



THE MOMENT
CONTINUES...

CELEBRATING

20

YEARS OF

BODYJAM

PRESENTERS FROM
NEW ZEALAND
UNITED KINGDOM

LES MILLS
BODYJAM

RELEASE 80

FEATURES
BORN TO MOVE: NEW RESEARCH

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

SEPARATED BY GEOGRAPHY, RELIGION, RACE, COLOR AND CREED, WE ARE UNITED IN OUR LOVE OF MOVEMENT, MUSIC AND THE PURSUIT OF HEALTHY LIVING, BOTH FOR OURSELVES AND OUR PLANET.

AT LES MILLS WE BELIEVE IN THE DIGNITY OF EACH INDIVIDUAL WITHIN OUR COMMUNITY AND STRIVE TO RESPECT THE RIGHTS AND FREEDOMS OF ALL.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

WE ALSO KNOW THAT WHAT IS CONSIDERED APPROPRIATE IN SOME CONTEXTS CAN BE SEEN AS INAPPROPRIATE IN OTHERS.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

WE EMBRACE OPEN COMMUNICATION WITH OUR GLOBAL FAMILY SO DIFFERENCES OF OPINION CAN BE EXPRESSED, AND COMPROMISES REACHED.

ABOVE ALL, WE ARE PASSIONATE ABOUT DELIVERING LIFE-CHANGING FITNESS EXPERIENCES, EVERY TIME, EVERYWHERE.

BLAH BE LOUD AND HEARD

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

Hey instructors! When it comes to mixing up past releases, you can teach back as far as BODYJAM 32, with some exceptions:

Many of the older BODYJAM blocks have a considerably higher complexity level that will be out of reach for many new members in your class. If you teach the more complex routines from past releases, you will inevitably alienate new participants, and they will be unlikely to come back.

For example, blocks to avoid:

BODYJAM 37 Jazz Rock
BODYJAM 38 Latin Block
BODYJAM 39 Dance 4 Life
BODYJAM 40 Jive & Swing, Krump Club
BODYJAM 43 Disco Cardio
BODYJAM 46 Tribal Explosion
BODYJAM 49 Street Jazz

If you have a more advanced audience who you have taught these routines to over many years, then maybe you can pull out one of these blocks once every six months. But if, like me, you have a bunch of new people in each class you teach, then I strongly suggest you avoid these blocks with higher complexity.

However, there are some incredible older tracks, full of magic and simple, pure dance feel: BODYJAM 41 *La Bomba*, BODYJAM 33 *Hey Mama*, BODYJAM 42 *Jam De Podium*, and who could forget the Battle from BODYJAM 32! Pick and choose your tracks carefully and you will have the floor on fire every week.

Born To Move: New Research

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

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
TOTAL TIME	29:51

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.

30-MINUTE OPTION 2:

Tracks 1–2	Warmup
Tracks 10–13	Continual Momentum
TOTAL TIME	28:30

45-MINUTE:

Tracks 1–2	Warmup
Tracks 5–8	So Hard So Player
Tracks 10–13	Continual Momentum
TOTAL TIME	42:24

CREDITS

Music Selection

Gandalf Archer Mills

Choreography

Gandalf Archer Mills

Creative Consultant

Phillip Mills

Chief Creative Officer

Dr Jackie Mills

Creative Director

Diana Archer Mills

Program Coach

Chris Richardson

Program Planner

Hannah Brooking

Technical Consultant

Bryce Hastings

KEY

F forward

B back

L left

mins minutes

O/H over head

OTS on the spot

Rep reprise (part of the chorus repeated)

Reps Xx perform the Sequence/Exercise x times

R right



This move is featured in 'Dance School'

Please note the color to represent the correct level of execution



BASE



FLAVA



BREAKOUT

The Fine Print

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action, the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

BODYJAM 80



From L-R: Philip Harrison, Gandalf "G" Archer Mills, Erin Maw

Sup everybody – this is 20 years of BODYJAM...
THE MOMENT CONTINUES!

This release brings with it a whole lot of new styles, feels and movements... and that's just in Track 3 alone!

Warmup and **Pigalle**... a modern bass banger with a 4/4 drop, setting the sophistication level to high. There's lots of contrast in the music here, before we go full Dancehall Isolations into the underground heater, **Bunx Up**. There's about 10 different combos here with distinctly separate feels, so tone your technique down and get the bounce in your butt.

Next we **Afro** to the Deep House that is **Crank It!** – sliced and diced vocals and an infectious jungle bounce; before the first block, **SO HARD SO PLAYER**, brings a new kind of choreography that is fast, controlled and executed with a kind of hard simplicity. Hitting the lines clean will create success for your class. The final track, **Dominator**, is truly wild. You ain't never heard a sound like this before, hardcore is back peoples.

Recovery and **Let Me Love You** comes complete with smooth vocals, tropical house and a pop drop so dreamy, B*Witched would be jeally (Popical House??).

CONTINUAL MOMENTUM... this routine is all about fluidity, taking the energy from one movement and channeling that flow into the next. There's a lot of great cues you can nail to help your class understand each combo. From *Incredible* (yes, that *Incredible*) to the up bounce of the **Triple Knee** (WHEN THE BIG WORLD FALLS APART!!). Then... (you asked for it so here it is again...) *Afroki*, one of the greatest moments in fitness, flows organically into *Leave The World Behind*. You're welcome world.

The **Mash It!** block is incredible this round. I've combined the two main routines by injecting **SO HARD SO PLAYER** into the middle of **CONTINUAL MOMENTUM** to create a MASSIVE 96 counts of choreography that you get to dance repeatedly until the urge to lie on the floor takes over your body.

Finally, make sure you check out my newest education session 'The Whole Thing', where I show you the finished product from the two main choreography blocks to speed up the learning.

Celebrating 20 years of BODYJAM. I hope you love this release.

G



BODYJAM Presenters

Gandalf "G" Archer Mills (New Zealand) is Program Director for BODYJAM. He is based in Auckland and has dedicated his life to dance performance and teaching.

Erin Maw (New Zealand) is a BODYJAM, BODYATTACK, BODYCOMBAT, SH'BAM and LES MILLS GRIT Series Trainer, and a BODYBALANCE/BODYFLOW Instructor. She is based in Auckland.

Philip Harrison (United Kingdom) is a BODYJAM, BODYCOMBAT and SH'BAM Trainer who is based in Birmingham, England.

BORN TO MOVE: NEW RESEARCH

How much exercise did you do as a child?
How much exercise do you do now?
Can you see a correlation between the two?

Research has shown that your activity levels as a child will predict how active you are as an adult.¹

Youth Physical Activity Guidelines recommend that children and adolescents should accumulate a minimum of 60 minutes of moderate-to-vigorous physical activity every day², and yet statistics show that most children fall tragically short of this. A report from the US found that only 27% of high-school students manage to achieve the minimum recommendations.³

The question is, HOW do we get our kids to move more? The answer – **we need them to WANT to exercise.**

LES MILLS BORN TO MOVE™ classes have been designed to engage and motivate children. They're fun, action packed and social. The buzz of learning new moves, fresh routines, plus the excitement of being in a group will all ensure the classes instill a love of fitness from an early age. They include easy-to-follow exercises and games, set to age-specific music. We know it works but **we needed some evidence.**

A study conducted in the UK⁴ set out to investigate whether BORN TO MOVE delivers on its promise to get kids moving and change their attitude towards being active. In a six-week study of 10 to 11 year olds, two schools acted as a control and continued with their regular two physical education classes a week. The other two received two BORN TO MOVE classes a week.

The researchers were particularly interested in how active the children were during the class, and how the classes affected their motivation to exercise when compared with standard PE

classes. The children also answered questions relating to enjoyment, the music, the teacher and how competent they felt during the class.

The results clearly demonstrated that BORN TO MOVE is a fantastic solution to getting children motivated to exercise. The children in the BORN TO MOVE group accumulated **more moderate to vigorous physical** activity over the day as a whole than the children who just did their regular PE classes. And they **spent less time being sedentary.** Enjoyment levels during BORN TO MOVE were significantly higher when compared to the control group which meant that their **intrinsic motivation** scores were higher also.

The children of today's world spend more time staring at a screen and are less physically active than previous generations. Obesity has more than doubled in children and quadrupled in adolescents over the past 30 years. The obese children of today become the obese adults of tomorrow, and it's of growing urgency that we find a solution to this global epidemic.

Getting children to fall in love with movement from a young age will ensure they build the healthy habits of a lifetime. As we battle to draw their attention away from screens and get them active, finding a solution to keep them engaged is the key. As this study shows, BORN TO MOVE is the perfect remedy to get our children moving!

1. Childhood Physical Fitness Tests: Predictor of Adult Physical Activity Levels? Dennison, B.A., Straus, J.H.E., Mellits, D. & Charney, E. (1988). *Pediatrics* 82(3):324-330.
2. 2008 Physical Activity Guidelines for Americans, Centers for Disease Control and Prevention.
3. 2009 Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention.
4. <http://bmcpublikehealth.biomedcentral.com/titles/10.1186/s12889-016-3550-7>.

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

2 LRAD > 2:29 mins

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

MUSIC		CHOREOGRAPHY	REPS	COACHING
		(continues from previous track)		
0:00	(Percussion rhythm)	12x8 Afro Combo	6x	Drop it! Stay low
0:42	(Synth blast)	2x8 Body Roll (down/up)	1x	
0:49	(Synth melody)	8x8 Breathe Sequence	4x	Breathe into your body
1:18	(Heavy beat)	8x8 Tap It Out x2 Shoulder Bounce	4x	Bounce everybody!
1:46	in the club _	12x8 Afro Combo	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	2x8 Triple Tap With Hip Bounce Tap L x3, together Repeat R	2x	Right leg... 3, 2, 1 Lift your hip with your heel
0:12 drop on the left	6x8 Add Double Hip Bounce	6x	Bounce your butt
0:41 (Male vocal)	4x8 Wind The Hip setup Tap L x3 with Hip/Hand Roll x3 (facing L), Drag (facing F) Repeat R	4x	Right hip... 3, 2, 1 Roll your hip and hands
1:00 bunx up, mek it	2x8 Low Arm Wave	2x	Wave it small
1:10 bunx up, mek it	2x8 Add Shoulder-Height Arm Wave	2x	Higher
1:20 (Male vocal)	2x8 Tick Tock setup Hip Rock L with Double Hand Throw R, L Repeat R	2x	Tick tock
1:29 me watch me	4x8 Heel Wind setup Heel Swivel L (out/in) with Hip Bounce x4 (facing R diagonal), Switch on count 8 Repeat R (facing L)	2x	Drop Out, in, out, in Lift your butt with your heel
1:48 Take it to the	2x8 Swizzie setup Heel Swivel (out/in) x8, upper body ascending L to R	2x	Weight in the heels
1:58 _ mek it bunx up	4x8 Make It Bounce Up L, R	16x	Up tap...
2:17 (Male vocal)	2x8 Tick Tock	2x	
2:27 bunx up, mek it)	4x8 Jump With Heel Twist Jump L with Elbow Bounce O/H, Heel Twist L Repeat R	8x	Lift your heels Push your hip
2:46 drop on the left	4x8 Kick Back Kick Back L with Six60 Bounce Arms, Walk L, R, L Repeat R	4x	Kick it back... like pow
3:05 bunx up, mek it	4x8 Heel Wind	2x	Grind your hips
3:24 (Steady beat)	2x8 Swizzie	2x	Heels
3:34 Hey , hey, hey	½x8 Feet Together Body Wave	1x	Feet together

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



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

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

SO HARD SO PLAYER

MUSIC		CHOREOGRAPHY	REPS	COACHING
3:33	(Low synth melody)	12x8 Stab It Arm Combo Whack Double Wrap Drop Knee Jump Back Step Touch L, R x4	3x	Put it together! Drop knee Jump back
4:18	last all night _	½x8 Step Touch L, R	1x	5, 6, 7, 8
4:20	to make me feel	16x8 Stab It Arm Combo Whack Double Wrap Drop Knee Jump Back Step Touch L, R x4	4x	Control the movement
5:21	(B up)	2x8 Hand Roll Push R to L (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)	2x8 (continues from previous track) Hand Roll Push R to L	2x	Turn your chest
0:07 (Synth melody)	Smash L setup 8x8 Slow Drag L with Smash Arm O/H L (facing L diagonal) (4 cts) Wide Walk R, L with Backwards Hand/Roll Palm Push (4 cts) Circle Turn R (R, L, R), Freeze (facing R diagonal) (8 cts)	4x	Smash your right arm Turn back... left, right, left Switch directions
0:37 (Heavy synth)	8x8 Add Double Time Add Double Shoulder Pop L x2, L heel lifted (facing R diagonal) Step Touch L, R x2	4x	Double shoulder on the ball of the foot
1:07 animals _	8x8 Add Breakout	4x	Turn tight
1:37 (Synth blast)	Smash R setup 2x8 Slow Drag R with Smash Arm O/H R (facing R diagonal) (4 cts) Drop Step L, R (travel B) (2 cts) Circle Turn L (L, R) (2 cts) Step Touch L, R x2 (4 cts)	1x	Other side, Smash Right leg Drop, drop, turn, turn Forward turn
1:44 (Heavy synth)	8x8 Add Knee Lift L with Clap	4x	Right, left, turn, turn
2:14 (B up)	Smash setup continued 4x8 Smash L Smash R Step Touch L, R x4 (reps continue into next track)	1x	Put it together 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) _	8x8 Smash L Smash R Step Touch L, R x4	2x	Feel the drag... 4, 3, 2, 1 Turn tight
0:30 (B up)	4x8 So Hard So Player Setup Stab It Arm Combo Whack Double Wrap Drop Knee Jump Back Smash	1x	Put it together!
0:45 (Go) _	4x8 Step Touch L, R	8x	How's the music?
1:00 (Go) _	4x8 So Hard So Player	1x	We dance it harder
1:15 (Go) _ (yeah)	2x8 Drag L, R	2x	Slow
1:23 (Steady beat)	8x8 So Hard So Player (half time)	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 So Hard So Player	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**.

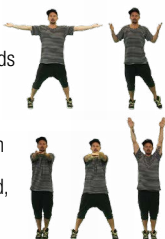
First you need to nail the stabbing motion in **Stab It Arm Combo**... so don't leave your arms out there! Once you reach full extension, bounce them off, your hands retracting straight back in.

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

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

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)	Love You Combo setup 1x8 Diagonal Tap L, R	2x	Tap your toes
0:09 used to believe	4x8 Add Diagonal Tap L, R x2 Add Double Back L, R (travel B), L, R (travel F) x2	2x	Double back Back, back, front, front
0:27 Say, go through	4x8 Add Hip Roll L, R x2	2x	Push your hip to the front corner
0:46 give up, nah-nah	Love You Combo setup continued 2x8 Walk L, R x4 with Arm Swing (out/in) (8 cts) Walk L, R x4 Hand Roll to O/H (8 cts)	1x	Let your arms swing Roll up
0:55 give up, nah-nah	6x8 Diagonal Tap L, R x2 with Arm Swing Double Back with Arm Roll	3x	Put those moves together
1:23 Don't fall asleep	Sway setup 2x8 Slow Wide Walk L, R x2 with Sway Arms R, L x2 Drop Step L, R (travel L, R)	1x	Sway Two steps
1:33 that we need	6x8 Add Double Wrist Flick on Drop Step x4 R, L	3x	Drop into your back leg
2:00 give up, nah-nah	8x8 Love You Combo	4x	Soften into it
2:38 (Never let you)	4x8 Sway	2x	
2:56 give up, nah-nah	4x8 Slow Wide Walk L, R x2 with Breathe Arms (ascending/descending) (8 cts) Fast Wide Walk L, R x4 (8 cts) Slow Wide Walk L, R x2 with Breathe Arms (ascending/descending) (8 cts) Fast Wide Walk L, R x4 (8 cts)	1x	Take a breath 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	Breathe setup Slow Hip Rock L, R with Wide Breath and Clap L (4 cts) Slow Hip Rock L, R	4x	Breathe Arms straight on the clap
0:14 (Oh yeah)	8x8	Add Slow Arm Rock R, L	8x	Rock your body 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	Breathe setup continued Breathe (8 cts) Wide Walk L, R x2 with Arm Circle R x2 (8 cts)	1x	Put it together
1:22 (B up)	2x8	Add Double Time Add Step Touch L, R x2	1x	Double time Keep it fluid
1:29 (Heavy beat)	8x8	Add Breakout (Last Step Touch rep: preview Arms F)	4x	One continuous movement
1:59 _ You think I'm	8x8	Smash Back setup Step Touch L, R with Backwards Elbow Smash R, L Step Touch L, R with Arms F Step Touch L, R with Single Whack R, L Step Touch L, R with Arms F	4x	Left hand, elbow smash Whack behind the head Turn your chest Turn your hips
2:29 feeling _ Let's all	16x8	Breathe Smash Back Add Wide Freeze with Double Arm Wrap and Palm Drag (descending), Clap on count 8 Add Step Touch L, R x2	4x	All together Smash Freeze
3:29 (Long synth blast)	7x8	Wide Freeze with Breathe Arms (ascending) (8 cts) Body Roll (down/up) (8 cts) Wide Freeze with Breathe Arms (ascending) (8 cts) Hip Rock L, R x8 with Arms O/H (16cts) Hip Rock L, R with Palm Drag (descending) (16 cts)	1x	Hips

CONTINUAL MOMENTUM

MUSIC	CHOREOGRAPHY	REPS	COACHING
3:55 _ (Incredible baby)	4x8 Afro setup Wide Walk L, R (Last 8 reps: gradual transition to Arm Swing)	16x	Let it swing
4:10 _ We all need comfort	8x8 Add Quick Quick Slow (L, R, L) with Arm Swing R, L, Backwards Elbow Roll R Repeat R (Last 4 reps: gradual transition to Backwards Arm Circle)	8x	Quick, quick, slow Start to open your body Use the space
4:39 _ Let's all do	8x8 Add Backwards Arm Circle (remove Elbow Roll)	8x	You have so much time!
5:09 _ I'm gonna beat it	4x8 Hands Up setup Hip Rock L, R x3 with Hands Up O/H (ascending), (7 cts) Collapse with Wide Circle Arms (descending) on count 8 (Last 4cts: preview Step Touch L, R)	4x	Hands up ... 5, 6, 7, 8 Drop
5:24 this house _ (B up)	4x8 Step Touch L, R	8x	
5:39 (Steady beat)	16x8 Breathe Smash Back Freeze (4 cts) Afro Hands Up (4 cts)	4x	Breathe Smash Freeze Afro 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 Jump Turn setup Wide Jump R with Hands O/H, Wide Freeze with Slice L (4 cts) Slice R, L, Freeze (4 cts) Drag L, Jump Wide (facing L) (4cts) Hip Rock L, R x2 (transition to F) (4 cts) (setup continues into next track)	4x	Jump out of both legs 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) Add Double Time Hip Rock (8 cts) (Last rep: preview Turn L, Drop L)	4x	Double time Turn your shoulders
0:29 _ I don't know, what	8x8 Add Turn L with Elbows Up Add Drop L, Freeze (4 cts) Hip Rock (20 cts)	4x	Turn on the ball of the foot
0:59 lead to believe _	8x8 Add Breakout Hip Rock (4 cts) (Last rep: preview Triple Knee)	4x	Pick up your back leg
1:28 (Synth melody)	4x8 Triple Knee setup Knee Lift x3 R (transition L to R), Jump wide (facing R) Repeat L (transition R to L)	4x	Triple knee... up, up, up Jump wide
1:43 When the big road	4x8 Add Elbow Bounce (Last rep: preview Turn)	4x	Hands in the air
1:58 (Synth rhythm)	8x8 Add Turn R, L Add Drop L, Freeze	4x	Left knee... to the left
2:28 _ Guess that things	8x8 Ball Change setup Ball Change L, R with Double Dream Arms (travel F), Body Roll (down/up) (8cts) Hip Rock L, R x4 (travel B)	4x	Ball change forward Hips forward
2:57 When the big road	16x8 Jump Turn Triple Knee Drop Ball Change Hip Rock L, R x4 (travel B) (Last rep: preview Hip Rock x3)	4x	Jump Triple Knee Drop Ball Change New move... 3 steps

CONTINUAL MOMENTUM

MUSIC	CHOREOGRAPHY	REPS	COACHING
3:56 _ You know when	4x8 Elbow Wave setup Hip Rock L, R, L, Knee Lift R with Elbow Push Arms Repeat R (Last rep: preview Wave Arms)	4x	3, 2, 1... 3, 2, 1 Up push, up down Arms start up at shoulders
4:11 (Heavy synth)	8x8 Add Wave Arms Add Breakout	8x	Wave! Let your body roll
4:40 _ (Ascending beat)	4x8 Step Touch L, R	8x	
4:55 (Synth blast)	8x8 Breathe Smash Back Freeze Afro Hands Up Jump Turn Triple Knee Drop Ball Change Elbow Wave	1x	Breathe Hands up Jump, jump, jump! Add on Elbow Wave
5:24 (Low synth note)	2x8 Step Touch L, R	4x	
5:32 (Synth rhythm)	8x8 Breathe Smash Back Freeze Afro Hands Up Jump Turn Triple Knee Drop Ball Change Elbow Wave	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 Breathe Smash Back Freeze Afro Hands Up Jump Turn Triple Knee Drop Ball Change Elbow Wave	1x	
0:29 (Steady rhythm)	8x8 Double Run setup Run L, R, Knee Jump with Arm Swing L (travel L), Wide Freeze Run R, L, Leap R with Arms O/H and Roll Up (travel R) (facing R)	4x	Double run Pick up your right knee 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 Sweep Turn Prep setup Circle Sweep Arm R (transition from R to L) (8 cts) Torso Twist L, Freeze (4 cts) (Transition from L to F) (4 cts)	4x	Sweep Preparation for the turn
0:29	I was afraid to	5x8 Heel Push setup Heel Push L x8 with Body Wave L (facing L diagonal) (8 cts) Heel Push x8	2½x	Drop your head Push your heel on the beat Arch your back
0:47	felt. I was afraid	3x8 Step Touch L, R	6x	
0:58	get up, up, up	8x8 Double Run L Sweep Turn Prep Double Run R with Turn Heel Push Add Step Touch L, R x2	2x	Double run Sweep and turn back More height
1:27	afraid anymore	12x8 Add Breakout	3x	Go for length
2:11	ready _ (No fear) I'm	4x8 Step Touch L, R	8x	
2:25	anymore (steady beat)	12x8 Continual Momentum setup Breathe Smash Back Freeze Afro Hands Up Jump Turn Triple Knee Drop Ball Change Elbow Wave Double Run L Sweep Turn Prep Double Run R Heel Push Step Touch L, R x2	1x	
3:09	(Steady beat)	4x8 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 People , can you	4x8 Wide Walk with Low Arm Wave L, R	8x	Lead with your elbows
0:57 Just surrender	4x8 Add (Arm Wave ascending to high diagonal)	8x	Higher
1:12 world behind you	12x8 Add 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 behind 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 Add 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) Body Roll (down/up) (8 cts)	1x	
0:18 _ (Oh-oh-oh-oh)	4x8 Wide Freeze with Breath Arms (ascending) (8 cts) Lunge L with Breathe Arms (descending) (facing B corner) (8 cts) Repeat R	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 Add (ascending)	4x	
0:54 make me feel	4x8 Wide Hip Bounce with Arm Push x8 (transition R to L) Repeat (transition L to R)	2x	Two hands
1:12 like a party	8x8 Feel Combo setup Body Wave L, R with Palm Push R, L x2 Hip Bounce with Arm Push x8 (transition R to L) Repeat other side	2x	Drop your hips lower
1:49 from the Lord	4x8 Slow Lat Stretch R (16 cts) Repeat L	1x	
2:07 Dark but we're	2x8 (First 8 cts: circular transition R into Center Adductor Stretch) Center Adductor Stretch	1x	
2:17 Where we are	2x8 Low Shoulder Groove L, R	4x	
2:26 when you're near	2x8 Add (ascending)	4x	One more time?
2:35 make me feel	8x8 Feel Combo Hip Bounce with Arm Groove (R to L) Body Wave with Palm Push R, L x2 Repeat other side	2x	
3:11 make me feel	4x8 Walk L, R with Clap O/H	16x	Everybody clap your hands!

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)	8x8	Sweep Turn Prep setup Circle Sweep Arm R (transition from R to L) (8cts) Torso Twist L, Freeze (4cts) (Transition from L to F) (4cts)	4x
0:28 We're all no one	5x8	Heel Push setup Heel Push L x8 with Body Wave R (facing R diagonal) (8cts) Heel Push x8	2½x
0:47 that we're someone	3x8	Step Touch L, R	6x
0:58 I said_I said	4x8	Double Run L Sweep Turn Prep Double Run R Heel Push Add Step Touch L, R x2	1x
1:13 Ohh_	12x8	Add Breakout	3x
1:57 we are no one	2x8	Step Touch L, R	4x
2:04 I said we're all	12x8	Continual Momentum setup Breathe Smash Back Afro Freeze Hands Up Jump Turn Triple Knee Drop Ball Change Elbow Wave Double Run L Sweep Turn Prep Double Run R Heel Push Step Touch L, R x2	1x
2:48 I said_(vocal effect)	2x8	Wide Walk with Arm Wave setup Wide Walk with Low Arm Wave L, R (Arm Wave ascending to high diagonal)	4x
2:56 (Synth melody)	16x8	Add Single x3, Double (with Drop)	8x
3:55 I said_I said	4x8	Step Touch L, R	8x
4:09 Ohh_	24x8	Continual Momentum	2x

MASH IT!

16 How We Party > 3:11 mins

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

17 Greyhound > 5:35 mins

MUSIC	CHOREOGRAPHY	REPS
0:00 (Low synth melody)	8x8 (Rep continues from previous track) MASHIT! Combo	
0:29 (Long synth blast)	4x8 Step Touch L, R	8x
0:43 (Heavy beat)	16x8 MASHIT! Combo	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 MASHIT! Combo	2x
5:08 (Steady beat)	2x8 Step Touch L, R	4x
5:16 (Surging synth beat)	2x8 Add Breath Arms (ascending/descending)	1x
5:23 (Slow fade)	1x8 Wide Freeze with Breathe Arms (ascending)	1x

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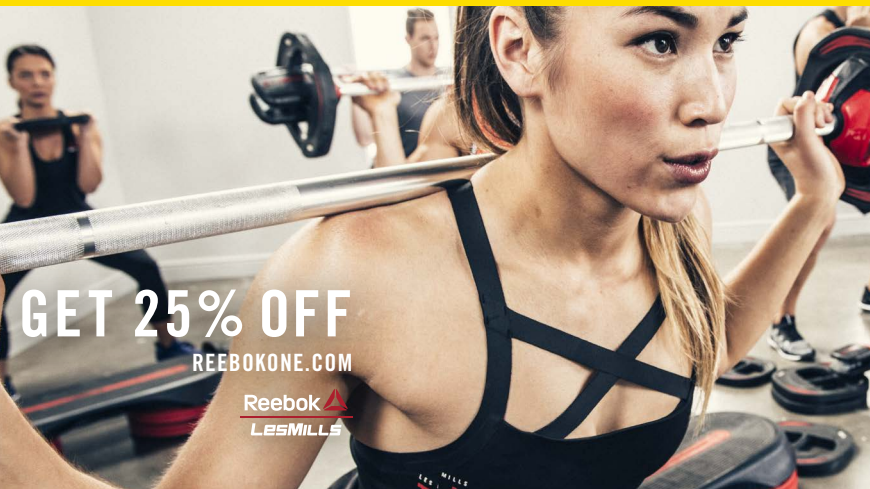
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