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01. WARMUP

MUSIC Shut It Down 4:03mins

TRACK FOCUS

A banging warm up track with two fresh combos to kick the class into Puro Paril!

Swim Back setup

0:06 / 'bout to shut it down / 8x8 / 4reps

- Wide Walk with Arm Wave L, R x4 (travel B)
- Step Touch L, R x2 (travel F)

Flex The Palm setup

0:41 / (Long synth blast) / 4x8 / 2reps

- Wide Freeze with Palm Sweep R, Grab It R
- Repeat L “Flex your palm. Grab it”
- Forward Double Punch R, L “Left hand on top”
- Arm Roll B “Roll towards you”
- Chest Pop “Chest”

0:59 / (Go go go go / 1x8 / 1rep)

- Add Double Time

1:03 / (Fast beat) / 1x8 / 8reps

- Chest Pop (arms down)

1:07 / 'bout to shut it down / 16x8 / 4reps

- **Flex The Palm** “Flex your palm”
- **Swim Back** “Wave back”
- **Flex The Palm**
- Step Touch L, R x2 (travel F) “Now come to me”

2:17 / 'bout to shut it down (synth blast) / 4x8 / 1rep

- Toe-Heel (slow) x3 (8cts) “Toe, heel. Slow it down”
 - Center Adductor Stretch (24cts)
- (Last 2cts: preview Wide Bounce)

Shoulder Roll, Throw It Up setup

2:33 / (Whoa now, whoa now) / 2x8 / 8reps

- Wide Bounce L, R x8 “Bounce your body”
- (Last 8cts: transition to standing)

2:41 / (B up) / 2x8 / 1rep

- **Add** Backward Shoulder Roll L, R x4 (8cts) “Use the drop on the beat”
- **Add** Back Step L, R x2 (B/F) with Arm Throw O/H L, R x2 “2 Steps. Back, back, front, front”
- **Add** Toe-Heel (fast) “Toe, heel, toe, heel, toe, heel, toe”

2:50 / 'bout to shut it down / 12x8 / 6reps

- **Add** Breakout

3:45 / 'bout to shut it down. (Fast beat) / 1x8 / 8reps

- Wide Freeze with Booty Pop B “Push your butt back”

3:49 / (Fast beat) / 1x8 / 1rep

- **Add** Chest Turn R (8cts) “Turn to the left”

3:53 / (Fast beat) / 1x8 / 1rep

- **Add** Chest Turn L (8cts)

3:58 / (Fast beat) / 1x8 / 1rep

- Toe-Heel (slow) x3 (transition feet under hips) (6cts) “Toe, heel”

TECHNIQUE

Puro Pari people!!

Get some serious bounce in your legs and upper body chest pops in FLEX THE PALM. In the SHOULDER ROLL, drop into the legs using the beat to create the down bounce and remember to step left into the Toe-Heel. You wanna keep it super small and finish wide!

FLEX THE PALM

- Feet wide, outside shoulder-width, knees soft, slight bounce through the legs
- Palm flexed, hand sweeps across the body, above shoulder to hip height
- Grab the fist, low, arm down to full extension, tight fist outside hip
- Double punch forward, at full extension, tight fist, bend the knees, slight bounce through the legs
- Top arm above shoulder height, fist rotates in, bottom arm at hip height
- Elbows wide, hands roll back at chest height
- Chest Pop, arms at full extension, long and strong at shoulder height, tight fists, palms down
- Double time
- Increase bounce range
- Add SWIM BACK
- Increase range
- Bounce through the chest



SWIM BACK

- Feet wide, knees soft, walk the feet, slight weight shift side to side, travel back
- Arms unwind at shoulder height, slightly forward of the body, then finish at full extension, palms to floor
- Shoulders rotate, chest turns, other hand at shoulder height, elbow down, wrist flexed, palm up
- Add FLEX THE PALM
- Increase range
- Add Step Touch forward, dragging the trailing toe



SHOULDER ROLL, THROW IT UP

- Feet wide, outside shoulder-width, drop low in the legs, elbows on thighs, toes out, chest up
- Low bounce through the legs, weight shifting side to side, outside shoulder lifts
- Gradual transition to standing, outside shoulder rolls up and back, arms long, hands low
- Back Step the feet back then forward, hip width apart, knees soft
- Outside arm throws up, on the beat, elbow leads, arm drops to finish
- Step left leg under hips, toes out, heels hip-width apart, knees soft
- Toe-Heel the feet wide, progressively dropping down into legs, freestyle arms
- Rhythm: 1, 2, 3, 4, 5 & 6 & 7 & 8
- Increase range



COACHING

SHOULDER ROLL

Get your class bouncing down on the beat. Say something like:
“Use the drop to get the down bounce in the legs”

02. ISOLATIONS

MUSIC La Musica 3:47mins

TRACK FOCUS

Something different... a Latin track for isolations.

Underground Latin beats with a key focus on getting low in the legs to increase hip range.

Mambo setup

0:00 / (Low synth rhythm) / 8x8 / 2reps

- Mambo L (F/B) x3½, Cha-Cha-Cha (L, R, L)
“Forward and back. Cha-Cha-Cha”
- **Repeat** R “Weight in the heel. Low in the legs, chest lifted”

0:29 / _ (da da da) / 8x8 / 2reps

- **Add** Push Turn L (turn R) “3, 2, 1... turn. Cha-Cha-Cha”
- **Repeat** R

4 Steps setup

0:59 / (Trumpets) / 4x8 / 2reps

- Step Touch L x3½, Ball Change (R, L) “4, 3, 2, ball change”
- **Repeat** R

1:14 / We are La Musica / 4x8 / 2reps

- **Add** Breathe Arms (ascending) (7cts), Double Clap O/H “Now push your hip away”

1:29 / La Musica / 12x8 / 3reps

- **Mambo** “Don’t forget the Cha-Cha-Cha after the turn”

2:14 / (Trumpets) / 4x8 / 2reps

- **4 Steps** “4 steps to the right”

2:29 / We are La Musica / 4x8 / 2reps

- **Add** Breathe Arms (ascending), Double Clap O/H “Reach all the way out”

Mambo setup continued

2:44 / La Musica / 16x8 / 4reps

- **Add** Double time Mambo (x4) (8cts) “Double time. 4, 3, 2, 1”
- Mambo (x1 slow) with Push Turn, Cha-Cha-Cha
“1 slow...now turn. Cha-Cha-Cha”

3:44 / La Musica / 1x8 / 1reps

- Freestyle Freeze “How will you finish?”

TECHNIQUE

Full Latin people... so keep it small, tight and authentic!

Soften the knees and work through the feet in the MAMBO, heel then toe, to get more range through the hips. When adding the turn, give the class plenty of notice for the Cha-Cha-Cha rhythm change.

MAMBO

- Feet under hips, knees soft, weight in the heels, low in the legs, hips shifting side to side
- Natural arm swing, small, tight, elbows soft
- Push turn off the front foot
- Double-time footwork, natural arm swing at chest height, weight in the balls of the feet, super small
- Increase range



4 STEPS

- Feet hip-width apart, knees super soft, hips shifting side to side
- Step Touch, travel side, ball change the feet, small, knees soft, arms long, elbows soft
- Breathe the arms up, at full extension, palms down, double clap over head



COACHING

MAMBO

Teach your class how to move their hips better.

Say something like:

“Weight in the heels”

“Sink into the legs”

“Lift the chest”

When adding the turn, give plenty of notice for the Cha-Cha rhythm. Say something like:

“Step, Turn, Cha-Cha-Cha”

03. REGGAE BOUNCE

MUSIC My Number 3:50mins

TRACK FOCUS

It's loose, bouncy with a Reggae feel.

Coach your class to "lead with the drag" and channel the chaos in the Knee Bounce.

Drag Wave setup

0:01 / Major Lazer. *Along* with / 1rep

- Slow Body Wave L (facing L diagonal) "Chest, hips"

0:07 / Get up, mister (Instr) / 1rep

- Slow Body Wave L (facing L diagonal)

0:12 / Hear I say sir, yeah (Instr) / 1rep

- Slow Body Wave L (facing L diagonal) "Just your torso"

0:17 / hands in the air, sir (Instr) / 1rep

- Slow Body Wave L (facing L diagonal)

0:20 / Woo, **yeah** / 1rep

- **Add** Slow Drag R, L "Drag your toe."
- Slow Body Wave L, Drag R (fast) "Wave your body"

0:25 / I say **yeah** / 8x8 / 4reps

- Drag L, R "Lead with a drag"
- Body Wave R, Drag L
- **Repeat** R "Wind your body so smooth"

Knee Bounce setup

0:50 / wanna **say** sound boy / 8x8 / 2reps

- Knee Bounce L, R x2 "4, 3, 2, 1. Everybody go left."
- Bounce R x4 (travel R), Wide Jump Freeze
- **Repeat** R "Find some bounce in your body"

Jump Throw setup

1:15 / killer **sound**, one time / 4x8 / 1rep

- Wide Freeze (4cts), Single Jump Throw O/H, Jump Wide (4cts) "Jump together, throw your arms up"
- **Repeat** (with Double Jump Throw)
- **Repeat** (with Triple Jump Throw)
- **Repeat** (with Quadruple Jump Throw)

Knee Bounce setup continued

1:27 / (Repetitive vocal effect) / 4x8 / 1rep

- **Add** Bounce Back Turn L (travel R), Wide Booty Pop B x4 "Turn to the left side. Push your butt to the back"
- **Repeat** R (travel L)

1:40 / **sound**. (Heavy synth) / 8x8 / 2reps

- **Add** Breakout "Are you ready? Find some pop in your butt"

(Last ct: preview Smack It arm)

Smack It setup

2:04 / killa time _ / 1x8 / 4reps

- Hip Push L with Elbow Smack L "Feet wide. Smack it"

2:07 / (Heavy synth) / 3x8 / 10reps

- **Add** Slow transition L arm to O/H "Push your butt to the side"

(Last 4cts: preview Knee Bounce L, R)

2:17 / Killa time _ / 4x8 / 1rep

- **Knee Bounce**

Single Single Double setup

2:29 / time. **Die** die die / 4x8 / 2reps

- Single Single Double R (R, L, R, R) "Elbows up"
- **Repeat** L
- Bounce Kick R, L x2 with Arms O/H "Arms straight. Straight legs"

2:41 / You're gonna (fast vocal effect) / 8x8 / 4reps

- **Add** Breakout

3:06 / **Die** die die / 4x8 / 2reps

- **Add** Half Time "I wanna slow it down"

3:19 / You're gonna **die**, die, die / 8x8 / 4reps

- **Drag Wave**

3:43 / (Outro) / 2x8 / 1rep

- Dynamic Freeze "Freeze"

TECHNIQUE

Start the DRAG WAVE with a small step to the side before dragging the trailing toe HUUUUUGE. So you wanna lead with the Drag, then float your chest through the music.

The bounce in the KNEE BOUNCE is loose, so keep it small jumping your body up on the beat. Then comes the SINGLE SINGLE DOUBLE... and this is fast (really fast), so you need to keep it small.

DRAG WAVE

- Feet outside hip-width, knees super soft, toes to the diagonal, front foot flat, back heel lifts
- Body wave back, torso to diagonal, through chest to hips, arms long, soft elbows, soft fists
- Small step, drag inside toe towards supporting heel, torso transitions to front
- Double time
- Increase chest range
- Lead with the Drag, knees super soft, slight bounce through the legs, hips shifting side to side
- Rhythm: 1, 2&3&4, 5, 6&7&8



KNEE BOUNCE

- Feet under shoulders, knees soft, small bounce through the legs, knee lift below hip height
- Slight turn of the hips, corner to corner, arms loose, elbows super soft
- Jump travel the supporting leg x4, torso turns in, bounce the body, arms long, loose
- Float the inside leg, long, knee soft, foot below knee height, finish Wide Freeze facing front
- Increase range
- Back turn, outside shoulder back, finish feet wide, knees soft, Booty Pop to the back x4
- Increase range
- Natural arm swing forward at chest height



JUMP THROW

- Feet super wide outside shoulder-width, knees soft, weight forward, arms long
- Bounce feet under hips, knees soft, circle throw arms overhead, at shoulder width, elbow leads

SMACK IT

- Feet wide, outside shoulder width, heels down, knees soft, toes to the corner
- Left arm across chest at full extension, pistol grip, palm back
- Hip push back hard, elbow retracts to chest, other arm long, hand relaxed, palm in

SINGLE SINGLE DOUBLE

- Feet wide, outside shoulder-width, knees soft, small elbow bounce to shoulder height
- Weight shifting side to side, slight turn of the chest, corner to corner, soft fists, palms forward
- Flick kick to the front diagonal, low, knees soft, foot relaxed
- Palms push to the high diagonal, at full extension, wrists flexed, palms out
- Rhythm: 1&2, 3&4, 5, 6, 7, 8
- Increase range
- Arms loose and small



COACHING

DRAG WAVE

To set your class up for success, tell them to: "Lead with the Drag"

PERFORMANCE

There's not a lot of pressure on perfect technique here; so relax, have some fun and be playful!

04. PURO PARI

MUSIC Contract 2:47mins

TRACK FOCUS

This song is a million% gangsta.

Keep the vocals natural to set up the Double Tap tight; keep the cues simple to create success.

Double Tap setup

0:00 / **Arh** arh / 2x8 / 4reps

- Double Tap B L, R “Double tap. Right-right, left-left”

Kick It Back setup

0:00 / First things **first**, / 2x8 / 4reps

- Wide Back Kick (slow) L, R “Feet wide. Kick behind”

Double Tap setup continued

0:19 / contract. _ Let me put / 2x8 / 4reps

- Double Tap
- **Add** Jump Side “Tap, tap, jump. Land both feet. Keep it small”

0:29 / **plan**. Big body / 12x8 / 3reps

- Double Tap L, R x4
- **Add** Travel F “Come to me. 4, 3, 2, 1. Just the tip of your toe”
- **Add** Kick It Back x4 (Double time) (travel B) “Feet wide. Kick it back”
- **Add** Walk L, R x2 with Wrist Cross (travel B) “Walk back, right leg. Cross your wrists”
- Walk L, R x2 (travel F)

1:27 / contract. _ Let me put you on / 12x8 / 6reps

- **Add** Chop It In Half (remove Walk L, R x2) “Chop it in half”

(Last 4cts: preview Front Tap)

Throw It Back, Grind It setup

2:26 / or a long-term **plan** / 4x8 / 4reps

- Front Tap L, R “Tap front, wide”
- Knee Lift R, L x2 with Shoulder Grind L, R x2 “Pick up your left knee and grind your shoulders”

(Continues into next track)

05. PURO PARI

MUSIC Drop It Down Low 2:43mins

TRACK FOCUS

This song is so dope... so we decided to use it twice.

Keep your technique super tight for the Back Tap, keeping the arms strong and cueing with clarity. Put lots of pop in your butt after the Double Jump.

(Continues from previous track)

0:00 / **Shake** to the bass of the / 4x8 / 4reps

- **Add** Throw It Back R, L “Ba ba, ba ba”

Straight Arms, Back Tap setup

0:18 / **Ay** oh. The way you shake / 4x8 / 4reps

- Knee Lift R, L x2
- Back Tap R, L with Cross Pull Elbows “Back Tap fast, arms straight”

0:38 / down low gyal! (Heavy synth) / 8x8 / 8reps

- **Add** Breakout
- **Add** Palm Push L, R
- **Add** Double Palm Push F

Hip Roll, Double Jump setup

1:16 / **Work** it like / 4x8 / 4reps

- Hip Roll F (fast) L x4, Heel Release (in/out)
- **Repeat** R

1:35 / **Shake** to the bass of the / 8x8 / 4reps

- **Add** Arms Up
- **Add** Double Jump R, L x2 “Left left, right right”
- **Add** Wide Freeze (facing R diagonal), Booty Pop B x3, Feet Together

2:14 / Gyal! (**Drop** it fi mi.) / 2x8 / 8reps

- Walk L, R

2:23 / Gyal! (Heavy synth rhythm) / 4x8 / 1rep

- **Throw It Back**
- **Grind It**
- **Straight Arms**
- **Back Tap**
- **Hip Roll**
- **Double Jump**

06. PURO PARI

MUSIC One Dance 1:27mins

TRACK FOCUS

Use the chilled out vibe to get repetition on the combo. Focus on filling the music with movement, getting lower in your legs and smoothing out the Shoulder Grind.

0:00 / **Grips** on your legs / 4x8 / 16reps

- Walk L, R “Same again. Lower in your legs and grind your shoulders”

0:18 / why I need a one / 14x8 / 3reps

- **Throw It Back**
 - **Grind It**
 - **Straight Arms**
 - **Back Tap**
 - **Hip Roll**
 - **Double Jump** “Pop your butt, super sharp”
 - Walk L, R x4 (8cts)
- (Last rep: remove Walk L, R x4)

1:24 / (Silence) / ½x8 / 1rep

- Dynamic Freeze “Freeze”

07. PURO PARI

MUSIC Drop It Down Low 3:49mins

TRACK FOCUS

Take the time to set Wind It Up with a key focus on bouncing down through the legs and winding both arms equally – that’s front then back people.

Wind It Up setup

0:00 / (Percussion) / 2x8 / 8reps

- Wide Freeze with Arm Wave L, R

0:12 / Waaaaa!! (Low synth rhythm) / 2x8 / 8reps

- **Add** Drop Bounce x2 “Drop. Get the bounce in your legs. Wave your arms in to out”
- 0:24 / **Shake** to the bass of / 4x8 / 2reps
- **Add** Step Back R (facing R diagonal) “Left leg, step back”
- **Add** Double Time (arms only) “4, 3, 2, 1” “Lead with your front arm. Front, back, front, back”
- **Add** Cross Jump (transition from diagonal to F), Freeze F “Cross out”
- **Repeat** L “Right leg back”

0:49 / The way you **drop** it drop it / 2x8 / 1rep

- **Add** Hip Grind R x3, Step R “Grind your hips”
- **Repeat** L

1:01 / Gyal _ (High synth) / 4x8 / 2reps

- **Add** Breakout “Aim for extension”

1:26 / **Drop** it down low / 2x8 / 8reps

- Double Jump with Double Punch O/H
 - Jump Wide, Freeze
- (Last 4cts: preview Wind It Up)

1:38 / Waaaaa!! **Work** it like / 4x8 / 2reps

- Wind It Up “Extend your back arm straight”

2:02 / **Ay** oh. The way you shake up / 2x8 / 8reps

- Slow Walk L, R with Clap O/H (tempo increasing)

2:14 / When you **drop** it down a / 2x8 / 8reps

- Walk L, R (tempo increasing)
- (Preview Routine)

Puro Pari Routine setup

2:24 / (Fast beat ascending) / 16x8 / 2reps

- **Throw It Back**
- **Grind It**
- **Straight Arms**
- **Back Tap**
- **Hip Roll**
- **Double Jump**
- **Add Wind It Up**
- **Add Double Tap**
- **Add Kick It Back**

3:40 / (Long synth note) / 2x8 / 8reps

- Single Heels L, R “Heels, right, left, right, left”

08. PURO PARI

MUSIC Sleaze 2:20mins

TRACK FOCUS

Drive the energy up and let the class feel their way through the routine, before taking it home in the last track. There's lots of opportunity for silence here.

0:00 / Until they kick us / 4x8 / 4reps

- Triple Heels (L, R, L), Wide Freeze “3, 2, 1. Push your butt back”
- **Repeat** R

0:18 / feet. Until they kick us out / 2x8 / 8reps

- Single Heels L, R with Double Arms to O/H (ascending in 8cts) “Singles”

0:27 / feet. Until they kick us out (B up) / 2x8 / 8reps

- Walk L, R “Walk it out”

0:36 / (Heavy synth) / 16x8 / 2reps

- **Puro Pari Routine** “2 times”

1:48 / (Descending synth note) / 2x8 / 1rep

- Head Drop low, Body Wave (super slow) “Drop your head... super slow”

1:58 / (Fast tick) / 1x8 / 4reps

- Single Heel Tap L, R

09. PURO PARI

MUSIC No Lie 3:27mins

TRACK FOCUS

What a track! We hit the routine four times in a row, keep your class motivated to dance it clean and hard; then find pure groove on the heels.

0:00 / **Feel** your eyes / 4x8 / 4reps

- Triple Heel Tap (L, R, L), Wide Freeze
- **Repeat** R

0:18 / yuh carry **ten** ton a / 4x8 / 4reps

- **Add Freestyle Arm Groove** “Let your arms bounce”

0:36 / Hypnotic the way you / 2x8 / 8reps

- Single Heel Tap L, R with Double Arms (ascending in 8cts to O/H) “Single. Try it with your hands up”

0:45 / It's so hypnotic, the way you / 2x8 / 8reps

- Walk L, R “4 more times”

0:54 / (No lie) **Feel** your eyes / 32x8 / 4reps

- **Puro Pari Routine**

3:19 / **Feels** how we do it (No lie) / 1x8 / 4reps

- Single Heels with Arm Groove “Heels”

3:06 / **Feels** how we do it (It's gonna) / 3x8 / 12reps

- **Add Double Arms** to O/H (ascending in 8cts)

3:20 / (Quick fade) / 1x8 / 1rep

- Walk Out

PURO PARI

TECHNIQUE

First, keep the DOUBLE TAP super tight while your arms chill, then KICK IT BACK with your feet wide as you drop your upper body forward.

The STRAIGHT ARMS combo should feel fast, sharp and strong.

Use the knees and keep your toes connected to the floor in HIP ROLLS and make the Hip Push in the DOUBLE JUMP combo pop sharp.

Finally, the key to WIND IT UP is to get the bounce in your legs, dropping down with a slight lean into the back leg. You will need to practise this move until you can wind both arms equally.

THROW IT BACK

- Feet wide, outside shoulder-width, tap front, knees out, feet flat, dropping low in the legs
- Back heel lifts slightly, torso turns out, hands to thighs, elbows wide
- Back hand to opposite shoulder, palm to floor, elbow wide
- Shoot arm from shoulder height to back corner, fingers long, palm down, head turns, eyes to hand
- Rhythm: &1, 2, &3, 4
- Increase range
- Drop lower in the legs



GRIND IT

- Feet wide, outside shoulder-width, knees soft
- Knee lift below hip height, knee out, heel in, foot relaxed, toes down
- Arms long, elbows soft, hands top of thighs
- Opposite shoulder grinds forward, smooth, winding through the chest
- Rhythm: 5, 6, 7, 8
- Increase range



STRAIGHT ARMS

- Feet wide, outside shoulder-width, knees soft, slight bounce through the legs
- Knee lift below hip height, knee out, heel in, foot relaxed, toes down
- Arm push forward to full extension, at shoulder height, wrist flexed, fingers open
- Double palm push forward, at shoulder width, circling forward from the elbows, pumping through the chest



BACK TAP

- Feet wide, knees soft, cross tap outside foot behind supporting leg, fast, finish wide
- Arms long, full extension, forearms cross, fingers splayed, palms back
- Arms drag wide, outside hips, palms back, elbows pull up, wide, fist to shoulder height
- Rhythm: 5&6, 7&8
- Increase range
- Small jump (with elbow pull)



HIP ROLL

- Feet wide, knees bent, inside heel lifts, working through the foot, toes connected to the floor
- Forward hip roll, small, arms long, elbows soft, hands relaxed outside hips
- Transition releasing inside foot in/out, at calf height
- Hands at shoulder height, soft fists, elbows down, chest turns out
- Head turn, eyes over front shoulder



DOUBLE JUMP

- Feet under hips, knees soft, double jump side to side, small
- Arms long, elbows soft, hands relaxed, outside hips
- Small jump, land wide, face side, knees super soft, sharp butt push back, controlled and strong
- Arms long at shoulder width, soft hands behind hips, palms in
- Rhythm: &1&2&3&4&5&6&7&8
- Increase range



WIND IT UP

- Feet wide, outside shoulder-width, knees soft
- Unwind arms to full extension, on the beat, rolling forward from elbow, shoulder height, fingers long, palm down on front hand
- Back hand outside shoulder, wrist flexed, elbow down, palm up
- Bounce down into the legs, heavy, slight lean into the back leg
- Step back, feet wide, knees super soft, facing diagonal
- Double-time arm-line
- Cross jump transition, feet finish wide, facing front, slight lean into inside leg
- Bounce down into legs, rippling up through the hip, feet outside shoulder-width, knees super soft
- Natural arm-line, loose
- Rhythm: 1&2&3&4&5, 6, 7, 8
- Increase range



DOUBLE TAP

- Feet under hips, knees soft, double tap tip of the toe behind supporting leg
- Arms long, elbows soft, hands relaxed, palms in
- Feet under hips, knees soft, small jump side to side, both feet landing simultaneously
- Small arm swing forward, loose, elbows soft, hands relaxed
- Travel forward, increase forward arm swing range, soft fist to chest height
- Rhythm: 1&2, 3&4, 5&6, 7&8
- Add KICK IT BACK
- Chop it in half
- Increase range



KICK IT BACK

- Feet wide outside shoulder-width, knees soft, upper body dropping forward
- Low back kick to the back diagonal, heel leads, toes down, arms long, slight bounce through the chest
- Double time
- Add DOUBLE TAP
- Add WALK BACK
- Walk the feet at hip distance, travel back, knees soft
- Small bend in the elbows, wrists cross, arms swiping out from the elbows, palms flat
- Chop it in half
- Walk the feet at hip distance, travel back, forward
- Rhythm: 1&2&3&4&5, 6, 7, 8



HEELS

- Feet wide outside shoulders, knees soft, slight bounce through the legs, single heel tap, butt back, toe out
- Arms loose at full extension, soft elbows
- Arm lift forward at full extension, to overhead, palms down, fingers splayed
- Increase range, bouncing through the hips
- Loose arm groove



COACHING

KICK IT BACK

Drop the upper body forward as you travel back. Say something like:

"You need to keep the feet wide as you travel back"

"Lean forward, travel back"

"Feet stay wide"

HIP ROLL

Help your class find more range through the hips.

Say something like:

"Keep your toes on the floor and wind your hip"

"Use the bend in the knees"

"Keep your toes connected to the floor"

WIND IT UP

Get your class winding both arms equally. Say something like:

"Keep it smooth and aim for extension"

"You need to extend your back arm as much as the front"

10. RECOVERY

MUSIC Love On Me 3:21mins

TRACK FOCUS

Explore the changing textures in Pop It and Tick Tick Wave. Use your knees to pop super small, then add some fluidity through the arms to change the feel.

Pop It setup

0:00 / (Vocal effect) / 4x8 / 8reps

- Wide Freeze with Double Shoulder Bounce “Shoulders, knees”
- Knee Pop “Pop it. Super small in the knees”

0:15 / (Children cheering) / 4x8 / 4reps

- Hand Wave L (L, R, L) (facing L diagonal) “Right hand, palms up. 3, 2, 1”
- Repeat R “Your leading hand travels up”

Love On Me setup

0:30 / Girl put your love on / 1x8 / 4reps

- Walk L, R with Hip Rock R, L “Feet together. Hips”

0:34 / I won't let you down / 1x8 / 1rep

- Add Drop Your Head (slow) (8cts only) “Drop your head”

0:38 / Girl put your love on / 1x8 / 4reps

- Walk L, R with Hip Rock R, L

0:42 / I feel it all around / 1x8 / 1rep

- Add Take It 'Round R “Take it round”

Pop It setup continued

0:46 / be singing _ (Ooh) / 4x8 / 1rep

- Add Hand Wave (x3) (travel F) “Right leg, travel forward. Smooth out your arms”
- Add Double Knee R, L x2 (travel B) “Double knee. Travel back”

1:01 / won't let you down / 8x8 / 2reps

- Add Drop “Use your knees to create the pop”

Tick Tick Wave setup

1:32 / (Girl put your love on me) / 4x8 / 2reps

- Tick Tick Wave (slow) L “On the ball of your foot. Tick, tick, wave”
- Repeat R “Control the movement”

1:48 / Girl put your love on / 4x8 / 1rep

- Love On Me “Feet together” (Last 2cts: preview Wide Hip Rock)

2:03 / singing. (Singing, singing) / 2x8 / 8reps

- Wide Hip Rock L, R with Clap

2:11 / (Build up) / 2x8 / 8reps

- Remove Clap

2:19 / We will be singing _ / 12x8 / 3reps

- Tick Tick Wave x3 (travel F) “Tick, tick, come to me. Extend to the fingertips”
- Double Knee “Double knee”

3:05 / (Outro) / 4x8 / 1rep

- Pop It “Back to the top...pop it, drop it!”
- Double Knee

TECHNIQUE

In the POP IT arm line, one hand goes up (the same hand as the foot that steps forward) while the other travels down, before a super small bounce in the lower body. So the whole body jolts when the knees go pop!

Find the freeze and flow in TICK TICK WAVE. You need to stop on the ball of the foot, then flow onto the heel with lots of extension.

POP IT

- Feet under shoulders, knees soft
- Double shoulder bounce, arms long, elbows soft, hands relaxed, palms in
- Pop the knees forward, super small, fast
- Feet under shoulders, knees soft, facing diagonal
- Wave the hands up/down, fingers lead, elbows super soft
- Back hand leads up, palm forward, hand flat, fingers long, finish at head height
- Other hand fingers down, hip height, elbow soft
- Travel forward, back foot steps forward to opposite corner
- Double knee back, on the ball of the foot, feet under hips, knees super soft, hips turning corner to corner, weight back, small bounce through the legs
- Use knees to pop, dropping super small into the legs
- Rhythm: 3, 2, pop



LOVE ON ME

- Feet under hips, knees soft, walk the feet, hips shift side to side
- Hands relaxed outside shoulder-width, elbows down, palms forward, slight bounce through the chest
- Body wave down/up, chin to chest, arch through the back, arms back
- Walk around, small



TICK TICK WAVE

- Progressive wide tap to the front diagonal, weight on the ball of the foot, knees soft
- Progressive arm sweep to the high diagonal, freezing in each position, elbows bent
- Front hand starts at hip height, palm back; other hand behind the hip, palm forward
- Flow onto the heel, drag the back foot in, arm wave top hand to the high diagonal, fingers long, palm to floor
- Bottom arm finishes to the low diagonal, palm forward
- Double time
- Rhythm: Stop, stop, wave



COACHING

POP IT

Set your class up for success. Say something like:
“Use your knees to pop it”
“The smallest movement in your knees”

TICK TICK WAVE

Help your class find the ‘freeze flow’ feel. Say something like:
“Control the movement”
“Stop, stop, wave”

11. SMACK IT TO THE SIDE

MUSIC Dominator 4:37mins

TRACK FOCUS

This banger is HEAVY – start with full energy, then use the drop to pull back and set up the Shuffle. Always teach at least two repetitions leading off your left leg, and you want to nail the rhythm on Straight To The Front.

Smack It To The Side setup

0:00 / (Steady beat) / 4x8 / 4reps

- Smack It R (slow) (L, R, L) “Smack it to the side. Right, left, right”
- **Repeat** L “Turn your shoulders”

0:14 / (Heavy beat) / 8x8 / 4reps

- **Add** Step Touch L, R x2 with Smack It Arms (fast) (8cts) “Double time”
- **Add** Step Touch L, R x2 with Straight To The Front Arms L, R x4 (facing F) (8cts) “Straight to the front”

Straight To The Front setup

0:44 / I’m bigger and bolder / 4x8 / 16reps

- Wide Walk L, R with Straight To The Front Arms L, R (ascending to O/H) “Feet wide. Same arm, same leg”

0:59 / I’m bigger and bolder / 4x8 / 2reps

- **Add** Walk It Back L, R x4 (travel B) (8cts) “Walk backwards”
- **Add** Step Touch L, R x2 (travel F) (8cts) “Step touch to me”

1:14 / (Heavy beat) / 16x8 / 4reps

- **Smack It To The Side** “Are you ready to dance?”
- **Straight To The Front** (Double-time arms) “Right, left, right, left...nail the rhythm” (8cts)
- **Walk It Back** “Walk it back” (8cts)
- Step Touch L, R x2 (8cts)

Shuffle setup

2:14 / (Quiet beat) / 14x8 / 8reps

- Wide Walk L, R x4 “Shuffle. Left leg in front”
- Shuffle B (R, L, R) (facing L) (4cts)
- Ball Change (R, L) (facing L), Backwards Turn R (travel L) (4cts)

(Use two reps to demo facing the same way as your class)

3:07 / (Fast beat ascending) / 8x8 / 2reps

- **Smack It To The Side** (x1 only) (4cts)
- **Straight To The Front** (x1 only) (4cts)
- **Walk It Back** (x2 only) (4cts)
- **Shuffle** (4cts)
- Step Touch L, R x4 (16cts)

3:37 / wanna kiss myself! _ / 14x8 / 4reps

- **Add** Breakout “Nail the rhythm”

(Last rep: remove Step Touch L, R x4)

Push Away setup

4:29 / (Heavy beat) / 2x8 / 2reps

- Double Palm Push R “Push away”
- Heel Pump R x4 with Double Palm L (facing L diagonal) “Hips”

(Continues into next track)

NOTE

At 2:30 in the video, the image is not reversed to assist in instructor learning, as you are facing the back.

12A. SMACK IT TO THE SIDE

MUSIC Voodoo 2:00mins

TRACK FOCUS

There’s a lot happening in this track so nail your Layer 1 & 2 cues using language that is clear and simple.

(Continues from previous track)

0:00 / (Quiet synth melody) / 8x8 / 8reps

- Push Away “On the ball of your foot. Push from your shoulders”

Palms Up setup

0:29 / _ Give dem a foot / 8x8 / 8reps

- Wide Walk with Low Palm Push L, R x2 “Palms up” “Straighten your arms”
- Wide Walk with Arm Throw O/H L, R x2 “Throw it”

Glide setup

0:59 / bad man. Bad man, man / 4x8 / 2reps

- Arm Wave (F/B) L x3 (facing L diagonal) “Wave 3, 2, 1”
- Cross B (L, R, L) (travel L) “Da da da”
- **Repeat** R “Feet wide, lead with the elbows”

1:14 / (Low synth melody) / 8x8 / 4reps

- **Add** Breakout “Smack it hard” “Pull your elbows back”

Slap It setup

1:44 / _ (Wha! Wha! Wha! Wha!) / 4x8 / 4reps

- Wide Bounce with Double Shoulder Smack x4 (transition L to R) (4cts) “Slap your shoulders”
- **Repeat** (transition R to L) (4cts) “Bounce in your legs”

12B. SMACK IT TO THE SIDE

MUSIC Voodoo 2:00mins

TRACK FOCUS

Remember to role-model the bounce back at the end of the Glide arm line. You need to hit it hard, then pull back quickly to nail this move.

Drop Forwards setup

0:00 / _ Give dem a foot / 2x8 / 8reps

- Heel Rock (out/in) with Palm Circle L “Feet wide. Weight in your heels”

0:07 / _ Give dem a foot / 2x8 / 8reps

- **Add** Arm Circle L “Now straighten the arm. Lean into your left leg”
- **Add** Drop Into Leg R

0:14 / _ Give dem a foot (Synth melody) / 8x8 / 4reps

- **Add** (facing L) x3 “Face right and drop forwards”
- **Add** Turn B (L, R, L) “3, 2, turn back, right, left, right”
- **Add** Wide Walk R, L x4 “Drop lower and get your arm back”

(Last rep: preview Glide) “Put it together”

0:44 / Oooi! _ (Low synth melody) / 16x8 / 4reps

- **Glide** L (travel F) “Glide your feet. Travel forwards”
- **Drop Forwards** “3, 2... turn”
- **Slap It** (x1 only) “Slap It”
- Step Touch L, R x2

1:44 / (Hey, Hey, Hey!) _ / 4x8 / 8reps

- Step Touch L, R

(Preview Routine)

13. SMACK IT TO THE SIDE

MUSIC Hype 3:37mins

TRACK FOCUS

Use short, simple cues as the track builds during the setup phase of the back turn and tell your class to bring their feet together in the air.

Use the final Step Touch reps to forewarn the class that the Ball Change is now the first move in the routine!

0:00 / _ Top of the roster / 24x8 / 3reps

- **Smack It To The side**
- **Straight To The Front**
- **Walk It Back**
- **Shuffle**
- **Push Away**
- **Palms Up**
- **Glide**
- **Drop Forwards**
- **Slap It**
- Step Touch L, R x2

Ball Change setup

1:29 / Hype, hype, hype, hype / 10x8 / 5reps

- Ball Change (L, R) and Drag R with Arms O/H (facing R) (4cts) “Ball change. Right left”
- Body Roll (down/up) (4cts)
- Wide Walk L, R x4 (transition from R to F) (8cts)

2:06 / Hype, hype, hype, hype / 4x8 / 2reps

- **Add** Double Time “Speed it up. Add a jump”
- **Add** Jump (transition R to F)

2:22 / Hype_ / 4x8 / 2reps

- **Add** Breakout

2:36 / Hype / 8x8 / 4reps

- **Add** Back Turn R (transition R to F) “Back turn. Left shoulder back” “Feet together in the air”

3:06 / Hype (Steady clap) / 4x8 / 8reps

- Step Touch L, R “The whole routine?”

3:21 / (Heavy drum rhythm) / 4x8 / 8reps

- **Add** Flava “Are you with me?”

14. SMACK IT TO THE SIDE

MUSIC You 8:36mins

TRACK FOCUS

This whole routine is loose and raw, so give yourself permission to let go and chunk it up in different ways for almost 9 minutes. That's right... even when it feels like you're done, you've still got 5 more minutes on the dancefloor. What can I say, except you're welcome!

Smack It To The Side Routine

0:00 / (Hey) / 8x8 / 1rep

- **Ball Change**
- **Smack It To The side**
- **Straight To The Front**
- **Walk It Back**
- **Shuffle**
- **Push Away**
- **Palms Up**
- **Glide**
- **Drop Forwards**
- **Slap It**

Palm Wave Combo setup

0:29 / Hey, what's your name / 4x8 / 8reps

- Wide Walk L, R with Low Palm Wave (out/in) (4cts) "Palms out"

0:44 / Cause I-I-I-I-I need to know / 8x8 / 4reps

- **Add Double Time (x2) (4cts)**
- **Add Drag L with Breathe Arms (ascending) (4cts) "Drag"**
- **Repeat R "Throw your arms behind your body"**

1:14 / Cause I'll remember you / 4x8 / 8reps

- Step Touch L, R

1:29 / remember (you) / 16x8 / 2reps

- **Smack It To The Side Routine "Ball change, smash it"**

2:29 / Hey, what's your name / 2x8 / 4reps

- Step Touch L, R

2:37 / Cause I-I-I-I-I need to know / 4x8 / 2reps

- **Palm Wave Combo**

2:52 / I've been high and / 8x8 / 4reps

- **Add Palm Wave (at chest height) "Take your arms up higher"**

3:22 / (B up) / 10x8 / 20reps

- Step Touch L, R

3:59 / (B up) / 16x8 / 2reps

- **Smack It To The Side Routine**

4:59 / Hey, what's your name / 4x8 / 8reps

- Step Touch L, R

Palm Wave Combo setup continued

5:14 / Hey, what's your name / 4x8 / 2reps

- **Add L, R x4 (Palm Wave ascending to O/H) (8cts)**
- **Add Step Touch L, R x2 with Breathe Arms (ascending) (8cts)**

5:29 / Cause I-I-I-I-I need to know / 8x8 / 4reps

- **Add Breakout "Is that the end?"**

5:59 / I've been high and / 4x8 / 8reps

- Step Touch L, R "2 more?"
- (Last 4cts: preview Palm Wave Combo arms)

6:14 / (B up) / 2x8 / 1rep

- **Palm Wave Combo "Here comes the music"**

6:22 / I'll remember you / 4x8 / 2reps

- **Add Breakout**

6:37 / remember (you) / 4x8 / 8reps

- Step Touch L, R

6:52 / (Build up) / 16x8 / 2reps

- **Smack It To The Side Routine**

7:52 / Hey, what's your name / 4x8 / 8reps

- Step Touch L, R
- (Last 4cts: preview Hip Rock)

8:07 / Hey, what's your name / 2x8 / 8reps

- Hip Rock L, R

8:14 / Hey, what's your name / 2x8 / 1rep

- **Add Breathe Arms (ascending/descending)**

8:22 / (Quick fade) / 1x8 / 1rep

- Wide Freeze with Breathe Arms (ascending)

SMACK IT TO THE SIDE

TECHNIQUE

Okay, so this routine is pretty loose. It's raw, so get the moves in your body, learn the layers and setup cues, then let go and chunk it up!

Now the BALL CHANGE often falls after a Step Touch so you need to get comfortable with the Ball Change, Step Touch transition. Remember to bring your feet together in the air when adding the turn. So it's a jumping, spinning Back Turn!

Hit the left arm hard on the beat in STRAIGHT TO THE FRONT and always teach at least 2 SHUFFLE repetitions facing the same direction as your class.

Keep the feet wide and GLIDE forward smoothly with the weight on the balls of the feet. When you drag the feet wide the elbows always travel backwards.

Finally, use the upper body rock in DROP FORWARDS to create the feel and the Arm Circle to amplify the move.

BALL CHANGE

- Ball change the feet, face right, dragging the back foot long
- Arms punch forward at shoulder height, dragging up to over head, elbows soft, tight fists, palms forward
- Feet under hips, knees super soft, arms drop and swing to floor smoothly, dropping low in the legs
- Double time
- Jump transition to face front, throwing the torso up with arms over head, chest lifts
- Land wide, feet outside shoulder width, knees soft
- Jump back turn, feet together, left shoulder turns back



SMACK IT TO THE SIDE

- Feet wide, outside shoulder-width, knees soft, inside heel release
- Shoulders to corner, chest lifted, circle hands forward, chest height, Six60 Hands
- Throw inside arm across the body, to the low diagonal, at full extension, shoulders square
- Double-time arm-line
- Step touch the feet together, knees soft
- Rhythm: 1&2, 3&4



STRAIGHT TO THE FRONT

- Step touch the feet, outside shoulder-width, knees soft, slight bounce through the legs
- Single wide arm throw to the low diagonal, at full extension, Six60 Hands
- Double-time arm-line, left arm leads on the beat
- Rhythm: 5&6&7&8&



WALK IT BACK

- Feet wide, knees soft, wide-walk the feet, weight shifting side to side
- Single wide arm throw to full extension, chest turns, Six60 Hands
- Gradual transition from low to the high diagonal, Six60 Hands
- Travel backwards



SHUFFLE

- Feet hip-width apart, knees soft, facing side, shuffle change the feet small, travel back
- Weight on the balls of the feet, arms long, hands relaxed, palms in
- Ball change the feet, back turn, travel side
- Double time
- Fast Back Turn
- Increase range



PUSH AWAY

- Feet wide, front knee turns out, weight over toes, heel lifts
- Circle push palms away, from shoulder height, wrists flexed, fingers long, palms out, elbows down
- Back heel pump, butt pushes back, chest to corner, knees soft
- Hands at shoulder height, elbows down, wrists flexed, palms out
- Rhythm: 1, 2, 3, 4, 5, 6, 7, 8



PALMS UP

- Walk the feet, wide, outside shoulder-width, knees soft, weight forward, bouncing through the legs
- Arm reach forward, low and strong, at full extension, chest turns, palms up, fingers splayed
- Arm throw over head, at shoulder-width, elbow leads, super loose, soft fist



GLIDE

- Feet wide, knees soft, face side, back heel up, body rocks forward and back
- Elbows wave back, super soft wrist, hands relaxed, palm down
- Palms wave forward, smooth, at shoulder height, palms bounce back from full extension
- Increase range
- Travel forward, weight on the balls of the feet, dragging the toes



DROP FORWARDS

- Feet wide, outside shoulder-width, weight in heels, dropping down into legs, knees and toes turn out
- Palm sweeps from shoulder to hip height, wrist flexed, gradual transition to full arm extension
- Other hand top of thigh, palm flat, elbow wide
- Rock the body forward, dropping heavy into the right leg
- Face left
- Circle turn back, travel back



SLAP IT

- Feet wide outside shoulder-width, knees soft, bouncing down through the legs, butt pushes back
- Hands slap front of shoulders, fingers splayed, elbows in, loose
- Arms to full extension on the off-count, chest turning side to side



PALM WAVE COMBO

- Walk the feet wide, outside shoulder-width, knees soft, weight shifting side to side
- Cross wave the palms out/in, above hip height, elbows super soft
- Double time
- Step-drag the back foot, face side, arms throw behind the hip, breathe to over head at full extension, hands open, palms down
- Cross wave the palms at chest height
- Cross wave ascending from hip to over head, step touch the feet at shoulder width, breathe arms ascending to over head, palms down
- Increase range



COACHING

SHUFFLE

Teach this move facing the same direction as your class. Teach at least 2 repetitions leading off your left leg. Say something like:
"Put your left leg in front"
"3, 2, freeze, ball change, turn"
"It's a backward turn... your left shoulder travels back"

BALL CHANGE

Tell your class to bring their "feet together in the air to spin faster"

DROP FORWARDS

Coach the rhythm so the class nails when to turn. Also coach the feet in the turn so they know which foot to lead from. Say something like:
"3, 2, 1, right, left, right" or "3, 2, turn right, left, right"

15. GROOVEDOWN

MUSIC Phone Down 3:37mins

TRACK FOCUS

Get chill and bouncy as we revamp the Drag Wave and Knee Bounce combos. Bring focus to the pause before the Body Wave, and enjoy this amazing track.

0:00 / (Synth melody) / 4x8 / 1rep

- Wide Freeze with Breathe Arms (ascending 8cts / descending 16cts)

Drag Wave setup

0:13 / This room's so quiet / 8x8 / 4reps

- Drag R (facing L diagonal) *"Lead with a drag"*
- Body Wave R (facing R diagonal) *"Just your torso"*
- **Repeat** L *"Get the wind in your body"*

0:39 / But suddenly that _ bright / 4x8 / 1rep

- Wide Freeze with Breathe Arms (ascending/ descending) (16cts) *"Breathe"*
 - Body Roll (down/up) (16cts) *"Roll down"*
- (Last 4cts: preview Drag R, L)

Drag Wave setup continued

0:53 / that (vocal effect) phone down / 8x8 / 4reps

- Drag R, L *"2 Drags"*
- Body Wave L, Drag R *"Find the fluidity"*
- **Repeat** L

Knee Bounce setup

1:19 / (Synth melody) / 4x8 / 8reps

- Knee Bounce R, L *"Bounce everybody"*

1:33 / the first thing you do / 8x8 / 1rep

- Lat Stretch R (32cts) *"Brace your abs. Fall into your right side"*
 - **Repeat** L (32cts) *"Turn your top shoulder up"*
- (Last 4cts: preview Knee Bounce L, R)

Knee Bounce setup continued

1:59 / that (vocal effect) phone down / 8x8 / 4reps

- **Add Knee Bounce** (L, R)
- **Add** Bounce R x3 (travel R), Wide Jump
- Repeat R

2:26 / You're killing the moment / 4x8 / 1 rep

- Wide Freeze with Breathe Arms (ascending/ descending)
 - Body Roll (down/up) *"Roll through your body"*
- (Last 4cts: preview Wide Hip Swing)

2:39 / Now I'm feeling awkward / 4x8 / 8reps

- Wide Hip Swing L, R with hands on hips

2:53 / that (vocal effect) phone down / 2x8 / 1rep

- Feet together with Breathe Arms (ascending/ descending)

3:06 / what could be so (vocal effect) / 8x8

- Freestyle to finish

TECHNIQUE

Put the wind back in your body with the DRAG WAVE, then finish it off with a little Reggae (A.K.A the KNEE BOUNCE).

DRAG WAVE

- Drag inside toe smoothly towards supporting heel, torso transitions to opposite corner
- Feet flat, shoulder-width apart, knees super soft, toes to the diagonal
- Body wave back, through chest to hips, arms long, soft elbows, soft fists
- Double time
- Slight bounce through the legs, hips shifting side to side

KNEE BOUNCE

- Feet wide, knees soft, small bounce through the legs, knee lift below hip height, foot relaxed
- Slight turn of the torso, corner to corner, natural arm swing forward at chest height
- Increase range
- Bounce on the supporting leg x3, travel side, torso turns in, finish wide, hips square to front
- Inside leg lifts, long, knee soft, foot below knee height



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.
Voodoo
- Leave out Tracks 12B to 15 and go straight into Track 16. Vamonos to continue with the MASH IT! Block

16. MASH IT!

MUSIC Vamonos 2:59mins

Drop Forwards setup

- 0:00 / _ Give dem a foot / 2x8 / 8reps
- Heel Rock (out/in) with Palm Circle L (Last 4cts: preview Arm Circle with Lean)

- 0:07 / _ Give dem a foot / 2x8 / 8reps
- Add Arm Circle L
 - Add Drop Forwards R

- 0:14 / _ Give dem a foot (with Synth melody) / 8x8 / 4reps
- Add (facing L) x3
 - Add Turn Back (L, R, L)
 - Add Wide Walk R, L x4 (Last rep: Preview Glide)

- 0:44 / **Oooit** (Synth melody) / 16x8 / 4reps
- **Glide** L (travel F)
 - **Drop Forwards**
 - **Slap It** (x1 only)
 - Step Touch L, R x2

- 1:44 / (Steady beat) / 4x8 / 8reps
- Step Touch L, R (Preview Routine)

- 1:59 / (Build up) / 24x8 / 3reps
- **Smack It To The side**
 - **Straight To The Front**
 - **Walk It Back**
 - **Shuffle**
 - **Push Away**
 - **Palms Up**
 - **Glide**
 - **Drop Forwards**
 - **Slap It**
 - Step Touch L, R x2 (Last rep continues into next track)

17. MASH IT!

MUSIC Crowd Control 4:16mins

- (Rep continues from previous track)
- 0:00 / (Build up) / 4x8
- **Smack It To The Side**
 - **Straight To The Front**

- **Walk It Back**
- **Shuffle**
- **Push Away**
- **Palms Up**
- **Glide**
- **Drop Forwards**
- **Slap It**
- Step Touch L, R x2

Ball Change setup

- 0:14 / (Long synth blast) / 8x8 / 4reps
- Ball Change (L, R) and Drag R with Arms O/H (facing R) (4cts)
 - Body Roll (down/up) (4cts)
 - Wide Walk L, R x4 (transition from R to F) (8cts)

- 0:44 / (Strong synth melody) / 8x8 / 4reps
- Add Double Time
 - Add Jump (transition R to F)

- 1:14 / (Fast rhythm) / 12x8 / 6reps
- Add Back Turn R (transition R to F)

- 1:59 / (Long synth blast) / 4x8 / 8reps
- Step Touch L, R

Smack It To The Side Routine setup

- 2:14 / (Strong synth melody) / 8x8 / 1rep

- **Ball Change**
- **Smack It To The side**
- **Straight To The Front**
- **Walk It Back**
- **Shuffle**
- **Push Away**
- **Palms Up**
- **Glide**
- **Drop Forwards**
- **Slap It**

- 2:44 / (Steady beat) / 4x8 / 8reps
- Step Touch L, R

- 2:59 / (Fast rhythm) (Build up) / 8x8 / 1rep
- **Smack It To The Side Routine**

- 3:29 / (Staccato synth melody) / 4x8 / 8reps
- Step Touch L, R

- 3:44 / (Steady rhythm) / 4x8 / 1rep
- Step L, Single Heel Tap R
 - Single Heel Tap L, R x15

18. MASH IT!

MUSIC Sahara 3:42mins

- 0:00 / _ Somehow this energy / 4x8 / 4reps
- Triple Heel Tap (L, R, L), Wide Freeze
 - Repeat R

- 0:18 / _ Somehow this energy / 2x8 / 8reps
- Single Heel Tap L, R with Double Arms to O/H (ascending in 8cts)

- 0:27 / _ Somehow this energy / 2x8 / 8reps
- Walk L, R

- 0:36 / gone _ (Steady beat) / 16x8 / 2reps
- **Puro Pari Routine**

- 1:50 / _ Somehow this energy / 4x8 / 4reps
- Triple Heel Tap (L, R, L), Wide Freeze
 - Repeat R

- 2:09 / gone _ (Steady rhythm) / 2x8 / 8reps
- Single Heel Tap L, R with Double Arms to O/H (ascending in 8cts)

- 2:18 / (Build up) / 2x8 / 8reps
- Walk L, R

- 2:28 / (Male vocal) _ (Synth melody) / 16x8 / 2reps
- **Puro Pari Routine**

19. MASH IT!

MUSIC More Than Ever 4:31mins

Palm Wave Combo setup

- 0:00 / get gone _ (Fast synth rhythm) / 8x8 / 4reps
- Wide Walk L, R x4 (Palm Wave ascending to O/H) (8cts)
 - Step Touch L, R x2 with Breathe Arms (ascending) (8cts)

- 0:29 / _ We may never see the / 8x8 / 4reps

Palm Wave Combo (variation)

- Wide Walk L, R with Low Palm Wave (out/in) (4cts)
- Drag L with Breathe Arms (ascending) (4cts)
- **Repeat** R

- 0:59 / _ And after all we've / 4x8 / 8reps
- Step Touch L, R

- 1:14 / All for you _ The truth / 16x8 / 2rep
- **Smack It To The Side Routine**

- 2:14 / (Long synth blast) / 2x8 / 4reps
- Wide Walk L, R

- 2:22 / _ Falling underneath the / 8x8 / 4reps

Palm Wave Combo

- Wide Walk L, R x4 (Palm Wave ascending to O/H) (8cts)
- Step Touch L, R x2 with Breathe Arms (ascending) (8cts)

- 2:52 / **choose.** And after all we've / 4x8 / 8reps
- Step Touch L, R

- 3:07 / All for you _ The truth / 16x8 / 2reps
- **Smack It To The Side Routine**

-
- 4:07 / (Steady beat) / 4x8 / 8reps
- Step Touch L, R

- 4:22 / (Soft synth blast) / 1x8 / 1rep
- Wide Freeze with Breathe Arms (descending)

MUSIC

- Shut It Down** (4:03)
Party Favor & Dillon Francis
© 2016 Mad Decent
Written by: Unknown
- La Musica** (3:47)
Ray Foxx
© 2011 Defected Records Limited.
Written by: Foxx, Attar, Boachie
- My Number** (3:50)
Major Lazer & Battle Royal
© 2016 Dubset Media.
Written by: Unknown

PURO PARI

- Contract** (2:47)
GTA
© 2016 Warner Bros. Records Inc.
Written by: Williams, Cash, Gholar
- Drop It Down Low** (2:43)
Henry Fong feat. Richie Loop
© 2016 Dim Mak Records, Inc.
Written by: Fong, Webb
- One Dance** (1:27)
Drake
Courtesy of the Universal Music Group.
Written by: Reid, Jeffries, Graham, Shebib, Smith, Balogun
- Drop It Down Low (Barely Alive Remix)** (3:49)
Henry Fong feat. Richie Loop
© 2016 Dim Mak Records, Inc.
Written by: Fong, Webb
- Sleaze** (2:20)
Knife Party feat. Mistajam
© 2012 Warner Music UK Limited.
Written by: McGrillen, Swire, Dalton
- No Lie** (3:27)
Sean Paul feat. Dua Lipa
Courtesy of the Universal Music Group.
Written by: Schwartz, Jackson, Kembo, Sanderson, Henriques
- Love On Me (Ookay Remix)** (3:21)
Galantis
© 2016 Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside the United States.
A Warner Music Group Company.
Written by: Maniscalco, Elköw, Blanchard, Boardman, Karlsson, Koitzsch, Jonback, White

SMACK IT TO THE SIDE

- Dominator (Tom Staar Remix)** (4:37)
Armin Van Buuren, Human Resource
© 2016 405 Recordings under exclusive license from Armada Music BV.
Written by: Pernet, van Beek, Drexhage, Mahu, Nash
- Voodoo (Original Mix)** (4:00)
A&B Garmiani, Walsky Fire
© 2016 Dim Mak Records, Inc.
Written by: Unknown
- Hype (Flosstradamus Remix)** (3:37)
Dizzee Rascal & Calvin Harris
Courtesy of the Universal Music Group.
Written by: Wiles, Mills
- You (Tom Staar Remix)** (5:30)
Galantis
© 2014 Atlantic Recording Corporation.
Written by: Eklow, Karlsson, Lot, Galantis, Pontare
- You (Tom Staar Remix)** (3:06)
Galantis
© 2014 Atlantic Recording Corporation.
Written by: Eklow, Karlsson, Lot, Galantis, Pontare
- Phone Down** (3:37)
Lost Kings feat. Emily Warren
© 2016 Disruptor Records/Columbia Records. Under licence from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Harris, Holmes, Leigh, Shanholtz, Abisi, Warren

MASH IT!

- Vamonos** (2:59)
Chuckie, Kronic, Krunkl
© 2014 Ministry Of Sound Australia Pty Ltd.
Written by: Calleja, Narain, Vorewerk, Mitani
- Crowd Control** (4:16)
Joey Dale, Pitchback
Revealed Recordings, under exclusive license to Cloud 9 Music B.V.
Written by: Popkema, Niemeyer, Daleboudt
- Sahara** (3:42)
DJ Snake feat. Skrillex
© 2016 DJ Snake Music, under exclusive license to Interscope Records.
Written by: Moore, Stefanov, Grigahcine
- More Than Ever** (4:31)
Breathe Carolina, Ryos
© 2016 SpinninRecords.com.
Written by: Bonet, Schmitt, Siddiqui, Madden, Cooper

EXPRESS FORMATS

30-MINUTE OPTION 1

- Track 1** Warmup
Track 2 Isolations
Track 3 My Number
Tracks 4-9 Puro Pari
Total Time 28:13

30-MINUTE OPTION 2

- Track 1** Warmup
Track 2 Isolations
Tracks 11-14 Smack It To The Side
Total Time 26:40

45-MINUTE

- Track 1** Warmup
Tracks 4-9 Puro Pari
Track 10 Recovery
Tracks 11-14 Smack It To The Side
Total Time 42:47

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.

KEY

F forward
B back
L left
mins minutes
O/H over head
OTS on the spot
R right
Xreps perform the Sequence/Exercise x times
◀▶ This move is featured in 'Dance School'

Please note the color to represent the correct level of execution

■ BASE ■ FLAVA ■ BREAKOUT

CREDITS

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