16x8 <b>Breathe</b><br><b>Smash Back</b><br><b>Add</b> Wide Freeze with Double Arm Wrap and Palm Drag (descending), Clap on count 8<br><b>Add</b> Step Touch L, R x2                                                                      | 4x   | All together<br>Smash<br>Freeze                                                              |
| 3:29 (Long synth blast)  | 7x8 Wide Freeze with Breathe Arms (ascending) (8 cts)<br>Body Roll (down/up) (8 cts)<br>Wide Freeze with Breathe Arms (ascending) (8 cts)<br>Hip Rock L, R x8 with Arms O/H (16cts)<br>Hip Rock L, R with Palm Drag (descending) (16 cts) | 1x   | Hips                                                                                         |

# CONTINUAL MOMENTUM

| MUSIC                      | CHOREOGRAPHY                                                                                                                                                                                                                                       | REPS | COACHING                                                           |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|--------------------------------------------------------------------|
| 3:55 _ (Incredible baby)   | 4x8 <b>Afro setup</b><br>Wide Walk L, R<br>(Last 8 reps: gradual transition to Arm Swing)                                                                                                                                                          | 16x  | Let it swing                                                       |
| 4:10 _ We all need comfort | 8x8 <b>Add</b> Quick Quick Slow (L, R, L) with Arm Swing R, L, Backwards Elbow Roll R<br><b>Repeat R</b><br>(Last 4 reps: gradual transition to Backwards Arm Circle)                                                                              | 8x   | Quick, quick, slow<br><br>Start to open your body<br>Use the space |
| 4:39 _ Let's all do        | 8x8 <b>Add</b> Backwards Arm Circle (remove Elbow Roll)                                                                                                                                                                                            | 8x   | You have so much time!                                             |
| 5:09 _ I'm gonna beat it   | 4x8 <b>Hands Up setup</b><br>Hip Rock L, R x3 with Hands Up O/H (ascending), (7 cts)<br>Collapse with Wide Circle Arms (descending) on count 8<br>(Last 4cts: preview Step Touch L, R)                                                             | 4x   | Hands up<br>... 5, 6, 7, 8<br><br>Drop                             |
| 5:24 this house _ (B up)   | 4x8 Step Touch L, R                                                                                                                                                                                                                                | 8x   |                                                                    |
| 5:39 (Steady beat)         | 16x8 <b>Breathe</b><br><b>Smash Back</b><br><b>Freeze</b> (4 cts)<br><b>Afro</b><br><b>Hands Up</b> (4 cts)                                                                                                                                        | 4x   | Breathe<br>Smash<br>Freeze<br>Afro<br>Hands up, 5, 6, 7, drop!     |
| 6:38 (Synth cymbal) (B up) | 4x8 Step Touch L, R                                                                                                                                                                                                                                | 8x   |                                                                    |
| 6:53 (Incredible!)         | ½x8 Wide Walk L, R                                                                                                                                                                                                                                 | 2x   |                                                                    |
| 6:55 (Incredible!) _       | 8x8 <b>Jump Turn setup</b><br>Wide Jump R with Hands O/H, Wide Freeze with Slice L (4 cts)<br>Slice R, L, Freeze (4 cts)<br>Drag L, Jump Wide (facing L) (4cts)<br>Hip Rock L, R x2 (transition to F) (4 cts)<br>(setup continues into next track) | 4x   | Jump out of both legs<br><br>Drag your left foot                   |

# CONTINUAL MOMENTUM

## 11 I Will Be Here > 6:31 mins

The **Triple Knee** is high cardio and you need to get around fast! Coach the up bounce, give clear directional cues and role-model options to guarantee success.

| MUSIC                         | CHOREOGRAPHY                                                                                                                                       | REPS | COACHING                                                          |
|-------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------|-------------------------------------------------------------------|
| 0:00 (Synth rhythm)           | 8x8 (setup continues from previous track)<br><b>Add</b> Double Time<br>Hip Rock (8 cts)<br>(Last rep: preview Turn L, Drop L)                      | 4x   | Double time<br>Turn your shoulders                                |
| 0:29 _ I don't know, what     | 8x8 <b>Add</b> Turn L with Elbows Up<br><b>Add</b> Drop L, Freeze (4 cts)<br>Hip Rock (20 cts)                                                     | 4x   | Turn on the ball of the foot                                      |
| 0:59 lead to believe _        | 8x8 <b>Add</b> Breakout<br>Hip Rock (4 cts)<br>(Last rep: preview Triple Knee)                                                                     | 4x   | Pick up your back leg                                             |
| 1:28 (Synth melody)           | 4x8 <b>Triple Knee setup</b><br>Knee Lift x3 R (transition L to R), Jump wide (facing R)<br><b>Repeat</b> L (transition R to L)                    | 4x   | Triple knee... up, up, up<br>Jump wide                            |
| 1:43 When the <b>big</b> road | 4x8 <b>Add</b> Elbow Bounce<br>(Last rep: preview Turn)                                                                                            | 4x   | Hands in the air                                                  |
| 1:58 (Synth rhythm)           | 8x8 <b>Add</b> Turn R, L<br><b>Add</b> Drop L, Freeze                                                                                              | 4x   | Left knee... to the left                                          |
| 2:28 _ Guess that things      | 8x8 <b>Ball Change setup</b><br>Ball Change L, R with Double Dream Arms (travel F), Body Roll (down/up) (8cts)<br>Hip Rock L, R x4 (travel B)      | 4x   | Ball change forward<br>Hips forward                               |
| 2:57 When the <b>big</b> road | 16x8 <b>Jump Turn</b><br><b>Triple Knee</b><br><b>Drop</b><br><b>Ball Change</b><br>Hip Rock L, R x4 (travel B)<br>(Last rep: preview Hip Rock x3) | 4x   | Jump<br>Triple Knee<br>Drop<br>Ball Change<br>New move... 3 steps |

# CONTINUAL MOMENTUM

| MUSIC                     | CHOREOGRAPHY                                                                                                                                                                                   | REPS | COACHING                                                             |
|---------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----------------------------------------------------------------------|
| 3:56 _ You know when      | 4x8 <b>Elbow Wave setup</b><br>Hip Rock L, R, L, Knee Lift R with Elbow Push Arms<br><b>Repeat</b> R<br>(Last rep: preview Wave Arms)                                                          | 4x   | 3, 2, 1... 3, 2, 1<br>Up push, up down<br>Arms start up at shoulders |
| 4:11 (Heavy synth)        | 8x8 <b>Add</b> Wave Arms<br><b>Add</b> Breakout                                                                                                                                                | 8x   | Wave!<br>Let your body roll                                          |
| 4:40 _ (Ascending beat)   | 4x8 Step Touch L, R                                                                                                                                                                            | 8x   |                                                                      |
| 4:55 (Synth blast)        | 8x8 <b>Breathe</b><br><b>Smash Back</b><br><b>Freeze</b><br><b>Afro</b><br><b>Hands Up</b><br><b>Jump Turn</b><br><b>Triple Knee</b><br><b>Drop</b><br><b>Ball Change</b><br><b>Elbow Wave</b> | 1x   | Breathe<br>Hands up<br>Jump, jump, jump!<br>Add on Elbow Wave        |
| 5:24 (Low synth note)     | 2x8 Step Touch L, R                                                                                                                                                                            | 4x   |                                                                      |
| 5:32 (Synth rhythm)       | 8x8 <b>Breathe</b><br><b>Smash Back</b><br><b>Freeze</b><br><b>Afro</b><br><b>Hands Up</b><br><b>Jump Turn</b><br><b>Triple Knee</b><br><b>Drop</b><br><b>Ball Change</b><br><b>Elbow Wave</b> | 1x   |                                                                      |
| 6:01 (Quiet synth melody) | 8x8 Step Touch L, R                                                                                                                                                                            | 16x  | Are you ready?                                                       |

# CONTINUAL MOMENTUM

## 12A Afroki > 0:59 mins

Use clear and simple Layer 1 cues repeatedly, to set up the **Double Run** combos.

| MUSIC                | CHOREOGRAPHY                                                                                                                                                                                      | REPS | COACHING                                                                           |
|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|------------------------------------------------------------------------------------|
| 0:00 (Synth melody)  | 8x8<br><b>Breathe</b><br><b>Smash Back</b><br><b>Freeze</b><br><b>Afro</b><br><b>Hands Up</b><br><b>Jump Turn</b><br><b>Triple Knee</b><br><b>Drop</b><br><b>Ball Change</b><br><b>Elbow Wave</b> | 1x   |                                                                                    |
| 0:29 (Steady rhythm) | 8x8<br><b>Double Run setup</b><br>Run L, R, Knee Jump with Arm Swing L (travel L), Wide Freeze<br>Run R, L, Leap R with Arms O/H and Roll Up (travel R) (facing R)                                | 4x   | Double run<br>Pick up your right knee<br>Now stretch your left leg Up... then long |

# CONTINUAL MOMENTUM

## 12B Afroki > 3:24 mins

Finish by amalgamating the routine clearly, so the class can...

| MUSIC                             | CHOREOGRAPHY                                                                                                                                                                                                                                                                                                                                            | REPS | COACHING                                                       |
|-----------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|----------------------------------------------------------------|
| 0:00 (Long synth blast)           | 8x8<br><b>Sweep Turn Prep setup</b><br>Circle Sweep Arm R (transition from R to L) (8 cts)<br>Torso Twist L, Freeze (4 cts)<br>(Transition from L to F) (4 cts)                                                                                                                                                                                         | 4x   | Sweep<br>Preparation for the turn                              |
| 0:29 I was afraid to              | 5x8<br><b>Heel Push setup</b><br>Heel Push L x8 with Body Wave L (facing L diagonal) (8 cts)<br>Heel Push x8                                                                                                                                                                                                                                            | 2½x  | Drop your head<br>Push your heel on the beat<br>Arch your back |
| 0:47 <b>felt.</b> I was afraid    | 3x8<br>Step Touch L, R                                                                                                                                                                                                                                                                                                                                  | 6x   |                                                                |
| 0:58 get <b>up</b> , up, up       | 8x8<br><b>Double Run L</b><br><b>Sweep Turn Prep</b><br><b>Double Run R with Turn</b><br><b>Heel Push</b><br>Add Step Touch L, R x2                                                                                                                                                                                                                     | 2x   | Double run<br>Sweep and turn back<br>More height               |
| 1:27 afraid <b>anymore</b>        | 12x8<br>Add Breakout                                                                                                                                                                                                                                                                                                                                    | 3x   | Go for length                                                  |
| 2:11 ready _ (No fear) I'm        | 4x8<br>Step Touch L, R                                                                                                                                                                                                                                                                                                                                  | 8x   |                                                                |
| 2:25 <b>anymore</b> (steady beat) | 12x8<br><b>Continual Momentum setup</b><br><b>Breathe</b><br><b>Smash Back</b><br><b>Freeze</b><br><b>Afro</b><br><b>Hands Up</b><br><b>Jump Turn</b><br><b>Triple Knee</b><br><b>Drop</b><br><b>Ball Change</b><br><b>Elbow Wave</b><br><b>Double Run L</b><br><b>Sweep Turn Prep</b><br><b>Double Run R</b><br><b>Heel Push</b><br>Step Touch L, R x2 | 1x   |                                                                |
| 3:09 (Steady beat)                | 4x8<br>Step Touch L, R                                                                                                                                                                                                                                                                                                                                  | 8x   | Don't stop the momentum                                        |

# CONTINUAL MOMENTUM

## 13 Leave The World Behind > 4:32 mins

*Leave the World Behind!*

The moment that defines all moments in this amazing class. Float through the repetition, feeding off the anticipation, before continuing the moment and unleashing a new level of intensity.

| MUSIC                        | CHOREOGRAPHY                                                | REPS | COACHING                      |
|------------------------------|-------------------------------------------------------------|------|-------------------------------|
| 0:00 (Synth rhythm)          | 12x8 Continual Momentum                                     | 1x   |                               |
| 0:43 <b>People</b> , can you | 4x8 Wide Walk with Low Arm Wave L, R                        | 8x   | Lead with your elbows         |
| 0:57 Just <b>surrender</b>   | 4x8 <b>Add</b> (Arm Wave ascending to high diagonal)        | 8x   | Higher                        |
| 1:12 world <b>behind</b> you | 12x8 <b>Add</b> Single x3, Double (Drop)                    | 6x   | Drop                          |
| 1:56 (Synth blast) (B up)    | 4x8 Step Touch L, R                                         | 8x   |                               |
| 2:10 (Heavy beat)            | 12x8 Continual Momentum                                     | 1x   |                               |
| 2:54 world <b>behind</b> you | 4x8 Step Touch L, R                                         | 8x   | Do you want 1 more everybody? |
| 3:08 this world behind _     | 12x8 Continual Momentum                                     | 1x   |                               |
| 3:52 (Fast rhythm)           | 4x8 Step Touch L, R                                         | 8x   |                               |
| 4:07 (Fast rhythm)           | 2x8 Hip Rock L, R                                           | 8x   |                               |
| 4:14 (Fast rhythm)           | 2x8 <b>Add</b> Breathe Arms (ascending/descending) (16 cts) | 1x   |                               |
| 4:21 (Quick fade)            | 1x8 Wide Freeze with Breathe Arms (ascending)               | 1x   |                               |

# CONTINUAL MOMENTUM

## TECHNIQUE

The **Breathe** combo is smooth and fluid... each movement flowing seamlessly into the next; so keep your feet moving in the Arm Circle to help lead the body into **Smash Back**. Then... watch for the change in direction! Side, front, side, front... everything turning – your knees, your hips, your chest!

When you **Afro**, don't go too low in the legs. Instead, keep the chest lifted and find some side-to-side movement. So you need to keep it high, turning the chest and making it huge by going side to side.

Now this routine also has two beautiful drops. The 1st after the turn and the 2nd before the **Ball Change**... then... use '4' full counts to breathe up, before letting your elbows float and your body roll in **Elbow Wave**...

and then we **RUN!!!**

This block is all long-flowing momentum. Get the choreography in your body, then see how much you can flow, stretch and fly. It feels amazing!!

### BREATHE

- Slow wide-walk the feet, knees super soft, massive Hip Rock side to side
- Breathe arms out to the horizontal, long at shoulder-height, elbows lead, palms forward
- Sweep right arm across the chest, clasp hands at shoulder-height, chest turns, arms at full extension
- Throw clasped hands across the chest, at shoulder-height, elbows down, body rocking side to side
- Wind the chest, hands circle behind the head, chest lifts and opens, elbows wide, fingers layered, palms forward
- Double time
- Increase range
- Walk the feet small in the Arm Circle



### SMASH BACK

- Step-touch feet at shoulder-width, knees soft, drop into the legs, turn the hips
- Smash inside elbow to the back, at shoulder-height, chest turns, wrist flexed, palm forward
- Other arm forward at full extension, wrist flexed, palm forward at shoulder-height
- Whack inside arm to back of neck, chest turns, elbow back, other arm forward at full extension, blade hand, palm in



# CONTINUAL MOMENTUM

## TECHNIQUE

### FREEZE

- Left leg steps out, plant feet at shoulder-width, double wrap the head, hands soft, palms drag down the front of torso
- Left leg steps in, feet under hips



### AFRO

- Wide-walk the feet at shoulder-width, knees soft, hips rocking side to side, arms long, palms in
- Gradual transition into forward arm swing, hand to shoulder-height, hands soft, palms in
- Wide-walk the feet *quick, quick, slow*, weight to the outside, knees super soft, turn the chest
- Inside elbow rolls back at shoulder-height, hand soft, palm out
- Gradual transition to backwards Arm Circle, shoulder-width, at full extension, elbows soft, chest open
- Increase range



### HANDS UP

- Feet wide, outside hip-width, knees super soft, massive Hip Rock side to side
- Arms long at full extension, ascending from hip-height to over head, at shoulder-width, fingers splayed, palms down
- Collapse chest forward, circle-sweep the arms *out/down*, dropping low in the legs, forearms crossing



### JUMP TURN

- Wide power jump, feet landing simultaneously at shoulder-width, knees soft, hands over head, elbows wide, palms forward
- Weight to the outside, inside arm slices down, hand at hip-height, palm in, chest out
- Weight transfer side to side, double slice the arms, chest turning side to side
- Step drag the feet left, jump side, feet wide at shoulder-width
- Walk the feet, Hip Rock side to side, transition from side to face front
- Double time
- Increase range
- Turn on the ball of the foot, trailing leg high, knee bent, foot relaxed, hands up, elbows wide at shoulder-height, soft fists
- Drop into the legs, hips back and down, eyes down, back arm long above shoulder-height, elbow soft, soft fist, palm forward
- Other arm across thighs, elbow in, soft fist back
- Increase range



### TRIPLE KNEE

- Feet at shoulder-width, knees super soft
- Jump up on the beat, inside knee pull, hard, below hip-height, torso turning side to side
- Finish wide at shoulder-width, knees super soft
- Natural arm bounce at shoulder-height, soft fists, palms forward
- Turn towards knee, fast, land wide, knees soft, facing opposite side



# CONTINUAL MOMENTUM

## TECHNIQUE

### DROP

- Drop low in the legs, tip forward from the hip, natural alignment of the head and neck, eyes down
- Back arm to the high diagonal, hand open, palm forward, other hand on front thigh, fingers in
- '4' full counts to breathe up through the legs



### BALL CHANGE

- Step ball change forward, feet wide at shoulder-width, knees soft, hips forward
- Breathe arms (*up/out*), huge, chest lifted, elbows soft, palms forward
- Collapse torso forward, knees bent, roll up through the spine, arms relaxed down by sides
- Wide walk, travel back, hips rocking side to side, arms relaxed down by sides
- Increase range



### ELBOW WAVE

- Feet wide at shoulder-width, knees super soft, hips rock side to side, 3 steps, inside knee lifts to hip-height
- Elbows draw wide at shoulder-height, tight fists above shoulders, palms down
- Arms push forward at chest-height, forearms crossed, elbows soft
- Arms push down to full extension with knee, tight fists outside hips, arms pull back to shoulders, chest drops
- Wave from the elbows, hands soft, palms open, wave forward, leading from the wrist, palms forward, fingers soft
- Rhythm: *up, push, back, down*



### DOUBLE RUN L

- Double run, jump with arm swing back, outside knee lift to hip-height, foot relaxed
- Back arm to the high diagonal, tight fist, palm down
- Front elbow to shoulder-height, tight fist at head-height
- Land *right/left* wide at shoulder-width, knee soft, arms relaxed down by sides
- Add Sweep Turn Back
- Increase range





# CONTINUAL MOMENTUM

## TECHNIQUE

### SWEEP TURN PREP

- Feet wide outside shoulder-width, knees soft
- Huge circular Arm Sweep, transition right to left, weight shift side to side, arm long, hand open, other arm relaxed down by side
- Knees bent, drop into legs, tip forward from the hips, fingers sweep across the floor
- Twist upper torso back, hard, elbows wide at shoulder-height, tight fists, palms down, inside heel release
- Circle turn right, feet under hips, knees soft
- Add Double Run R
- Increase range



### DOUBLE RUN R

- Double walk, facing side, knees soft
- Pushing off the left leg, horizontal leap, stretching right leg long, toes pointed
- Arms at full extension over head, elbows soft, palms forward, a light drag of the trailing leg
- Land feet *right/left* at hip-distance, knees super soft, rolling up slowly through the spine
- Add Drop Your Head
- Increase range



### HEEL PUSH

- Feet wide, outside shoulder-width, knees super soft, pump left heel down on the beat
- Drop chin to chest, wave low, tip forward from the hip, arms relaxed, long, soft fists slightly behind the body
- Wave up through the chest, arch your back, arms relaxed down by sides



### WIDE WALK WITH ARM WAVE

- Walk the feet wide, shoulder width, knees soft
- Arm wave to the low diagonal, super soft elbow leads, hands relaxed, palms down
- Arm wave ascending to the high diagonal, feet at shoulder width
- Double wave to the floor, drop down into legs, tip forward from the hip, eyes down, opposite elbow above head height



## COACHING

Talk to the *fluidity* in the first track of this block. Say something like:

*"It's fluid! Move from the waist and flow"*

*"This whole routine is about continuous momentum"*

*"One move... seamlessly into the next"*

## COACHING

Coach the up-bounce in **Triple Knee** and give clear directional cues when adding the turn. Say something like:

*"Get your knee up on the beat"*

*"3, 2, 1"*

*"Up, up, up"*

*"Left knee to the left"*

## COACHING

Just like in the Masterclass, demonstrate the **Jump Spin**. Say something like:

*"Turn on the ball of the foot"*

*"Lift the trailing leg"*

## COACHING

Use clear and simple Setup Cues when coaching the **Double Run** combinations. Say something like:

*"Double run... 1, 2, jump"*

*"Pick up the right knee...now stretch your left leg"*

*"Double Run, Sweep, Turn Back"*

# 14 GROOVEDOWN

Bring back the **Breath** by dropping low into the legs and turning the chest massive. Fill the space with movement then tap into the chill of the **Feel Combo**.

| MUSIC                        | CHOREOGRAPHY                                                                                                                                        | REPS | COACHING                   |
|------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|------|----------------------------|
| 0:06 (Vocal effect)          | 2½x8 Wide Freeze with Breath Arms (ascending/descending) (12 cts)<br>Body Roll (down/up) (8 cts)                                                    | 1x   |                            |
| 0:18 _ (Oh-oh-oh-oh)         | 4x8 Wide Freeze with Breath Arms (ascending) (8 cts)<br>Lunge L with Breathe Arms (descending) (facing B corner) (8 cts)<br><b>Repeat R</b>         | 1x   |                            |
| 0:36 it _ (Oh-oh-oh-oh)      | 2x8 Low Shoulder Groove L, R                                                                                                                        | 4x   | How are you?               |
| 0:45 heal _ (Oh-oh-oh-oh)    | 2x8 <b>Add</b> (ascending)                                                                                                                          | 4x   |                            |
| 0:54 make me <b>feel</b>     | 4x8 Wide Hip Bounce with Arm Push x8 (transition R to L)<br><b>Repeat</b> (transition L to R)                                                       | 2x   | Two hands                  |
| 1:12 like a <b>party</b>     | 8x8 <b>Feel Combo setup</b><br>Body Wave L, R with Palm Push R, L x2<br>Hip Bounce with Arm Push x8 (transition R to L)<br><b>Repeat</b> other side | 2x   | Drop your hips lower       |
| 1:49 from the <b>Lord</b>    | 4x8 Slow Lat Stretch R (16 cts)<br><b>Repeat L</b>                                                                                                  | 1x   |                            |
| 2:07 <b>Dark</b> but we're   | 2x8 (First 8 cts: circular transition R into Center Adductor Stretch)<br>Center Adductor Stretch                                                    | 1x   |                            |
| 2:17 Where we <b>are</b>     | 2x8 Low Shoulder Groove L, R                                                                                                                        | 4x   |                            |
| 2:26 when <b>you're</b> near | 2x8 <b>Add</b> (ascending)                                                                                                                          | 4x   | One more time?             |
| 2:35 make me <b>feel</b>     | 8x8 <b>Feel Combo</b><br>Hip Bounce with Arm Groove (R to L)<br>Body Wave with Palm Push R, L x2<br><b>Repeat</b> other side                        | 2x   |                            |
| 3:11 make me <b>feel</b>     | 4x8 Walk L, R with Clap O/H                                                                                                                         | 16x  | Everybody clap your hands! |

Feel It > 3:35 mins

14

## TECHNIQUE

Drop low into the legs and turn the chest massive in the **Shoulder Groove**. Fill the space with movement, then tap into the chill in the **Feel Combo**.

### SHOULDER GROOVE

- Feet wide outside shoulder width, knees bent, drop down into legs
- Elbows to mid-thigh, chest forward, eyes down, hands relaxed, fingers down, palms back
- Weight transfer side to side, rolling upper torso to the outside, head leads
- Ascending through the legs, chest lifts



### FEEL COMBO

- Feet outside shoulder-width, knees super soft, bounce hips back on the beat, weight in the heels
- Arms to full extension, wrists flexed at hip-height, bouncing up on the beat
- Step-touch the feet wide, outside shoulder-width, knees super soft, slight drop into the legs
- Outside palm rolls in, elbow wide, wrist flexed, arm push to full extension at shoulder-height, chest turns away, palm out
- Other hand at shoulder-height, elbow in, wrist flexed, palm forward
- Finish feet under hips, hands just outside shoulder-width, elbows down, palms forward, fingers splayed



### CENTRE ADDUCTOR STRETCH

- Feet outside shoulder width, knees bent, elbows to mid-thigh
- Chest lifted



### WALK WITH CLAP O/H

- Walk feet super small, hip width, knees soft, weight shifting side to side
- Hands clap overhead



## COACHING

Let the beauty of sound fill the room. Close your eyes and fill the music with movement.

# MASH IT!

After teaching this release four or five times, you can combine the main routines into one giant extravaganza of a dance cardio experience.

- Teach this release to the end of Track 12A, *Afroki*
- Leave out Tracks 12B to 14 and go straight into Track 15 *We're All No One* to continue with the MASH IT! Block

## 15 We're All No One > 5:38 mins

| MUSIC                          | CHOREOGRAPHY                                                                                                                                                                                                                                                                                                                                    | REPS |
|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 0:00 (Long synth blast)        | <b>Sweep Turn Prep setup</b><br>Circle Sweep Arm R (transition from R to L) (8cts)<br>Torso Twist L, Freeze (4cts)<br>(Transition from L to F) (4cts)                                                                                                                                                                                           | 4x   |
| 0:28 <b>We're</b> all no one   | <b>Heel Push setup</b><br>Heel Push L x8 with Body Wave R (facing R diagonal) (8cts)<br>Heel Push x8                                                                                                                                                                                                                                            | 2½x  |
| 0:47 that we're <b>someone</b> | Step Touch L, R                                                                                                                                                                                                                                                                                                                                 | 6x   |
| 0:58 I said_I said             | <b>Double Run L</b><br><b>Sweep Turn Prep</b><br><b>Double Run R</b><br><b>Heel Push</b><br><b>Add</b> Step Touch L, R x2                                                                                                                                                                                                                       | 1x   |
| 1:13 Ohh_                      | <b>Add</b> Breakout                                                                                                                                                                                                                                                                                                                             | 3x   |
| 1:57 we are <b>no</b> one      | Step Touch L, R                                                                                                                                                                                                                                                                                                                                 | 4x   |
| 2:04 I said <b>we're</b> all   | <b>Continual Momentum setup</b><br><b>Breathe</b><br><b>Smash Back</b><br><b>Afro</b><br><b>Freeze</b><br><b>Hands Up</b><br><b>Jump Turn</b><br><b>Triple Knee</b><br><b>Drop</b><br><b>Ball Change</b><br><b>Elbow Wave</b><br><b>Double Run L</b><br><b>Sweep Turn Prep</b><br><b>Double Run R</b><br><b>Heel Push</b><br>Step Touch L, R x2 | 1x   |
| 2:48 I said_(vocal effect)     | <b>Wide Walk with Arm Wave setup</b><br>Wide Walk with Low Arm Wave L, R<br>(Arm Wave ascending to high diagonal)                                                                                                                                                                                                                               | 4x   |
| 2:56 (Synth melody)            | <b>Add</b> Single x3, Double (with Drop)                                                                                                                                                                                                                                                                                                        | 8x   |
| 3:55 I said_I said             | <b>Step Touch L, R</b>                                                                                                                                                                                                                                                                                                                          | 8x   |
| 4:09 Ohh_                      | <b>Continual Momentum</b>                                                                                                                                                                                                                                                                                                                       | 2x   |

# MASH IT!

## 16 How We Party > 3:11 mins

| MUSIC                   | CHOREOGRAPHY                                                                                                                                                                                                                                                                                                                                                                          | REPS |
|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 0:00 (Synth melody)     | 4x8 <b>So Hard So Player</b>                                                                                                                                                                                                                                                                                                                                                          | 1x   |
| 0:14 (B Up)             | 4x8 Step Touch L, R                                                                                                                                                                                                                                                                                                                                                                   | 8x   |
| 0:29 we (Vocal effect)_ | 12x8 <b>So Hard So Player</b>                                                                                                                                                                                                                                                                                                                                                         | 3x   |
| 1:13 (Synth B Up)       | 4x8 Slow Wide Walk L, R                                                                                                                                                                                                                                                                                                                                                               | 8x   |
| 1:27 (Heavy synth)      | 16x8 <b>MASHIT! Combo Setup</b><br><b>Breathe</b><br><b>Smash Back</b><br><b>Freeze</b><br><b>Afro</b><br><b>Hands Up</b><br><b>Jump Turn</b><br><b>Triple Knee</b><br><b>Drop</b><br><b>Ball Change</b><br><b>Elbow Wave</b><br><b>Add</b> So Hard So Player (4x8)<br><b>Double Run L</b><br><b>Sweep Turn Prep</b><br><b>Double Run R</b><br><b>Heel Push</b><br>Step Touch L, R x2 | 1x   |
| 2:26 (Steady beat)      | 4x8 Step Touch L, R                                                                                                                                                                                                                                                                                                                                                                   | 8x   |
| 2:41 (B Up)             | 8x8 <b>MASHIT! Combo</b><br>(Rep continues into next track)                                                                                                                                                                                                                                                                                                                           | 1x   |

## 17 Greyhound > 5:35 mins

| MUSIC                     | CHOREOGRAPHY                                                    | REPS |
|---------------------------|-----------------------------------------------------------------|------|
| 0:00 (Low synth melody)   | (Rep continues from previous track)<br>8x8 <b>MASHIT! Combo</b> |      |
| 0:29 (Long synth blast)   | 4x8 Step Touch L, R                                             | 8x   |
| 0:43 (Heavy beat)         | 16x8 <b>MASHIT! Combo</b>                                       | 1x   |
| 1:42 (Synth melody)       | 12x8 Wide Walk with Arm Wave                                    | 6x   |
| 2:26 (Long synth note)    | 4x8 Step Touch L, R                                             | 8x   |
| 2:42 (Low synth rhythm)   | 4x8 Hip Rock L, R with Clap O/H                                 | 16x  |
| 2:56 (B up)               | 4x8 Step Touch L, R                                             | 8x   |
| 3:11 (Heavy beat)         | 32x8 <b>MASHIT! Combo</b>                                       | 2x   |
| 5:08 (Steady beat)        | 2x8 Step Touch L, R                                             | 4x   |
| 5:16 (Surging synth beat) | 2x8 <b>Add</b> Breath Arms (ascending/descending)               | 1x   |
| 5:23 (Slow fade)          | 1x8 Wide Freeze with Breathe Arms (ascending)                   | 1x   |