

BODYJAM 83

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01. WARMUP

MUSIC No 1 Disco 4:10mins

TRACK FOCUS

Super happy disco Warmup time – simple combos to welcome your class into dance. Keep your arms chilled in PUSH IT OUT... the feel is the up-bounce. In the TAP FREEZE, find the bounce, then freeze that knee strong.

Twist Back setup

0:04 / (Steady beat) / 4x8 / 16reps

- Knee Twist L, R *"Turn your knees side to side"*

0:20 / **beat** beat. I got / 4x8 / 4reps

- **Add** Single Single Double L with opposite arm to shoulder

- **Repeat** R

Push It Out setup

0:35 / (Slow synth melody) / 4x8 / 2reps

- Tap L x2 with Double Hand Push *"Feet together. Tap the toes"*

- Heel Step L with Push It Out Hands, Together *"Step together"*

- **Repeat** R *"Dig the heel. Push the hips"*

0:50 / **Beat** (Steady beat) / 4x8 / 4reps

- **Add** Double Time (travel F)

1:05 / **Beat** (Build up) / 12x8 / 3reps

- Twist Back (L, R x2) (travel B) *"Twist it backwards"*

- Push It Out (L, R x2) (travel F) *"Travel forward"*

Tap Freeze setup

1:50 / (Low synth melody) / 8x8 / 16reps

- Wide Tap L, R, Knee Freeze L *"Freeze at the top"*

2:21 / (Quiet synth) / 1x8 / 1rep

- Wide Freeze with Breathe Arms ascending O/H (6cts)

- Wrist Cross descending (2cts)

Wrap Combo setup

2:24 / (Long synth note) / 4x8 / 2reps

- Wide Freeze with Arm Wrap to Reach L, Elbow Pull B *"Right hand"*

- **Repeat** R *"Lean your body"*

2:39 / (Slow beat) / 4x8 / 8reps

- Hip Rock L, R with Elbow Wave Arms *"Open the chest"*

2:54 / **Beat**, beat. I got / 4x8 / 8reps

- Bounce Step Touch L, R

3:10 / (Build up) / 4x8 / 1rep

- Twist Back *"Rotate your lower body"*

- Push It Out *"Double tap, feet in"*

3:25 / got the (Synth melody) / 8x8 / 16reps

- **Tap Freeze** *"Freeze"*

3:55 / (Synth melody/heavy beat) / 4x8 / 1rep

- **Twist Back**

01. WARMUP

TECHNIQUE

Keep your arms super chilled in PUSH IT OUT; it's just a small push. In the TAP FREEZE, find the bounce and freeze the knee.

TWIST BACK

- Feet shoulder-width apart, knees super soft, weight on the balls of the feet, heels down
- Bounce, small and tight, knees turning side to side
- Arms long and relaxed, chest lifted, bouncing through the legs
- Single-single-double rhythm
- Arm swing forward, hand to shoulder-height, loose and relaxed
- Travel backwards
- Increase range
- Add PUSH IT OUT



PUSH IT OUT

- Feet under hips, knees soft, tap ball of the foot at hip-distance
- Palms push out, small, below chest-height, elbows soft, palms forward
- Shoot heel out, slightly forward of the body, outside shoulder-width, Hip Push forward
- Palms push out at chest-height, long, super soft elbows, slight turn of the chest
- Double time
- Increase range, bouncing through the legs
- Travel forward



TAP FREEZE

- Feet outside shoulder-width, knees super soft, wide tap, bouncing through the legs
- Left knee lifts below hip-height, freeze
- Arms long and relaxed, super loose



WRAP COMBO

- Feet outside shoulder-width, knees soft
- Arm wraps the head, elbow wide, weight shifts to the outside
- Reach long to the front diagonal, palm up, at shoulder-height, elbow soft
- Elbow pulls back, hand retracts, weight transfer to the back leg, lean back



HIP ROCK WITH ELBOW PUSH ARMS

- Wide-walk the feet, shoulder-width apart. Knees soft, hips shifting side to side
- Elbows pull back, chest opens, palms down, hands relaxed
- Push palms forward at shoulder-height, wrists flexed, palms open



02. ISOLATIONS

MUSIC Touch 3:22mins

TRACK FOCUS

Super Pop Dancehall time! A complete change up in music with chill fun. Remember to cue the feet super wide in the fast Heel-Toe LEAN BACK combo so your class have somewhere to go.

Lean Back setup

0:00 / **You and I and** / 4x8 / 2reps

- Body Wave L (face R) (4cts) *"Lean back"*
- Heel-Toe-Heel Together L (4cts) *"Feet wide, heel, toe, heel, together"*
- **Repeat** R (face L)

0:18 / **won't you take it, I** / 4x8 / 16reps

- Chest Pop B/F (2cts) *"Arms relaxed, squeeze the shoulder blades"*

Back Step L setup

0:37 / **a touch of your** / 4x8 / 4reps

- Step Touch L, R (face L) (4cts) *"Right leg, Back Step"*
- Body Wave L x2 (4cts) *"Put some bounce in your step"*

Last rep: preview Arm Wave, Elbow Pull

0:55 / **a touch of (Percussion)** / 4x8 / 4reps

- **Add** Arm Wave F x4 *"Fingers lead"*
- **Add** Elbow Pull x2 *"Pull your arms to your chest"*

Lean Back setup (continued)

1:13 / **Photograph with no** / 4x8 / 2reps

- Body Wave L (face R) (4cts)
- **Add** Fast Heel-Toe L x3, Together L (4cts)
- **Repeat** R *"Start with your feet super wide"*
"Heel, toe, heel, toe, heel, toe, together"

1:31 / **you take it. I** / 4x8 / 16reps

- Wide Hip Push R, L with hands on hips (2cts)
"Push your butt back"

Backstep R setup

1:50 / **a touch of your** / 4x8 / 4reps

- Step Touch R, L (face R) *"Back Step, left side"*
- Body Wave R x2

Last rep: preview Arm Wave, Elbow Pull

2:08 / **a touch of (Percussion)** / 4x8 / 4reps

- **Add** Arm Wave F x4
- **Add** Elbow Pull x2

2:26 / **my whole week, my** / 2x8 / 1rep

- Wide Freeze with Breathe Arms (ascending) O/H (6cts)
- Wrist Cross (descending) (2cts)
- Arm Wrap L, R (8cts) *"Right arm, sweep"*

2:35 / **not afraid to** / 2x8 / 1rep

Preview:

- Knee Lift R, L x6 *"Left knee" "4, 3, 2, 1"*
- Fast Heel Toe x3 R, Knee Lift R *"Heel, toe, heel, toe, heel, toe, knee"*

2:44 / **a touch of your** / 4x8 / 2reps

- Knee Lift L, R x2, Fast Heel-Toe x3 L, Knee Lift L (4cts)
 - **Repeat** R
- Last rep: preview Single Knee Slap L

3:03 / **a touch of your** / 4x8 / 2reps

- **Add** Knee Slap
- **Repeat** L

02. ISOLATIONS

TECHNIQUE

Dancehall and what a song! Remember to take the feet super wide in the fast HEEL-TOE LEAN BACK combo.

LEAN BACK

- Feet flat, shoulder-width apart, knees soft, chest to the diagonal
- Arms long, hands relaxed
- Body-wave back, lead with the head, leaning into back leg, chest lifts
- Walk foot to supporting leg (heel-toe), finish feet together, natural swing of the arms
- Tempo increase (heel-toe), feet start super wide
- Increase range



CHEST POP

- Feet outside shoulder-width, knee soft, arms long, elbows soft, soft fist outside hips, palms in
- Squeeze shoulder blades, chest opens
- Contract the chest, shoulders rounding forward



BACK STEP

- Step touch the feet, shoulder-width apart, knees super soft, bouncing through the legs, face side
- Arms long and loose, natural swing
- Face side, body-wave down the torso, chest leads, knees super soft, bouncing through the legs
- Wave hands forward to full extension, at shoulder-height, fingers lead, elbows soft, palms down
- Hands pull to chest, elbows wide, soft fists, chest lifts, pushing forward through the hands



WIDE HIP PUSH

- Feet outside shoulder-width, knees soft
- Hands to hips, elbows back, palms open, fingers forward
- Hip push to the back corner, side to side, weight transferring to the outside leg



KNEE LIFT WITH FAST HEEL-TOE COMBO

- Feet outside shoulder-width, knees soft, walk the feet, lift knee below hip-height, bounce through the legs
- Natural swing of the arms, super loose
- Feet start super wide, walk foot to supporting leg (Heel-Toe) fast, Knee Lift to finish, below hip-height
- Soft Knee Slap, open hand starts above head, palm forward, elbow wide, chest turns in
- Other arm long, to the low diagonal, elbow soft, hand open, slightly behind the body, palm back
- Rhythm: 4, 3, 2, 1, heel, toe, heel, toe, heel, toe, slap
- Rhythm: 1, 2, 3, 4, 5&6&7&slap



03. TECHNO

MUSIC Techno 3:28mins

TRACK FOCUS

Techno meets cardio!!! TECHNARDIO MMWAAH HAA HAAAAA.

This track builds to huge, so use simple language when setting up the SHUFFLE GLIDE – “there should be no weight on the front toe”. Then let the musical drops take you all techno nuts. TECHNUTS!!

Shuffle Glide setup

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

- Wide Drop Heel Pop L (face R) x4 (16cts) “No weight on the front toe”
- **Repeat** R (face L) “Lean back”

0:25 / (Quiet synth melody) / 4x8 / 1rep

- **Add** Travel L, R “Travel back”

Bounce It Up setup

0:38 / See my **plug** is / 4x8 / 2reps

- Wide Drop Tap with Bounce Throw Elbows R, L
- 3 Steps (R, L, R) (travel R) “Back Step 3, 2, 1”
- **Repeat** L

Last rep: preview Turn L

0:51 / Yeah, my **trap** going / 4x8 / 2reps

- **Add** Turn (R, L) “Bounce the arm”

1:03 / **Got** the party jumping / 4x8 / 1rep

- **Shuffle Glide** R (face L) (Double Time) (8cts) “4, 3, 2, left arm”
- **Bounce It Up** R (8cts)
- **Shuffle Glide** L (face R) (8cts)
- Bounce It Up L (8cts)

1:16 / techno _ (Synth melody) / 8x8 / 2reps

- **Add** Breakout

Jump Jump Grind setup

1:42 / _ I got the **club** jumping / 8x8 / 8reps

- Jump R x2, Wide Drop with hip push and grab arms (transition to face L diagonal) “Jump, jump, grab”
- **Repeat** L (transition to face R) “Lean back”

2:07 / See the **club** is in Molly’s / 4x8 / 8reps

- Step Touch L, R

2:20 / Yeah, my **trap** going / 8x8 / 2reps

- **Shuffle Glide** L (face R)
- **Bounce It Up** L
- **Shuffle Glide** R (face L)
- **Bounce It Up** R

2:46 / trap going techno (Heavy beat) / 8x8 / 2reps

- **Add** Breakout

3:11 / (Heavy beat) / 4x8 / 4reps

- Jump Jump Grind L, R “Feet together”

3:24 / (Long synth blast) / 1x8 / 1rep

- Dynamic Freeze

03. TECHNO

TECHNIQUE

Helllooo cardio. Track 3 builds, so start with clear, simple language in the SHUFFLE GLIDE, before unleashing the hype as the music builds.

SHUFFLE GLIDE

- Jump feet wide, outside shoulder-width, hips to corner, knees soft, back heel releases, weight forward
- Double bounce through the legs, arms long and loose
- Jump feet together, bring front knee forward, heel up, all weight in the supporting leg
- Travel back, feet stay close to floor
- Add BOUNCE IT UP
- Increase range
- Palms push to floor, at full extension, elbow soft, other hand at chest-height, elbow back



BOUNCE IT UP

- Feet outside shoulder-width, knees soft
- Drop-tap the feet, bouncing down through the legs, weight shifting side to side
- Hand Push to full extension, front of hip, palm to floor
- Bounce-throw hand over shoulder, elbow wide, palm open
- 3 steps, travel side, feet shoulder-width apart, arms long and relaxed
- Circle turn, arms long
- Increase range



JUMP JUMP GRIND

- Feet under hips, knees soft, double bounce through the legs, weight on the balls of the feet
- Minimal travel to the side, hips transitioning corner to corner, arms long and relaxed
- Drop wide, feet outside shoulder-width, knees bent, toes out
- Hand throw O/H to full extension, elbow leads, soft fists, palms relaxed, super loose
- Lean back, hips push forward, body waving down the torso
- Increase range



COACHING

SHUFFLE GLIDE

Use clear, simple language. Say something like:
"Move your body forward and back"
"Feet close to the floor"
"Zero weight on the front toes"

04. AFRO HIP HOP

MUSIC Pónteme 1:26mins

TRACK FOCUS

We got the Afro, we got the Hip Hop, we put it together... Afrip Hop ok stopping now...

Teach the bounce and the free feel of the AFRO SWING – circle that arm fast! Then get that playful freezy rhythm on the JUMP SLAP.

Afro Swing setup

0:00 / (Steady beat) / 2x8 / 8reps

- Wide Walk L, R

0:08 / Vaina! **Woah** e'to / 8x8 / 4reps

- **Add** Afro Arm Swing R, L x2 (4cts) "4, 3, 2, 1, right leg"
- **Add** Stomp L x4 with Slow Arm Circle F L (4cts) "Circle front to the back"
- **Repeat** R

0:42 / Macarena _ Sonando como / 4x8 / 4reps

- **Add** Chop It In Half
- **Add** Double Time (Arm Circle) "Single single double"

Jump Slap setup

0:59 / **Woah**, Y dale con to / 2x8 / 4reps

- Slow Jump L with hands up/down "Jump, slap"
- Double Jump R with hands up, Jump R with hands down "Jump, jump, slap"

1:08 / (con to) **Pónteme** pónteme / 4x8 / 8reps

- **Add** Freeze "Freeze" "Up, down, up, up, down"

05. AFRO HIP HOP

MUSIC Pónteme 2:09mins

TRACK FOCUS

Now we get hype. There is a bit of learning to be done as the routine comes together, so use simple Layer 1 cues to add the JUMP CLAP to DOUBLE HIPS. Finish the track with clear directional cues in the TURN SNAP. Say something like "right leg, right turn".

Swizzle setup

0:00 / **Woah** e'to comenzo / 2x8 / 1rep

- Heel Pump L x8 (face R diagonal) with Finger Swizzle L "Swizzle"
- **Repeat** other side "Heel pump"

0:08 / **Maisena**. Cuidao ta / 2x8 / 1rep

- **Add** Finger Swizzle (ascending) "Finger circles"

0:17 / e que **pónteme** pónteme / 24x8 / 6reps

- **Afro Swing**
- **Jump Slap**
- **Swizzle** (L only)
- **Add** Jump with Heel Clap, L arm O/H "Clap your heels" "Hand up"
- **Add** Double Hip Push R, L x4 "Double hips" "Left, left, right, right"

Turn Snap setup

2:00 / _ **Alls my life** I has to fight / 2x8 / 2reps

- Double Hop R OTS with L Knee Lift (2cts) "Right leg, ba ba"
 - Jump to Wide Freeze, Hand Snap (2cts) "Snap"
 - **Repeat** L
- (Continues into next track)

06. AFRO HIP HOP

MUSIC Alright 2:59mins

TRACK FOCUS

This track is busy, so keep the cues simple and refined for success. Hit that tight rhythm on THROW IT BACK, turning the chest and keeping that arm long; then over-demonstrate the slow timing and texture of the WAVE to Head Shake.

(Continues from previous track)

0:00 / **Bad** trips / 2x8 / 2reps

- Double Hop R OTS with L Knee Lift (2cts)
- Jump to Wide Freeze, Hand Snap (3cts)
- **Repeat** L

Last rep: preview Turn

0:08 / then we gon' be **alright** / 4x8 / 4reps

- **Add** Turn L, R "Right leg right turn" "Fast, ba ba"

Wave setup

0:25 / **alright**. Uh, and when I / 4x8 / 4reps

- Body Wave B (face L diagonal) (2cts) "Wave"
- Fast Knee Bounce In/Out (1ct) "In, out"
- Slow Body Wave F (face L diagonal) (5cts)

0:42 / Lord knows _ twenty of / 4x8 / 4reps

- **Add** Head Rock L x3 on cts 5, 6, 7 "Shake, shake, shake"

Throw It Back setup

0:59 / **When** you know, we / 2x8 / 2reps

- Jump with Fast Knee Lift R (travel R), Wide Freeze (ct 1&) "Fast knee"
- **Repeat** L (ct 5&) "Up down"

1:08 / we **hate** popo / 2x8 / 2reps

- **Add** Throw It Back arm R, L "Throw it back"

1:16 / gon' be **alright** / 12x8 / 6reps

- **Add** Double Time (Throw It Back R, L x2) "4, 3, 2, Wave"
- **Add Wave**

2:07 / **when** you know / 4x8 / 16reps

- Wide Walk L, R

2:24 / gon' be **alright** / 6x8 / 1rep

- **Afro Swing**
- **Jump Slap**
- **Swizzle**
- **Jump Clap**
- **Double Hips** (R, L x2)
- **Turn Snap**
- **Throw It Back** (R, L x2)
- **Wave**

2:50 / (Heavy synth) / 2x8 / 4reps

- Freestyle Step Touch L, R

07. AFRO HIP HOP

MUSIC Lean Back 1:47mins

TRACK FOCUS

EEEEEEEEEEEEEMIIHHHHHHHHXXXXX!!!!

As the routine begins to fuse, use clear directional cues when pre-cueing the TURN SNAP. It's fast and on the spot, so keep the coaching simple and repetitive, with a clear sense of direction.

0:00 / (Synth melody) / 18x8 / 3reps

- Afro Swing
- Jump Slap
- Swizzle
- Jump Clap
- Double Hips
- Turn Snap
- Throw It Back
- Wave

1:20 / (Heavy synth) / 2x8 / 1rep

- Dynamic Freeze (Performance option)

Walk Back setup

1:29 / (Synth melody) / 4x8 / 2reps

- Walk B (L, R, L), Back Turn R OTS "Right leg, walk back" "3, 2, 1, turn"
- Walk F (L, R, L), Step Together R with Clap
- Hip Push F L, R x4

(Continues into next track)

08. AFRO HIP HOP

MUSIC Propaganda 1:19mins

TRACK FOCUS

A sick track with big beats, three new moves and plenty of reps... so take your time!

Repetitively coach the 3,2,1 turn, and tell your class to Turn on the spot. Then find the pop in the DOUBLE CROSS WAVE. You need to make the arms pop in at the top – short and strong.

(Continues from previous track)

Walk Back setup

0:00 / Said my **boys** don't dance / 4x8 / 2reps

- Walk B (L, R, L), Back Turn R "Left shoulder turns back"
- Walk F (L, R, L), Step Together R with Clap
- Hip Push F L, R x4 "Lean back"

Double Shake Bam setup

0:18 / Lean **back** (c'mon) / 2x8 / 4reps

- Wide jump with Double Hand Shake "Feet wide"
- Jump Together with Bam Hand Throw O/H "Shake, shake, bam"

0:27 / (Heavy synth) / 8x8 / 4reps

- Walk B (6cts) "Put it together"
- Double Shake Bam (2cts) "Shake"
- Hip Push F L, R x4 (8cts)

Double Cross Wave setup

1:01 / (Long synth note) / 4x8 / 4reps

- Slow Double Cross Arms (2cts) "Cross, cross, pop"
- Knee Lift R with Pop It Arms O/H (2cts)
- **Repeat** R (Knee Lift L)

09. AFRO HIP HOP

MUSIC Fester Skank 2:09mins

TRACK FOCUS

I love me some DANCEHALL...

The Body Wave is super cool and so unexpected! Embrace the competing textures, with lots of bounce in the legs as you wave through the chest.

0:00 / (Percussion) (Air horn) / 6x8 / 3reps

- Body Wave L x4, Step Together R "4, 3, 2, together"
- **Repeat** R

Double Cross Wave setup (continued)

0:25 / the gang go _ Fester / 16x8 / 4reps

- Double Cross L (Double Time) (2cts), Body Wave R (2cts) "Ba ba, wave"
- **Repeat** R
- **Repeat** L
- **Repeat** R
- Body Wave L x4, Step Together R (8cts)
- **Repeat** R (8cts)

1:34 / the gang go _ Fester / 4x8 / 8reps

- Step Touch L, R "Put it all together"
- Preview: Afro Hip Hop Routine

Afro Hip Hop Routine setup

1:51 / gang go _ I want a fire / 4x8 / 1rep

- **Afro Swing**
 - **Jump Slap**
 - **Swizzle**
 - **Jump Clap**
 - **Double Hips**
 - **Turn Snap**
 - **Throw It Back**
 - **Wave**
 - **Walk Back**
 - **Double Shake Bam**
 - **Double Cross Wave** L, R
- (Rep continues into next track)

10. AFRO HIP HOP

MUSIC Inna Di Dance 3:02mins

TRACK FOCUS

We learn one more move, the 2 STEP SCOOP, and it gets hype. Then, when the beat drops and the tempo increases, light the fire and lose yourself!

(Rep continues from previous track)

0:00 / the gang go _ I want a / 4x8

- Afro Hip Hop Routine

0:16 / (Build up) / 2x8 / 4reps

- Step Touch L, R

0:25 / up the dance (Hey) _ / 8x8 / 1rep

- Afro Hip Hop Routine

0:59 / the dance _ I want a fire / 4x8 / 8reps

- Step Touch L, R

1:16 / up the dance (Hey) _ / 8x8 / 1rep

- Afro Hip Hop Routine

1:50 / the dance _ (Drum rhythm) / 2x8 / 4reps

- Step Touch L, R

2-Step Scoop setup

1:59 / _ I want a fire, fire / 4x8 / 2reps

- Step (Out/In) L x2, Step Knee Scoop L (travel L) "2 steps, scoop"
- **Repeat** R "Knee turns out, scuff the floor"

2:16 / _ I want a fire, fire (Build up) / 4x8 / 2reps

- **Add** Running arm-line L, R x2 (Tempo increasing)
- **Repeat** R "Faster"

2:31 / up the dance (Hey) _ / 8x8 / 4reps

- **Add** Breakout (Fast tempo)

2:59 / (Synth blast) / ½x8 / 1rep

- Dynamic Freeze

11. AFRO HIP HOP

MUSIC Possession 3:41mins

TRACK FOCUS

...and you know this is gonna be big...

Dance hard but show control! Show lots of contrast from the smooth to the hard, from the super slow to the bang bang fast.

0:00 / (Quiet synth melody) / 4x8 / 8reps

- Step Touch L, R

0:16 / (Synth melody) / 8x8 / 1rep

- **Afro Hip Hop Routine**

0:49 / (Build up) / 4x8 / 8reps

- Freestyle Step Touch L, R

1:05 / (Vocal effect _) / 8x8 / 1rep

- **Afro Hip Hop Routine**

1:38 / (Synth blast) / 2x8 / 4reps

- Step Touch L, R (Performance option)

1:46 / (Synth building) / 2x8 / 1rep

- **2-Step Scoop** (No Running arm-line) "2 Step Scoop"

1:54 / (Synth blast/synth melody) / 4x8 / 2reps

- **Add** Running arm-line "Arms"

- **Add** Double Arm Throw F "Throw"

2:11 / (Heavy beat) / 4x8 / 2reps

- **Add** Breakout "Drop"

2:27 / (Build up) / 4x8 / 8reps

- Step Touch L, R

2:44 / (Vocal effect _) / 8x8 / 1rep

- **Afro Hip Hop Routine**

3:16 / (Quiet synth melody) / 4x8 / 8reps

- Step Touch L, R

3:32 / (Slow fade) / 1x8 / 1rep

- Wide Freeze with Breathe Arms (ascending)

AFRO HIP HOP

TECHNIQUE

We got the Afro, we got the Hip Hop, we put it together.

AFRO SWING and you need to circle the arm fast, throw it and then find the freeze in JUMP SLAP. We add the CLAP and DOUBLE HIPS as the first 3 moves combine; so clear, well-spaced Layer 1 cues are central to success. Remember to hold left arm strong in the DOUBLE HIPS.

Track 6 is super sick and brings a little bit of chill to the block. Use clear directional cues to coach the TURN SNAP. It's fast and on the spot, so keep the coaching simple and repetitive, with a clear sense of direction. The WAVE is all about control, so take your time and embrace the changing textures. Pick the knee up super fast in THROW IT BACK, then let the body naturally re-center. You don't want to hit the chest too hard here people!

Step forward on count 5 in the WALK BACK, then finish by finding the pop in the DOUBLE CROSS WAVE. You need to make the arms pop in at the top, short and sharp, before getting loose in the 2-STEP SCOOP.

AFRO SWING

- Wide-walk the feet, outside shoulder-width, knees soft, hips shifting side to side
- Bounce down through the legs
- Arm Swing (F/B), at full extension, to shoulder-height, elbow soft
- Hands open, palms forward, fingers relaxed and splayed
- Back arm circles forward, front to back, outside leg stomps x4, knees soft, bounce through the legs
- Single-single-double rhythm
- Head turns side
- Increase range



AFRO HIP HOP

JUMP SLAP

- Feet under shoulders, knees soft, jump (up), weight on the balls of the feet, travel side
- Hands at top of head, elbows wide, palms forward, fingers long
- Jump (down) in the legs, knees bent, feet flat
- Hands slap to thighs, arms swing back at full extension, elbows soft
- Freeze (up, jump L)
- Rhythm: *Up, Down, Up, Up Up, Down*
- Rhythm: 1, 2, 3&4



SWIZZLE

- Feet wide, outside shoulder-width, knees soft, shoulders/hips to corner, back Heel Pump on the beat
- Front arm to the low diagonal, at full extension, slightly forward of the body
- Index finger circles forward, rotating from the wrist, soft fist, head turns, eyes down
- Swizzle arm ascends to O/H
- Rhythm: 5, 6, 7, 8



JUMP CLAP

- Feet outside shoulder-width, knees soft, jump, heels clap together in the air, land wide
- Left arm to the high diagonal, full extension, forward of the body, elbow soft, index finger extended



DOUBLE HIPS

- Feet outside shoulder-width, knees soft, double hip push to the back corner, weight shifting to the outside
- Left arm to the high diagonal, full extension, forward of the body, elbow soft, index finger extended
- Other arm long, hand down by side, palm in
- Increase range



TURN SNAP

- Feet outside shoulder-width, knees soft, fast double hop, inside knee lifts at hip-width, below hip-height
- Rhythm: 1&2
- Land wide, knees soft, double-snap the hands, above hip-height, elbows in, palms up
- Hop-turn to the outside
- Rhythm: 1&2, freeze, snap



THROW IT BACK

- Feet outside shoulder-width, knees soft, hop jump, travel side, fast Knee Lift below hip-height
- Hips turning corner to corner, arms long and relaxed
- Outside arm throws straight back, at full extension, soft fist
- Lead with the hip, turn chest to the outside
- Double time
- Add Wave
- Increase range
- Rhythm: 1&2, 3&4, 5&6, 7&8



AFRO HIP HOP

WAVE

- Feet outside shoulder-width, hips to corner, back toes strike the floor, heel up
- Wave back through the torso, head/chest leads
- Bounce the knees (in/out), weight on the balls of the feet, arms loose
- Rhythm: 1, 2, 3&
- Wave up through the torso, hip thrusts to the side, leading up through the hips
- Head shake L x3, weight to the outside, arms super loose
- Rhythm: 1, 2, 3&4, shake, shake, shake, 8
- Increase range



WALK BACK

- Walk the feet, hip-width apart, knees soft, travel back, natural swing of the arms
- R foot crosses behind, quick Back Turn on the spot, R shoulder turns back
- Walk forward, finish feet together, hands clap at chest-height
- Push the hips forward, corner to corner, bouncing through the legs, lean back
- Hands above hip-height, palms down, elbows in
- Rhythm: 1, 2, 3, turn, 5, 6



DOUBLE SHAKE BAM

- Drop low, feet outside shoulder-width, knees soft, weight forward
- Double shake the hands, shoulder-width apart, below chest-height
- Jump feet together, hands throw O/H at shoulder-width, thumbs up, fingers in, palms back, loose
- Rhythm: 7&8



DOUBLE CROSS WAVE

- Step wide, feet outside shoulder-width, knees super soft, drop down into the legs
- Double-cross the elbows, soft fists, palms up
- Lift inside knee, below hip height, weight shifting to the outside
- Hands pop inwards, above head, elbows wide at shoulder-height, soft fists, thumbs up, palms forward
- Feet outside shoulder-width, knees soft, hips to corner
- Upper body wave forward, head leads, chest lifts, bouncing through the legs, finish feet together
- Double time (Double Cross)
- Rhythm: 1&2, 3, 4



2-STEP SCOOP

- Feet start under hips, knees super soft
- Outside leg steps x2 (out/in), outside shoulder-width, hips to the corner, knee turns out
- Finish feet together, facing forward
- Step-scoop the back knee to hip-height, travel side, foot flexed, arms long and relaxed
- Finish feet together, facing forward
- Natural arm swing forward to chest-height (2 Steps)
- Double Arm Throw forward at shoulder-height, elbows wide, soft fists, forearms cross (Scoop)
- Increase speed
- Increase range, drop lower
- Arms super loose



AFRO HIP HOP

COACHING

JUMP CLAP, DOUBLE HIPS

Use clear, well-spaced Layer 1 cues to add the heel JUMP CLAP and DOUBLE HIPS to the building combination.

TURN SNAP

Use clear directional cues to get your class turning. Say something like:

"Right leg, right turn"

"Left leg, left turn"

PERFORMANCE

2-STEP SCOOP

When the beat drops and the tempo increases, light the fire and unleash the hype!

TRACK 11

From the moment the synth drops, you just know this is going to be HUUUGGGEE!

Dance hard but show control. Show lots of contrast from the smooth to the hard and sharp.

12. RECOVERY

MUSIC Chocolate 3:01mins

TRACK FOCUS

This song is sweet, these beats be phat.

Super chilled with pimpy undertones. Push the hips forward and keep the arms small, then flick the wrist sharp... you're welcome bottom.

Push The Funk setup

0:00 / _ Ay (yah) / 2x8 / 8reps

- Hip Push F L, R "Push your hips forward"
- Last 4cts: preview Low Palm Push

0:08 / **Chocolate** (uh) / 2x8 / 8reps

- **Add** Low Palm Push L, R "Lean your shoulders back"

0:16 / _ Ay, just cashed the / 8x8 / 4reps

- **Add** Step Touch L, R x2 "Take your feet wide, push your butt forward"
- Hip Push F with Low Palm Push L, R x4

Take It To The Sky setup

0:50 / (Free **throws**) / 4x8 / 1rep

- Wide Hip Push L x16 with Wrist Flick R (side/up) x8 "Just your wrist, side, up, side, up"
- **Repeat** R "Move your butt"

1:07 / _ Ay, just cashed the / 4x8 / 2reps

- **Add** Chop It In Half with Wrist Flick (ascending) "Take it to the sky"

2 Steps setup

1:24 / _ You ever find yourself / 8x8 / 2reps

- 2 Steps with Double Hand Flap L, R x2 "2 steps"
- **Hip Roll** B L, R with Palms Up x4 "Roll your butt around the back"

1:57 / _ Now take another shot / 4x8 / 2reps

- **Push The Funk** "Push"

2:14 / _ All I need is you / 4x8 / 2reps

- **Take It To The Sky** "Left hand"

2:31 / _ Ay, just cashed the / 4x8 / 1rep

- **2 Steps**
- **Hip Roll**

2:48 / _ Ay, just cashed the / 2x8 / 8reps

- Wide Walk L, R

2:56 / **Stretch**. Chocolate / 1x8 / 1rep

- Dynamic Freeze

12. RECOVERY

TECHNIQUE

Just 3 simple moves (actually it's 4 if you count the HIP ROLL). Hit the beat with the hips forward and shoulders back in PUSH THE FUNK. Small through the feet, arms chilled, close to the body with a pimpfeel. When it comes to TAKE IT TO THE SKY, keep the flick in the wrist clean and sharp.

PUSH THE FUNK

- Feet under hips, knees soft, hips push forward, corner to corner, slight bounce through the legs
- Shoulders lean back, hands above hip-height, palms down, elbows in, pushing forward with the hips
- Step-touch the feet, shoulder-width apart, butt pushing forward, bounce through the legs



TAKE IT TO THE SKY

- Feet outside shoulder-width, knees soft, hip push to the outside
- Flick from the wrist (in/up), above hip height
- Other hand behind hip, elbow to corner, hand open, palm back
- Wrist flick ascending, shoulder-width apart, from hip to head-height



2 STEPS

- Feet shoulder-width apart, knees soft, torso to corner
- 2 Steps, travel side, dropping into the back foot, front heel releases
- Front hand at chest-height, elbow down, other hand out at shoulder-height, elbow wide
- Hands open, flapping up from the wrist, palms out



HIP ROLL

- Feet outside shoulder-width, knees soft, hips rolling around the back, slight weight shift through the legs
- Hands at head-height, elbows down, palms forward



13. AN ATMOSPHERE OF EUPHORIA

MUSIC Say Less 1:27mins

TRACK FOCUS

Yes oh yes oh yes it's leg day. Get the weight on the balls of the feet in BREAK YOUR LEGS and nail the weight shift side to side.

Back Tap setup

0:00 / (Fast synth) / 4x8 / 4reps

- Back Tap L, R "Back tap, right, left"
- Bounce OTS x4 "Bounce"

0:14 / (Heavy drums) / 4x8 / 4reps

- **Add** Cross Punch Arms "Cross your hands"
 - **Add** Head Turn R, L "Turn your head"
- Last 2cts: preview Knee Swivel

Break Your Legs setup

0:29 / (Low synth melody) / 4x8 / 8reps

- Lean with Knee Swivel (Out/In) L, R "On the balls of your feet"

0:43 / (Vocal effect) / 4x8 / 8reps

- **Add** Double Time Knee Swivel (Out/In x2) L, R "Double time"
- **Add** Chest Slap L, R (4cts)

0:58 / (Vocal effect _ heavy synth) / 8x8 / 4reps

- **Back Tap** (8cts)
- **Break Your Legs** (L, R x2) (8cts)

14. AN ATMOSPHERE OF EUPHORIA

MUSIC Say Less 3:12mins

TRACK FOCUS

Lots of learning here so keep the coaching minimal, some would maybe choose to describe it as... Say Less?? The CHEST PUSH WALK BACK combo is in the chest, then turn the shoulders as you travel back. When it comes to the JUMP, keep the weight centred for takeoff, landing with soft knees.

0:00 / (Fast synth) / 2x8 / 1rep

- Hold (performance or stretch option) "Watch my left hand"

Chest Push Walk Back setup

0:07 / Young Gerald _ yeah, uh / 2x8 / 2reps

- Slow Wide Walk L, R with Palm Push R, L (travel F) "Left, right"
- Walk B L, R x2 with Double Palm Push Sweep F to O/H "Double"

0:14 / _ Dylon, Dylon with the / 8x8 / 8reps

- Add Flava "Push from your chest. Turn your shoulders"

Jump setup

0:43 / (forget it) Yeah. Was like a / 4x8 / 4reps

- Jump Cross R "Left leg goes up and across"
- Land wide, slow rise "Land soft"

0:57 / yes on yes on yes! _ / 4x8 / 1rep

- Jump
- Chest Push Walk Back
- Feet Together (Jump OTS x4 with Arm O/H)
- Back Tap
- Break Your Legs

1:12 / Say less _ (yeah) / 1x8 / 4reps

- Wide Walk L, R "Start from the Back Tap"

1:16 / Say less _ Ay girl / 4x8 / 1rep

- Back Tap
- Break Your Legs
- Jump
- Chest Push Walk Back
- Feet Together Jump

1:30 / uproar (yeah) _ Was like a / 4x8 / 16reps

- Wide Walk L, R

1:45 / yes on yes on yes! _ / 4x8 / 1rep

- Back Tap
- Break Your Legs
- Jump
- Chest Push Walk Back
- Feet Together Jump

1:59 / less _ Sheesh, what you / 4x8 / 16reps

- Wide Walk L, R

2:13 / love again _ Sheesh / 4x8 / 1rep

- Back Tap
- Break Your Legs
- Jump
- Chest Push Walk Back
- Feet Together Jump

Hit setup

2:28 / of these _ Gettin' faded / 4x8 / 8reps

- Heel Lean with Hit Elbow L "Hit"
- Repeat R "Same arm, same leg" "Freeze at the top"

2:42 / conversation _ Please say / 4x8 / 16reps

- Wide Walk L, R

2:57 / yes on yes on yes! _ / 4x8 / 1rep

- Back Tap
- Break Your Legs
- Jump
- Chest Push Walk Back
- Feet Together Jump

15. AN ATMOSPHERE OF EUPHORIA

MUSIC Party People 4:14mins

TRACK FOCUS

This track is full on with some cheeky moments of fun when setting up the PALMS PUSH. When adding PUSH IT, talk to the contrast... "little, big, little, big!"

0:00 / Say less _ / 4x8 / 1rep

- Back Tap
- Break Your Legs
- Jump
- Chest Push Walk Back
- Feet Together Jump

Double Kick setup

0:14 / (Long synth note) / 6x8 / 3reps

- Slow Double Kick R x2 (4cts), Cross Out Together R (4cts) "Kick, kick, cross, out, together"
- Hit L, R x2 (8cts) "Hit it hard"

0:36 / (Fast drums) / 2x8 / 1rep

- Double Kick with Palms Up (Double Time) (4cts) "Double time"
- Hit (L, R only) (4cts)
- Step Touch L, R x2 (8cts)

0:43 / (Fast synth rhythm) / 8x8 / 4reps

- Double Kick with Palms Up
- Hit
- Step Touch L, R x2

Palms Push setup

1:12 / (Descending synth) / 2x8 / 2reps

- Slow Wide Walk with Palm Drop L, R (4cts) "Right hand"
- Jump Together with Arm Cross, Hand Push O/H (4cts) "Together, push"

1:20 / (Low synth melody) / 8x8 / 8reps

- Add Double Time (4cts) "1, 2, together and push"
 - Freestyle Booty Bounce (4cts)
- Last 4cts: preview Push It

Push It setup

1:48 / (Low synth melody) / 8x8 / 8reps

- Step L with Double Push Arms small, Back Tap with Palm Push Long R "Step back tap"
- Repeat R "Push your palms"
- Step Touch L, R

2:18 / (Long synth note) / 4x8 / 2reps

- Push It
- Add Palms Push "Right hand"
- Add Bounce Tap L, R x2 with Palm Bounce

2:32 / (Party people) _ / 8x8 / 4reps

- Add Breakout

3:01 / (Steady beat) / 16x8 / 4reps

- Double Kick
- Hit
- Push It
- Palms Push
- Bounce Tap L, R x4 with Palm Bounce

Step Back Turn setup

3:59 / (Steady beat) / 4x8 / 2reps

- Step L into Turn Prep (4cts), Jump Turn R with Arms O/H (4cts) "Prep for a turn" "Step, jump"
 - Low Drop with L elbow to thigh (8cts) "Drop"
- (Reps continue into next track)

16. AN ATMOSPHERE OF EUPHORIA

MUSIC Rich Boy 3:02mins

TRACK FOCUS

STEP BACK TURN and it's all about cueing the direction. Clear repetitive coaching will get the class stepping back then put it all together for sweet sweet love.

(Reps continue from previous track)

Step Back Turn setup

0:00 / (Build up) / 4x8 / 2reps

- Step L into Turn Prep (4cts), Jump Turn R with Arms O/H (4cts) *"Swing your arms up"*
- Low Drop with L elbow to thigh (8cts)

0:14 / **I don't need a rich** / 4x8 / 2reps

- **Add** Step to the B (face B) *"Step to the back"*
- **Add** Low Drop (face L)

0:29 / **sweet sweet love (hey) _** / 4x8 / 2reps

- **Add** Double Time *"Step, jump, drop"*
- **Add** Wide Walk L, R x4 (face F) (8cts)
- Last 4cts: preview Wide Tap

0:43 / **Sweet, sweet, sweet** / 4x8 / 8reps

- Wide Tap L, R *"Take it from the Double Kick"*

0:57 / **sweet sweet love _** / 4x8 / 1rep

- **Double Kick**
- **Hit**
- **Push It**
- **Palms Push**
- **Bounce Tap** (L, R x2 only)
- **Step Back Turn** *"Step back, Jump Turn"*

1:12 / (Low synth melody) / 4x8 / 8reps

- Wide Tap L, R

1:27 / **I don't need a rich** / 4x8 / 1rep

- **Double Kick**
- **Hit**
- **Push It**
- **Palms Push**
- **Bounce Tap**
- **Step Back Turn**

1:41 / **sweet sweet love (hey) _** / 4x8 / 8reps

- Wide Tap L, R

1:56 / (Build up) / 4x8 / 1rep

- **Double Kick**
- **Hit**
- **Push It**
- **Palms Push**
- **Bounce Tap**
- **Step Back Turn**

2:10 / (Fast drums) / 2x8 / 4reps

- Wide Tap L, R *"We add on the Back Tap"*

2:18 / (Heavy synth) / 8x8 / 1rep

- **Double Kick**
- **Hit**
- **Push It**
- **Palms Push**
- **Bounce Tap** (L, R x2 only)
- **Step Back Turn**
- **Back Tap** *"Right foot, Back Tap"*
- **Break Your Legs**
- **Jump**
- **Chest Push Walk Back**
- **Feet Together Jump**

2:47 / (Low surging synth) / 4x8 / 8reps

- Step Touch L, R

17. AN ATMOSPHERE OF EUPHORIA

MUSIC Children 4:07mins

TRACK FOCUS

90's Jams (yellow pants anybody?). Last bit of learning... the TURN DRAG and PUSH AWAY. Drag the back foot and push the hips forward before finding depth in the legs whilst pushing the palms. You gotta dance haaaaaaarrrrdd.

0:00 / (Synth blast) / 8x8 / 1rep

- Double Kick
- Hit
- Push It
- Palms Push
- Bounce Tap (L, R x2 only)
- Step Back Turn
- Back Tap
- Break Your Legs
- Jump
- Chest Push Walk Back
- Feet Together Jump

0:29 / (Build up) / 4x8 / 8reps

- Step Touch L, R

0:43 / (Heavy synth) / 8x8 / 1rep

- Double Kick
- Hit
- Push It
- Palms Push
- Bounce Tap (L, R x2 only)
- Step Back Turn
- Back Tap
- Break Your Legs
- Jump
- Chest Push Walk Back
- Feet Together Jump

Turn Drag setup

1:12 / (High synth melody) / 8x8 / 4reps

- Circle Turn L, Step Drag L with Double Dream Arms (4cts) "Step, step, drag"
- Step Touch R, Step L to wide arms prep (4cts)
- Repeat R

1:41 / (Synth solo melody) / 4x8 / 8reps

- Wide Walk L, R

Push Away setup

1:56 / (High synth melody) / 4x8 / 4reps

- Palms Push Away (Up/Drop) R (4cts) "Up and down"
- Repeat L (4cts)

2:10 / (High synth melody) / 4x8 / 4reps

- Add Slow Wide Jump L, R "Jump and drop"

2:25 / (Build up) / 8x8 / 2reps

- Push Away R, L (Double Time)
- Turn Drag L
- Push Away L, R (Double Time)
- Turn Drag R
- Step Touch L, R x4

2:54 / (Heavy synth melody) / 6x8 / 3reps

- Push Away Turn L, R

3:16 / (Light synth) / 2x8 / 4reps

- Step Touch L, R x4

3:23 / (High synth) / 4x8 / 1rep

- Push Away Turn L, R
- Step Touch L, R x4

3:38 / (Fading beat) / 4x8 / 8reps

- Step Touch L, R
- (Preview An Atmosphere Of Euphoria Routine)

An Atmosphere Of Euphoria Routine setup

3:52 / (Low heavy synth) / 4x8 / 1rep

- Double Kick
 - Hit
 - Push It
 - Palms Push
 - Bounce Tap (L, R x2 only)
 - Step Back Turn
 - Back Tap
 - Break Your Legs
 - Jump
 - Chest Push Walk Back
 - Feet Together Jump
 - Push Away Turn L, R
 - Add Step Touch L, R x4
- (Rep continues into next track)

18A. AN ATMOSPHERE OF EUPHORIA

MUSIC Atmosphere 1:05mins

TRACK FOCUS

WRAP COMBO! When hitting it fast, lean back in the reach and get into the legs...

(Rep continues from previous track)

0:00 / (Low heavy synth) / 8x8

- **An Atmosphere Of Euphoria Routine**

Wrap Combo setup

0:29 / (Slow piano) / 2x8 / 1rep

- Wide Freeze with Arm Wrap to Reach L, Elbow Pull B

- **Repeat** R

0:36 / _ When I was young / 8x8 / 4reps

- **Add** Lean (range increasing) "Lean your body low"

18B. AN ATMOSPHERE OF EUPHORIA

MUSIC Atmosphere 1:29mins

TRACK FOCUS

... soooo cool! Sooo fast! Sooo flava!!

1:05 / _ All my life / 8x8 / 4reps

- **Add** Double Time

- **Add** Hip Rock L, R x2 with Elbow Wave Arms "Elbows up"

1:34 / (Build up) / 4x8 / 8reps

- Step Touch L, R

1:49 / in your atmosphere / 12x8 / 1rep

- **An Atmosphere Of Euphoria Routine**

19. AN ATMOSPHERE OF EUPHORIA

MUSIC Atmosphere 4:55mins

TRACK FOCUS

AN ATMOSPHERE OF EUPHORIA! Use the space between reps to reconnect and refuel before hitting it again and again.

0:00 / **atmosphere.** (Piano) / 12x8 / 6reps

- **Wrap Combo** (slow)

0:43 / _All my life / 8x8 / 8reps

- **Wrap Combo** (fast)

1:13 / **atmosphere.** (Build up) / 4x8 / 8reps

- Step Touch L, R

1:27 / in your **atmosphere** / 12x8 / 1rep

- **An Atmosphere Of Euphoria Routine**

2:11 / in your **atmosphere** / 8x8 / 4reps

- **Wrap Combo** (slow)

2:41 / **atmosphere** (Steady beat) / 4x8 / 4reps

- **Wrap Combo** (Double Time)

2:55 / **atmosphere** (Build up) / 4x8 / 8reps

- Step Touch L, R (Performance option)

3:10 / (Synth melody/heavy beat) / 24x8 / 2reps

- **An Atmosphere Of Euphoria Routine**

4:38 / (Steady beat) / 4x8 / 8reps

- Step Touch L, R

4:53 / (Quick fade) / 1/2x8 / 1rep

- Wide Freeze with Breathe Arms (ascending)

AN ATMOSPHERE OF EUPHORIA

Yes oh yes oh yes your legs will hurt.

Get up on the balls of your feet in BREAK YOUR LEGS, weight shifting side to side. Turn the chest L, R as the arms lift in CHEST PUSH WALK BACK and keep the weight centered for the JUMP take-off, always landing with soft knees. Track 15 is full-on with some cheeky moments of fun with the PALM PUSH, before setting up for the STEP BACK TURN. It's all about direction, people! Use clear, simple Layer 1 cues to get your class moving safely and in the correct direction.

Remember to drag the back foot and push the hips forward in the TURN DRAG, before finding depth through the legs in PUSH AWAY. Finally, when hitting the WRAP COMBO fast, lean back in the Reach and get into the legs.

DOUBLE KICK

- Feet under hips, knees soft, double-kick R leg forward, to the low diagonal, slight turn of the hips
- Lean back, foot relaxed, toes up, arms long, elbows soft
- Cross-tap the R foot in front, weight on the toes, feet jump wide, outside shoulder-width
- Finish feet together, hips square to front
- Add HIT
- Double time
- Palms bounce from shoulder to head-height, lean back, elbows wide, hands open, palms forward
- Rhythm: 1, 2, 3&4
- Increase range



HIT

- Feet outside shoulder-width, knees soft, weight shift to the outside, knee bends, outside heel releases
- Elbow wide at shoulder-height, hand open, palm down, strong, stalling on the ball of the foot
- Other arm long, to the low diagonal, hand open, palm in
- Head turn to corner
- Rhythm: 5, 6, 7, 8



PUSH IT

- Feet under shoulders, knees soft, step back tap the feet, toes behind supporting leg
- Double Palm Push out, small, elbows soft, hands open, palms out
- Single palm push, long, across the body to full extension, soft elbow, chest and head turn side
- Other hand behind hip, elbow bent, palm to floor
- Add RIGHT ARM
- Lift and bounce through the legs
- Increase range



PALMS PUSH

- Walk the feet wide, outside shoulder-width, knees soft, jump together, feet under hips
- Turn palm down, fingers to floor, elbow wide at shoulder-height, 90 degrees, hands open, palms back, fingers splayed
- Cross-push the palms forward at chest-height, Palm Push up to O/H, at shoulder-width
- Double time



AN ATMOSPHERE OF EUPHORIA

BOUNCE TAP

- Feet outside shoulder-width, knees soft, bouncing down through the legs
- Palms bounce from shoulder to head-height, super relaxed, elbows down, hands open, palms forward



STEP BACK TURN

- Feet outside shoulder-width, knees soft, step L, head and chest turn side, inside heel up
- Hands at chest-height, elbows wide, palms to floor
- Jump-turn R, knees lift below hip-height, swing hands to O/H, soft fists, elbows wide
- Land softly, feet outside shoulder-width, arms long
- Bend knees, drop low into legs, L elbow to thigh, relaxed hand, palm down
- Other hand behind hip, elbow wide, hand open, palm back
- Step back, transition to face L, back arm long
- Double time
- Increase range (height)



BACK TAP

- Feet outside shoulder-width, knees soft, back tap the feet, bouncing through the legs, arms long
- Cross the forearms, super strong, turn the head, punch to the low diagonal, tight fists
- Feet outside shoulder-width, knees soft, bounce OTS, weight surging forwards through the chest
- Arms long, soft fists



BREAK YOUR LEGS

- Feet under hips, weight on the balls of the feet, Knee Swivel (out/in), weight shifting side to side
- Arms long, slight turn of the chest, natural arm swing
- Double time (Swivel)
- Outside hand slaps the chest, elbow down, palm open, chest up
- Other hand long, to the low diagonal, hand open, palm forward
- Increase range
- Head turn on Knee Swivel



JUMP

- Feet outside shoulder-width, knees super soft
- Jump, right knee across, arms free, knees bent, hips to corner, chest square to front, land softly
- Increase range (height)
- Rhythm: 1, 2



CHEST PUSH WALK BACK

- Feet outside shoulder-width, knees super soft
- Wide walk the feet, travel forward, double-bouncing through the legs
- Single Palm Push forward, at shoulder-height, hand open, pumping through the chest
- Wide Walk, travel back, turning through the chest, shoulder forward
- Double Palm Push forward at shoulder-width, fingers up, hands splayed
- Arms lengthen to full extension, hands ascending to the high diagonal, waving through the chest
- Increase range



AN ATMOSPHERE OF EUPHORIA

FEET TOGETHER JUMP

- Feet under hips, knees soft, jump OTS x4, hands to the high diagonal, elbows soft, palms forward



PUSH AWAY TURN

- Feet outside shoulder-width, knees soft, palms push away to the high diagonal
- Top arm at full extension, elbow soft, hand open, wrist flexed, palm out
- Other hand at head-height, elbow low, wrist flexed, palm open
- Transition Palm Push to the low diagonal, dropping low in the legs
- Wide Jump, travel side, land softly, feet outside shoulder-width
- Double time
- Landing low in the legs
- Add TURN DRAG:
 - Feet under shoulders, knees soft
 - Step turn, travel side, weight in the balls of the feet, hands at chest-height, elbows wide, palms down
 - Step wide, travel side, drag the trailing toes
 - Arm sweep (up/out) huge, at full extension, elbows soft, chest open and lifted, leading with the hips
 - Step-touch the feet, shoulder-width apart, knees soft, arms long
- Increase range



WRAP COMBO

- Feet flat outside shoulder-width, knees soft, arm wraps the head, elbow wide, hand open
- Inside arm extends to front diagonal, reach to full extension, elbow soft, palm up, chest turns
- Other arm sweeps back, elbow super soft, hand to the low diagonal
- Hand retracts, elbow pulls down
- Lean away from the wrap, weight shifting into the back leg
- Weight shifting forward in Arm Reach
- Lean away as elbow pulls down, weight shifting into the back leg
- Double time
- Wide Hip Rock, weight shift side to side, elbows pull back wide, hands open, palms down
- Palms push forward at shoulder-height, hands open, forearms cross right over left, then left over right.
- Increase range



AN ATMOSPHERE OF EUPHORIA

COACHING

JUMP

Use clear, well-spaced Layer 1 cues. Say something like:

"Left leg up and across"

"Land soft"

"Hips to corner"

"Chest front"

TRACK 14

When putting it together for the second time, pre-warn your class that the BACK TAP and BREAK YOUR LEGS come first. Say something like:

"Let's switch it up. Start with the Back Tap, then Break Your Legs"

DOUBLE KICK

Set the class up for success by coaching the rhythm. Say something like:

"Kick, kick, cross, out, together"

RIGHT ARM

You need to coach the rhythm. Say something like:

"1, 2, together and push"

PUSH IT

Create contrast in the arm-lines. Say something like:

"Little, big, little, big"

STEP BACK TURN

Clear, repetitive coaching will get your class stepping back, turning front and moving safely. Say something like:

"Prep for a turn"

"Step... jump... drop"

"Swing your arms up"

"Step to the back"

"Turn towards me"

CONNECTION

RIGHT ARM

A chance to shake your butt, shimmy your chest and be a little cheeky with your class.

TRACK 19

Use the space between reps to reconnect and refuel before lifting again and again.

PERFORMANCE

AN ATMOSPHERE OF EUPHORIA!

Use the space between reps to reconnect and re-energise before lifting again and again!

20. GROOVEDOWN

MUSIC 1x1 3:24mins

TRACK FOCUS

A bit of an old school feel, but of course, brand new. Make the knee swivel sharp in TURN YOUR BODY, then keep the TWIST chilled and full of flava flave.

Turn Your Body setup

0:09 / I **saw**, I with / 4x8 / 4reps

- Hand/Knee Swivel In L, Fast Wide Walk L, R (transition to face L corner) "Turn your knee in"
- **Repeat** R (transition L to R) "1, 2, 3" "Turn your body to the diagonal"

Last rep: preview Chest Pop

0:27 / than **you**. Got me / 2x8 / 2reps

- **Add** Chest Pop x2 "Pop your chest"

0:36 / don't know **why** but / 2x8 / 1rep

- Lat Stretch R

0:46 / Now it's **3am**, I'm / 6x8 / 6reps

- Step Touch R, L
- Triple Twist with Hand Switch R (R, L, R)
- **Repeat** L

1:13 / I **saw**, I with / 2x8 / 1rep

- Lat Stretch L

1:22 / Thank **God**, that / 4x8 / 4reps

- **Turn Your Body** "Small and tight"

1:40 / don't know **why** but / 2x8 / 1rep

- Wide Freeze with Breathe Arms (ascending/descending)

1:49 / Now it's **3am**, I'm / 4x8 / 4reps

- Step Touch L, R
- **Twist** L, R "Twist everybody"

2:08 / one by one (o-**one**) / 2x8 / 8reps

- Walk L, R with Freestyle Clap O/H

Finish class, or optional groove to the end of the track

20. GROOVEDOWN

TECHNIQUE

This track has an old school feel. Make the Knee Swivel sharp in TURN YOUR BODY, then keep the TWIST chilled and full of flava.

TURN YOUR BODY

- Feet outside shoulder-width, knees soft, knee/hand turn in, outside heel releases, chest turns in
- Fast wide-walk the feet, outside shoulder-width, body transitions corner to corner
- Double chest pop, arms long and relaxed, hands by sides, palms in
- Rhythm: 1&2, 3, 4



TWIST

- Feet outside hip-width, knees super soft, step-touch the feet, bouncing through the legs
- Arms long and loose, slight turn of the hips
- Triple twist, feet under shoulders, weight on the balls of the feet, knees turning side to side
- Arms extend forward, elbows super soft, top hand at head-height, hand loose, palm back
- Other hand at chest-height, elbow wide, palm back
- Arm-line switch with the Twist
- Rhythm: 1, 2, 3, 4, 5&6, 7&8



COACHING

TURN YOUR BODY

Option to preview this move. Say something like:
"The hand and knee turn in"

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 18A, *Atmosphere*.

· Leave out Tracks 18B to 20 and go straight into Track 21 *Blow Your Mind* to continue with the MASH IT! Block.

21. MASH IT!

MUSIC Blow Your Mind 6:40mins

0:00 / _ All my life / 8x8 / 4reps

- **Add** Double Time

- **Add** Hip Rock L, R x2 with Elbow Push Arms

0:29 / **atmosphere.** (Build up) / 4x8 / 8reps

- Step Touch L, R

Preview: An Atmosphere Of Euphoria Routine

0:43 / blow your mind _ / 12x8 / 1rep

- **An Atmosphere Of Euphoria Routine**

1:27 / (Build up) / 4x8 / 8 reps

- Step Touch L, R

Preview: Afro Hip Hop Routine

1:42 / (Low surging synth) / 1x8 / 2reps

- Slow Wide Walk L, R

1:46 / (Ascending synth rhythm) / 8x8 / 1rep

- **Afro Hip Hop Routine** (tempo increasing)

2:18 / (Build up) / 4x8 / 8reps

- Step Touch L, R

2:34 / blow your mind _ / 20x8 / 1rep

- **Afro Hip Hop Routine**

- **An Atmosphere Of Euphoria Routine**

3:52 / (Low surging synth) / 2x8 / 4reps

- Slow Wide Walk L, R

4:00 / (Slow, steady rhythm) / 8x8 / 1rep

- **Afro Hip Hop Routine** (slow)

4:37 / (Slow build) / 8x8 / 16reps

- Step Touch L, R (tempo increasing)

5:09 / blow your mind _ / 20x8 / 1rep

- **Afro Hip Hop Routine**

- **An Atmosphere Of Euphoria Routine**

6:24 / (Steady beat) / 2x8 / 4reps

- Step Touch L, R

6:31 / (Steady beat) / 2x8 / 4reps

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

6:39 / (Quick fade) / ½x8 / 1rep

- Wide Freeze with Breathe Arms (ascending)

MUSIC

- 1 **No 1 Disco** (4:10)
Bingo Players
© 2017 Hysteria Records.
Written by: Hoogstraten
- 2 **Touch** (3:22)
Little Mix
© 2016 Simco Limited under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Ibrahim, Patrikio, Govere, Plested
- 3 **Techno** (3:28)
Yellow Claw, Diplo & LNY TNZ feat. Waka Flocka Flame
© 2014 Mad Decent.
Written by: Pentz, Malphurs, Oude, Roelandschap, Taihuttu, Vreeswijk, Stadhouders

AFRO HIP HOP

- 4 **Pónteme** (1:26)
Jenn Morel
© 2017 Jenn Morel.
Written by: Unknown
- 5 **Pónteme (Sak Noel Remix)** (2:09)
Jenn Morel
© 2017 Jenn Morel.
Written by: Unknown
- 6 **Alright** (2:59)
Kendrick Lamar
Courtesy of the Universal Music Group.
Written by: Lamar, Spears, Williams, Prather
- 7 **Lean Back (NGHTMRE Remix)** (1:47)
Terror Squad
Courtesy of the Universal Music Group.
Written by: Storch, Smith, Cartagena
- 8 **Propaganda (Dillon Francis Remix)** (1:19)
DJ Snake
Courtesy of the Universal Music Group.
Written by: Grigacine
- 9 **Fester Skank** (2:09)
Lethal Bizzle feat. Diztortion
Courtesy of the Universal Music Group.
Written by: Chen, Ansah
- 10 **Inna Di Dance** (3:02)
Retrohandz
© 2017 Wall Recordings.
Written by: Unknown
- 11 **Possession** (3:41)
Kuuro
Courtesy of MONSTERCAT 2017.
Written by: Shipstad-Drucker, Post
- 12 **Chocolate** (3:01)
Big Boi
© 2017 Epic Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Patton, Troth

AN ATMOSPHERE OF EUPHORIA

- 13 **Say Less (Instrumental)** (1:27)
Dillon Francis feat. G Eazy
© 2017 IDGAFOS.
Written by: Francis, Rushent, Gillum
- 14 **Say Less** (3:12)
Dillon Francis feat. G Eazy
© 2017 IDGAFOS.
Written by: Francis, Rushent, Gillum
- 15 **Party People (Extended Mix)** (4:14)
Ale Mora & Mr. Black
© 2017 Revealed Music B.V.
Written by: Unknown
- 16 **Rich Boy (Quintino Remix)** (3:02)
Galantis
© 2017 Atlantic Recording Corporation.
Written by: Poole, Hunter, Walcher, Karlsson, Jonback, Eklow, Koitzsch
- 17 **Children** (4:07)
Vigel
© 2017 405 Recordings under exclusive license from Armada Music.
Written by: Unknown
- 18A **Atmosphere** (1:05)
Kaskade
© 2013 Ultra Records, LLC under exclusive license to onelove for Australia & New Zealand.
Written by: Raddon, Bjarnson, Pyfer, Stevens
- 18B **Atmosphere** (1:29)
Kaskade
© 2013 Ultra Records, LLC under exclusive license to onelove for Australia & New Zealand.
Written by: Raddon, Bjarnson, Pyfer, Stevens
- 19 **Atmosphere (GTA Remix)** (4:55)
Kaskade
© 2013 Ultra Records, LLC under exclusive license to onelove for Australia & New Zealand.
Written by: Raddon, Bjarnson, Pyfer, Stevens
- 20 **1x1** (3:24)
Trey Songz
© 2017 Atlantic Recording Corporation.
Written by: Sanderson, Mitchell, Waters, Neverson, Kembo, Cyphert, Conway

MASH IT!

- 21 **Blow Your Mind** (6:40)
Tiësto, MOTi
© 2014 Music Freedom Label Ltd.
Written by: Romme, Verwest

EXPRESS FORMATS

30-MINUTE OPTION 1

Track 1	Warmup
Track 2	Isolations
Track 3	Techno
Tracks 4–11	Afro Hip Hop
Total Time	29:32

30-MINUTE OPTION 2

Track 1	Warmup
Tracks 13–19	An Atmosphere of Euphoria
Total Time	27:32

45-MINUTE

Track 12	Recovery
Tracks 4–11	Afro Hip Hop
Tracks 13–19	An Atmosphere of Euphoria
Total Time	45:04

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.

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 the new move videos.

Please note the color to represent the correct level of execution.

 BASE  FLAVA  BREAKOUT

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.

Apple Zhang (China) is a BODYJAM, BODYCOMBAT, BODYPUMP and SH’BAM Trainer and a LES MILLS GRIT Series Coach. She is based in Shenzhen, where she works as a group fitness manager.

Johnson Zhang (China) is a BODYJAM and BODYCOMBAT Trainer, BODYPUMP and RPM Instructor and a LES MILLS GRIT Series Coach. He lives in Dalian where he has his own gym.

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

Nicky Lord (New Zealand) is a BODYJAM and BODYSTEP Trainer and a BODYATTACK, BODYPUMP and CXWORX Instructor. She is based in Auckland, where she is also group fitness manager at Les Mills Britomart.

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 – Nicky Lord

Program Planner – Hannah Brooking

Technical Consultant – Andrew Newmarch

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.

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.



From L-R: Nicky Lord, Erin Maw, Gandalf "G" Archer Mills, Apple Zhang, Johnson Zhang

Sizzling up your club floor, BODYJAM 83 hits you in the ear holes like a banana to the nipples. **AFRO HIP HOP BATTLEGROUNDS** smashes all the greatest sounds of right now into a delicious dance-fruit salad, ready for your sexy paleo face to consume. And if you like carbs? Well we've got something for you too!

Track 1 is everyone's semi-underground favorite players, with uber-bouncy, mega-fun party-time drops to get your class moving successfully. Then the Pop anthem of the year, *Touch*, takes our **Isolations** through one part of the body at a time.

Track 3 is heeeeeeaavy, like "could-you-please-carry-this-large-boulder-up-these-stairs"-said-Corey-Baird heavy. Get your Shuffle Glide on for pure **Techno** paradise (Techno? More like Tech-yes!).

The **AFRO** meets **HIP HOP** in *Pónteme*, and oooooooooowwwwwweeeee, what a song. Feel, flow, simplicity - it's got everything you need, even that wonderful Tropical drop that is boom boom hot right now.

Sing it wit me now "we gon be alllll-right", then check out this remix of a Hip Hop banger. (Sorry, we had to clean up all the swear words...)

We drop some *Propaganda* (spoiler alert: BODYJAM is ace), before it's full Dancehall, into full Moombahton, into humungo 116bpm dance banger Possession to take us home. And by home I mean halfway through the class. PLEASE SIR, CAN I HAVE SOME MORE?!

When you start teaching *Chocolate* in your club, you're gonna have between 2 and 5 people per week coming up to you asking what's the name of that song. Even the BODYPUMPers who turned up 30 minutes early 'cause they like to watch a bit of Jam before their REP EFFECT™ training are gonna be like "what's that chocolate song, Gandalf?" I mean, they're probably not gonna call you Gandalf but, wow, imagine how kaaa-raaazzy it would that be if they did??

The 2nd half is **AN ATMOSPHERE OF EUPHORIA**, with the biggest tunes, the simplest high feel cardio choreography on the planet. Say Less teaches us the first combo, *Party People* has got drops, and then the remix of *Rich Boy* is so good you might need a change of pants.

Children is an amazing remix of *Children* (why hasn't anybody done a 'sick' new version of *Encore Une Fois?*), the lyrics, the chords, the drops... music perfection. *Atmosphere* takes the class home to a place of pure ecstasy.

Bring the heart rate down with more 90s' samples, and you have here the best way to spend 55 minutes at the gym.

G

