

BODYJAM 85

WARMUP

ISOLATIONS

OLDSCHOOL

PEEP THAT FIRE

RECOVERY

HYPERREAL FOR REAL

GROOVEDOWN

MASH IT!

BODYJAM COACHING UPDATE

MUSIC, CREDITS & INFO

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BODYJAM 85

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01. WARMUP

TRACK FOCUS

Hard hitting drums and a high end Trap drop floods the intro of your class with unexpected flavor. Tell your members to take their feet even wider in the Hop Knee, then crank up the energy high from the start.

	Music		Exercise	REPS	LEVEL
0:05	(Fast rhythm)	4x8	Wide Bounce L, R	16x	
0:18	(Low synth)	8x8	Wide Hip Roll L x8 Repeat R “Keep your toes on the floor”	2x	
			Hop Knee Combo setup		
0:42	In a bad man	4x8	Hop L Knee Lift R (slow) (face R), Jump to Wide Freeze (face R) Repeat R (face L) “Turn your hips”	4x	
0:55	gonna bury dis	4x8	Add Double Time – Hop Knee, Wide Freeze (Knee R, L x3) Add Turn R (Hop L x3), Jump to Wide Freeze (face R) Repeat L “6, 5, 4, 3, 2, Turn”	1x	
1:07	lock down_	8x8	Add Breakout	2x	
1:32	gonna bury dis	4x8	Jump B L, Low Front Kick R, Jump to Wide Freeze “Back, Kick, Jump” Repeat R “Lean back” (Last rep: preview Swim Grab Arms)	4x	
1:44	lock down _	8x8	Add Swim Grab Arms “Arms follow your legs”	8x	
2:09	(Long synth blast)	2x8	Wide Freeze with Breathe Arms (ascending/ descending)	1x	
2:15	In a bad man	8x8	Wide Hip Roll L x8 Repeat R	2x	
2:40	gonna bury dis	4x8	Hop Knee Combo “6, 5, 4, 3, 2, Turn”	1x	
2:52	lock down _	8x8	Add Breakout	2x	
			Swaggy Crab setup		
3:17	(Quiet vocals)	4x8	Drag Step Touch F L, R x2 (5cts), Wide Freeze Wide Walk B L, R x3 (3cts) “Turn your knees out” (continues into next track)	2x	



01. BURY 3:30mins

HYPERREAL FOR REAL will take you somewhere you've never been before! With hard-hitting drums, a lightning-fast build up and an intense Jamaican Reggae drop, the Warmup brings a flood of unexpected flavor! Tell your class to take their feet even wider in the Hop Knee, before rocking the body forward and back in the Kick with Swim Grab Arms combo. Remember, the hands follow the feet people!

TECHNIQUE

HOP KNEE COMBO

- Feet outside shoulder-width, knees super soft, arms long, loose and relaxed
- Double-hop the supporting leg, knee lifts below hip-height, hips turn, transition corner to corner
- Jump feet super wide, hips to corner, back heel lifts, slight bounce through the legs
- Double time with single hop
- Increase range, hop turn x3, turn towards lifted knee, natural arm bounce
- Increase range



KICK WITH SWIM GRAB ARMS

- Jump back, supporting leg under hips, knee soft, lean back, knee lifts below hip-height, heel back, belly braced
- Low kick forward to full extension, knee soft, toes forward, foot relaxed, natural bounce of the arms, lean back
- Jump wide, drop low in the legs, weight forward, toes out, knees bent, arms long, soft fists outside hips
- Rhythm: *back, kick, jump*
- Fingers swim forward at shoulder-height/width, to full extension, hands open, palms down
- Hands grab outside shoulders, elbows pull back, strong and wide, tight fists, palms down



SWAGGY CRAB

- Feet outside shoulder-width, knees super soft, arms long, hands relaxed
- Step wide, drag the trailing toes, travel forward, weight shifting side to side, wide freeze to finish
- Wide-walk the feet outside shoulder-width, knees bent, toes out, heels in, knees super wide, travel back
- Opposite shoulder lift; small, natural arm swing forward

WIDE HIP ROLL

- Feet outside shoulder-width, knees super soft, Hip Roll to the outside
- Lead knee bends, circling to the outside, heel release up/down, toe to floor
- Arms long, relaxed, soft fists outside hips, palms in



COACHING

CONNECTION

Use early opportunities to connect and create intensity by tapping into the intense Jamaican drop.

HOP KNEE COMBO

Get your class jumping super wide. Say something like:

"Take your feet even wider and turn your butt"

KICK GRAB

Create lean in the Kick with Swim Grab Arms combo. Say something like:

"Brace your abs so you can lean back more"



02. ISOLATIONS

TRACK FOCUS

Swaggy Crab takes hip hop sickness to the ocean. Deliver simple Layer 1 and 2 coaching cues before you drop in full style, keeping it chill.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(High synth note)	12x8	(continues from previous track) Add Hand Roll F R, L x3 <i>“Hands close to your body” “Opposite hand to foot”</i>	6x	
0:34	_ I tell a bad	4x8	Wide Walk L, R with Double Chest Pop <i>“Upper body bounce”</i>	8x	
Lean Back setup					
0:46	a spa day. (Spa)	2x8	Drop B L, Knee Lift R (face L) <i>“Drop into your back leg”</i> (Last 2 reps: preview Shoulder Pop)	8x	
0:52	Tang. I’m rolling	2x8	Add Shoulder Pop R	8x	
0:58	But I’m (Vocal effect)	4x8	Repeat R (face R) with Shoulder Pop L	16x	
1:10	Clique , clique	8x8	Swaggy Crab <i>“Keep the arms tight”</i>	4x	
1:33	I’m talking Ye’	4x8	Wide Walk with Double Chest Pop	8x	
Lean Back setup continued					
1:45	I’m talking LeBron	8x8	Lean Back L&R Add Wave B x16 <i>“Start to smooth out your torso”</i>	1x	
2:08	second grade. _ (Ah)	12x8	Swaggy Crab (Last ct: Jump feet together)	6x	
2:43	Go _	½x8	Wave B	1x	



02. CLIQUE 2:47mins

Helllloooo Swaggy Crab! Now this move makes a comeback in Recovery, so you need to develop a real understanding of how to put it on your body... then practise, practise, practise to get it right and looking super cool. When it comes to Lean Back, lean easy into the back leg and lift through the chest to create fluidity through the torso.

TECHNIQUE

SWAGGY CRAB

- Feet outside shoulder-width, knees super soft, arms long, hands relaxed
- Step wide, drag the trailing toes, travel forward, weight shifting side to side, wide freeze to finish
- Wide-walk the feet outside shoulder-width, knees bent, toes out, heels in, knees super wide, travel back
- Opposite shoulder lift; small, natural arm swing forward
- Lean back, opposite arm rolls forward, elbows wide, hands front of chest, palms back
- Thumb and first two fingers extended, remaining fingers in a soft fist, shoulders tilting side to side



LEAN BACK

- Feet under hips, knees soft, torso turns out
- Drop into back leg, lean back, front foot release, knee lift below hip-height
- Elbows bent, arms loose, hands relaxed
- Forward shoulder lift
- Wave back through the torso, fluid, leading with the chest



WIDE WALK WITH DOUBLE CHEST POP

- Feet outside shoulder-width, knees super soft, wide-walk the feet, slight bounce through the legs
- Double pump the chest, arms long, hands open outside hips, palms forward



COACHING

SWAGGY CRAB

Deliver simple Layer 1 and 2 coaching cues before adding the swag. Say something like:

"5, 4, 3, 2, 1, walk backwards"

"Drag your toes, turn your knees out"

"Keep your hands close to your body"

"Tilt your shoulders side to side"



03. OLDSCHOOL

TRACK FOCUS

Miss You Much... super simple and super oldschool. Coach the looseness of the arms as you slide to the side, then tighten up technique to dance full 90's with the whole routine.

MUSIC		EXERCISE		REPS	LEVEL
Kick Ball Change Combo setup					
0:00	(Heavy beat)	2x8	Kick F L, Step-step B R “Front and back” Repeat R	2x	
0:08	(Synth melody)	4x8	Slide L with Arm Rock R “Turn your chest, arms go behind you” Feet together (face F), Fast Hand Snap (up/down) Repeat R	4x	
Kick Ball Change Combo setup continued					
0:25	(Build up)	1x8	Kick Ball Change L, R (slow)	1x	
0:29	(Hey!) _	12x8	Add Kick Ball Change L, R (fast) x4 (16cts) Add Slide L, R x2 (16cts) “Elbows high to snap”	3x	
1:20	baby _ I’ll tell	4x8	Kick Ball Change L, R (4cts), Slide L, R (4cts)	4x	
1:37	I miss ya much	4x8	Add travel F	4x	
Kick Twist setup					
1:54	I’m rushing home	4x8	Low Kick B L (face R), Swivel with Knee Lift L (face L) “Kick, Twist, ba, ba, ba” Shuffle L, R, L (travel L) Repeat R “Kick behind you, turn your hips”	4x	
Kick It Back setup					
2:11	baby. I’ll tell ya mama	4x8	Add Low Side Kick L, R x4 (travel B) Kick Twist L, R	2x	
2:27	I miss ya much	12x8	Kick Ball Change Combo x2 (travel F) Kick It Back (travel B) Kick Twist	3x	
3:18	(you here _ To tell)	1x8	Freestyle Walk L, R	4x	
3:22	(much) _ I’ll tell your	12x8	Kick Ball Change Combo x2 (travel F) Kick It Back (travel B) Kick Twist	3x	
4:13	_ That’s the end?	½x8	(Performance option: fast pivot turn L to wide freeze)	1x	



03. MISS YOU MUCH 4:16mins

Track 3 hits us with some simple choreography, so take your time setting up the Kick Ball Change Combo, turning the chest super loose in the Slide. When it comes to the Kick Twist, you need to kick behind then swivel your butt.

TECHNIQUE

KICK BALL CHANGE COMBO

- Feet hip-width apart, knees soft, arms long and relaxed
- Low kick forward, ankle flexed, toes up, finish feet under hips
- Opposite leg taps back at hip-width, weight forward
- Step wide, drag the trailing toes, chest turns to corner
- Arms rock back, elbows super soft, lead elbow wide at chest-height, trailing arm long
- Finish feet under hips facing forward, soft fists front of chest, elbows wide at shoulder-height, palms down
- Double snap hands over head, sharp, rotating from the shoulder, snap soft fists above the elbows
- Double time
- Small jump on the supporting leg (Kick)
- Travel forward
- Increase range



KICK TWIST

- Knees super soft, face side, low kick back, foot flexed, toes down
- Swivel on ball of the foot, hips turn, transition to face the inside
- Inside knee lift below hip-height, foot flexed, triple-shuffle the feet, small, heels down, travel side
- Arms long and relaxed
- Increase range



KICK IT BACK

- Feet shoulder-width apart, knees super soft, small bounce through the legs, travel back
- Small knee lift on the off-count, low side kick on the beat, small double bounce through the legs
- Rhythm: &1 &2 &3 &4 &5 &6 &7 &8
- Natural flex of the foot, toes forward, arms long and loose, elbows soft
- Increase range



COACHING

CONNECTION

Start calm... then go crazy! So many opportunities to get playful!



04. PEEP THAT FIRE

DAMN DAMN DAMN 2:20mins

TRACK FOCUS

Peep that Fire! Set your class up with confidence and the feel of power by coaching the strength in the Arm Grab. Then let the music shine through.

MUSIC		EXERCISE		REPS	LEVEL
Bounce Grab, Kris Kross setup					
0:00	(Steady clap)	4x8	Hip Bounce B “Straighten your legs on the beat”	32x	
0:18	tonight. Here we	4x8	Hip Bounce B with Grab Arms F x3 “Grab it strong” Add Kris Kross L, R (travel L, R)	4x	
0:37	on tonight _	8x8	Add Step F x3 (L, R, L) (travel F) Kris Kross L, R (transition to F) Add Walk B (Last rep: replace Walk B with preview Triple Tap)	4x	
Triple Tap setup					
1:14	(Steady clap)	4x8	Step L with Torso Tap R x3 (hip, torso, shoulder) Repeat R “Three taps”	4x	
1:32	tonight. Here we	2x8	Add Double Time	4x	
1:42	(Build up)	2x8	Add (travel B)	4x	
1:51	(Heavy synth)	6x8	Bounce Grab Kris Kross Triple Tap L, R x2 (travel B) (continues into next track)	3x	



05. PEEP THAT FIRE

GOT WHAT YOU NEED 1:53mins

TRACK FOCUS

Grab It! Use the legs to tap and shift the body side to side, strong, then draw focus to the rhythm using the first few reps to count the class to success.

MUSIC		EXERCISE		REPS	LEVEL
0:00	La adies , ladies, ladies	4x8	(continues from previous track) Bounce Grab Kris Kross Triple Tap L, R x2 (travel B)	2x	
Grab It setup					
0:18	only record in	2x8	Wide Heel Tap L, R “Shift side to side”	8x	
0:28	See you stallin’	4x8	Add Cross Grab R, L, Freeze “Grab it” “&1, &2”	8x	
0:46	I got what you	14x8	Wide Heel Tap with Cross Grab x3 Add Step Behind L Wide Heel Tap R Bounce R (travel R) x3 Land feet together Wide Heel Tap on cts 5-8	7x	



06. PEEP THAT FIRE

OOH WEE 2:20mins

TRACK FOCUS

Feel the cool of the track, combined with the cool of the Head Drop, landing both feet on the jump. Then hype up the routine so far to the end of this amazing song.

MUSIC		EXERCISE		REPS	LEVEL
Drop Your Head setup					
0:00	(La, la, la, la) _	10x8	Step Together L with Head Drop (down/up) L Hand Brush the R knee x2 “Brush your left knee” Jump Side (travel R) with palms F “Land on two feet” Walk B L, R x2	10x	
0:46	Special guest	2x8	Freestyle Walk It Out L, R (Pre-cue routine)	8x	
0:55	(La, la, la, la) _	12x8	Bounce Grab Kris Kross Triple Tap x2 Grab It Drop Your Head Walk B L, R x2	3x	
1:51	we roll out, we	2x8	Freestyle Walk L, R	8x	
2:00	(La, la, la, la) _	4x8	Bounce Grab Kris Kross Triple Tap x2 Grab It Drop Your Head Walk B L, R x2	1x	



07. PEEP THAT FIRE

HYPERREAL 4:24mins

TRACK FOCUS

Track 7 drops into HyperReal, slowing everything right down. You have plenty of time to coach the moves here with clarity, so use the space to enable a deeper connection of your class to the technical details of the choreography.

MUSIC		EXERCISE		REPS	LEVEL	
Circle Back setup						
0:00	(Low synth)	2x8	Jump to Wide Freeze, Slow Hip Bounce B “Use your legs to bounce”	16x		
0:08	(Steady beat)	4x8	Add Hip Bounce B x4 with Slow Arm Circle B R Repeat L “Rotate your upper body”	4x		
Chest Pop setup						
0:27	We pulled into	8x8	Drop low with Palm Sweep R (transition L to R) “Push your arms 180°” Heel Pop R with palms at chest (face R) Repeat L (transition R to L) “Drop into the torso”	8x		
1:03	hyperre- ee -al	4x8	Add Double Time (R, L x2) Add Circle Back R, L “Just an easy bounce” (Last rep: preview Heel Clap)	2x		
1:21	All seems so	8x8	Add Heel Clap “Use your legs to get up in the air”	4x		
Shuffle setup						
1:58	(Distortion effect)	4x8	Freeze on ball of foot L, Switch R, L “Step out, switch” Freeze (4cts) (Last 2cts: step feet under hips)	4x		
Twist Flick setup						
2:16	Rising from the	8x8	Jump Wide with Slow Wrist Flick x2 “Hit it heavy with your wrists” Jump Together (1ct) with Slow Forearm Roll (In/Out) (6cts)	8x		
2:52	All seems so	4x8	Add Twist Flick (Double Time) Add Shuffle Freeze (4cts)	4x		
3:10	(Heavy blast)	2x8	Twist Flick Shuffle Chest Pop Circle Back	1x		
3:19	Don’t deserve it	2x8	Slow Freestyle Walk L, R	8x		
3:29	(Heavy beat)	12x8	Twist Flick Shuffle Chest Pop Circle Back (continues into next track)	6x		



08. PEEP THAT FIREGYAL

YOU A PARTY ANIMAL 3:23mins

TRACK FOCUS

Dancehall Fiyah - Find the bounce in the legs to make Dancehall, then the bounce in the arms for style and workout. When adding the triple tap, the movement comes from the chest.

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ (Ohhh) (Ladies)	4x8	(continues from previous track) Twist Flick Shuffle Chest Pop Circle Back	2x	
Dancehall Tap setup					
0:18	Body gyal. Wine	4x8	Bounce Tap F L, R (face R, L) <i>“Tap front”</i> Tap 3x to Wide Drag L Repeat R (transition to face R)	2x	
0:36	you bubblin’ , you	4x8	Add Double Punch Bounce x4 Add Arm Roll R x3 (ascending to O/H) <i>“3, 2, 1”</i>	2x	
0:55	took one shot,	4x8	Double Punch x4 (face F) <i>“Just the arms”</i> Arm Roll R x3 Repeat L <i>“Roll through the chest”</i>	2x	
1:13	Body gyal. Wine	4x8	Dancehall Tap (no arms) Repeat R (transition to face R) <i>“Bounce in your legs”</i>	2x	
1:32	you bubblin’ , you	4x8	Dancehall Tap	2x	
1:50	Ya ting bubbly	4x8	Freestyle Walk L, R (Preview: Peep That Fire Routine)	16x	
Peep That Fire Routine setup					
2:08	Body gyal. Wine	8x8	Bounce Grab Kris Kross Triple Tap x2 Grab It Drop Your Head Walk B L, R x2 Twist Flick Shuffle Chest Pop Circle Back Dancehall Tap	1x	
Breathe It Back setup					
2:46	Body gyal. Wine	8x8	Walk B L, R x2 with Breathe Arms (ascending to O/H) Walk F L, R x2 with Head Wrap and Drag (descending) Wide Heel Tap L, R x4	4x	



09. PEEP THAT FIRE

A DIFFERENT WAY 2:00mins

TRACK FOCUS

This is all feel, let the contrasting musical styles wash over your class with calm before...

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Xylophone)	Chest and Hips setup			
		2x8	Slow Wave L, Low Hip Roll B L (transition to face R) "Chest, hips" Repeat R (transition to face L)	1x	
0:08	_ Could you believe	8x8	Add Double Time Add Hip Roll B L, R x2 with Hand Swizzle x5 (R, L, R, L, R)	4x	
0:45	in the rain. I	1x8	Feet Together with Breathe Arms (ascending)	1x	
0:50	name. _ Even a	1x8	Small Hip Rock R, L with Freestyle Arms	4x	
0:54	Again. _ Forget	2x8	Freestyle Walk B L, R	8x	
1:03	a different way _	8x8	Peep That Fire Routine	1x	
1:40	be mine? So	4x8	Chest and Hips	2x	
1:58	in the rain.	½x8	Breathe It Back (1st rep continues into next track)		



10. PEEP THAT FIRE

A DIFFERENT WAY 2:37mins

TRACK FOCUS

... absolute breakout, BODYJAM style.

MUSIC		EXERCISE		REPS	LEVEL
0:00		7½x8	(First 4cts of 1st rep begin in previous track) Breathe It Back	4x	
0:34	(1, 2, 3, come on) _	8x8	Peep That Fire Routine	1x	
1:11	_ I will come	4x8	Chest and Hips	2x	
1:29	a different way _	2x8	Step Feet Together, Hip Rock L, R x8 with Breathe Arms (ascending to O/H)	1x	
1:38	(Build up)	2x8	Freestyle Walk L, R	8x	
1:47	(1, 2, 3, come on) _	8x8	Peep That Fire Routine	1x	
2:24	(Descending synth)	1x8	Slow Wave L to freeze	1x	



PEEP THAT FIRE

Here we go... Peep That Fire! Tell your class to straighten their legs on the beat to bump the chest and grab the arms super strong. Take your time setting up the Triple Tap with clear directional cues before you peep that flavor! When it comes to Grab It, use the legs to tap and shift the body side to side, before powering off the supporting leg, landing both feet simultaneously in Drop Your Head.

Track 7 drops into *Hyperreal*, slowing everything right down. You have plenty of time to coach the moves here, so use the space to enable a deeper connection with the class and let the movement wash over your torso before... Dancehall! Get some bounce in the legs to create the feel for the arms. When adding the Triple Tap, the Chest Grind comes from the chest and shoulders.

Final track and we're going for feel! Let the calm wash over your torso before stoking the fire for a new flavor of intensity.

TECHNIQUE

BOUNCE GRAB

- Feet outside shoulder-width, knees super soft, legs straighten on the beat, hips bounce back, chest bumps forward
- Grab hands forward, strong, full extension at shoulder width, tight fists, arms roll forward/down the body
- Step forward, torso turns to face the outside
- Increase range



KRIS KROSS

- Feet outside shoulder-width apart, knees super soft, weight on toes
- Cross-change the feet, lead leg crossing forward, small travel side to side
- Rhythm: &7 &8
- Transition to face front
- Increase range



TRIPLE TAP

- Feet shoulder width, knees soft, slow wide-walk the feet, super small
- Triple-tap the torso, hip/chest/shoulder, hand open, palm flat, chest turns out
- Other arm at full extension, soft elbow, hand open, palm forward
- Double time, increase range, opposite knee lifts below hip-height
- Travel back
- Increase range



GRAB IT

- Feet shoulder-width apart, knees soft, outside heel taps, toes wide, turning out from the hips
- Weight shift side to side, bouncing through the legs, arms long with natural swing, palms in
- Cross-grab opposite arm to low diagonal, palm up, elbow pulls back at shoulder-height
- 3 steps, knees soft, step behind, travel side, slight roll back through the shoulder, elbow high
- Bounce R x4, travel side, left leg to the low diagonal, foot flexed at knee-height, toes forward
- Lead elbow at chest-height, hand front of chest, palm down
- Other arm wide at full extension, hand at high diagonal, elbow soft, palm down
- Finish feet under hips, knees soft, arms long and relaxed
- Rhythm: &1 &2 &3 &4 &5 &6 &7 &8 &



PEEP THAT FIRE

DROP YOUR HEAD

- Feet under hips, knees soft, arms long, hands relaxed, palms in
- Head drops down/up, chin to chest
- Rhythm: 1, 2
- R knee lifts below hip-height, foot relaxed, L hand brushes the knee forward x2, elbow wide, palm flat
- Other arm long, relaxed hand at head-height, palm down, elbow super loose
- Push off supporting leg, travel R, land feet together under hips, knees soft
- Arms super loose, hands at head-height, elbows wide
- Rhythm: 3&4
- Increase range



TWIST FLICK

- Jump wide, feet outside shoulder-width, knees super soft, weight forward, hips back, toes front
- Arms at full extension, hands above knee-height, palms to floor, fingers long
- Hands flick wide, strong, rotating from the wrists
- Rhythm: 1&2
- Jump feet under hips, tight fists circle in/out, slow, from the elbows, tight
- Hands lift to shoulder-height, slow sweep out/down to full extension, fists outside hips
- Rhythm: 3, 4, 5, 6, 7, 8
- Double time
- Add Shuffle
- Rhythm: 1&2, 3&4
- Increase range, wrist flick tight and sharp



SHUFFLE

- Step left leg out, weight on the ball of the foot, knee bent, toes out, chest to corner
- Pushing off the front toes, shuffle-change the feet, weight in the balls of the feet
- Back foot flat on floor, front heel lifts, slight travel back
- Arms long, tight fists outside the hips



CHEST POP

- Feet outside shoulder-width, knees bent, dropping super low in the legs, toes out
- Arms push long, sweeping 180 degrees side to side, wrists flexed, palms forward at shoulder-height
- Lift up through supporting leg, outside leg to full extension, heel down, toes up
- Pop the chest using legs to open the ribs, elbows pull back, hands outside chest, fingers up
- Double time
- Add Circle Back
- Increase range



CIRCLE BACK

- Feet outside shoulder-width, knees bent, hips push back, bouncing down through the legs
- Outside arm circles back, at full extension, chest turns out, hand flat, palm out
- Other arm long, relaxed at full extension
- Jump-clap the feet, knees forward
- Rhythm: 1, 2, 3, 4&5, 6, 7, 8





PEEP THAT FIRE

DANCEHALL TAP

- Front-tap the feet, knees super soft, bouncing down through the legs, torso turns out
- Natural swing of the arms, super loose and relaxed
- Triple-tap the foot from shoulder width to wide, knee out, hips square to front, arms loose
- Arms roll down to full extension, shoulder-width apart, elbows wide, tight fist, bouncing up from the floor
- Inside arm rolls out, from elbow to full extension, ascending from chest-height to over head, rolling through the ribs
- Finish feet together, hips square to front, arms long, soft fists outside hips
- Increase range



BREATHE IT BACK

- Feet under hips, knees bent, walk back, low in the legs
- Breathe arms ascending out/up at full extension, hands open, palms down
- Walk forward, arms wrap the head, elbows wide, hands open, palm drag down the torso to hip-height
- Finish feet outside shoulder-width, knees super soft
- Release toes to the outside, weight shifting side to side, slight turn of the hips, bouncing through the legs
- Arms long, loose with natural swing



CHEST AND HIPS

- Feet outside shoulder-width, knees soft
- Step to face corner, toe down, heel up, wave back through the chest, arms long, elbows bent, tight fist
- Circle hips back, transition to face opposite corner, feet flat, knees super soft, slight chest drop forward
- Double time
- Hand swizzle to the low diagonal, arm at full extension, lifting slightly through the shoulder
- Head turns out, eyes drops to hand





PEEP THAT FIRE

COACHING

BOUNCE GRAB

Create bounce in the legs to get that bump in the chest. Say something like:

"You need to straighten your legs on the beat"

"Move your hips backwards"

"Let the upper body bounce"

GRAB IT

Draw focus to the rhythm using the first few reps to count the class to success. Say something like:

"&1, &2, &3"

"Show me the rhythm"

"&1, &2, & step behind, &1, &2, & bounce"

DROP YOUR HEAD

Tell your class to power off the supporting leg, landing both feet simultaneously. Say something like:

"See if you can land on both feet"

"Push off your right leg and get your feet together"

CIRCLE BACK

Use the legs to create lift on the off-count. Say something like:

"You need to use the power in your legs to get up in the air"

CHEST POP

Deliver clear Layer 1 cues to create clean movement. Say something like:

"Drop into your legs"

"Heel"

"Push your arms 180 degrees"

"Use your legs to drop into the torso"

DANCEHALL TAP

You need to get bounce in the legs to create the feel for the arms. Tell your class to:

"Bounce down, down, down"

"Push the arms off at the bottom"

CONNECTION

Track 7 slows everything down – pull back vocally to create a new shade of intensity.

You have plenty of time to coach the moves here, so use the space to enable a deeper connection with the class, letting the movement wash over your torso.



11. RECOVERY

TRACK FOCUS

Tropical Recovery time — give your class space to chill before the second half of 85; simple movements with an easy to grasp sound to release all pressure.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Descending melody)	2x8	Wide Hip Rock L, R	8x	
			Float Forward, Swaggy Crab setup		
0:08	can go there	4x8	Step Drag with Inside Knee Lift L, R x2 (travel F) Wide Walk B L, R x4 “Turn your knees out”	2x	
0:24	From the car	4x8	Add Palm Push F R, L x4 (travel B) “Push the palm, small and swift”	2x	
			Sexy Seaweed Sway setup		
0:40	want you, girl _	4x8	Slow Wide Walk L, R x6 with Breathe Arms (ascending) (6cts) Add Sway Arms O/H R, L x2½ (10cts) Add Breathe Arms (descending) (8cts) Jump Side L, R x4 (travel B) (8cts)	1x	
			Swaggy Crab setup continued		
0:56	can go there	8x8	Float Forward Add Swaggy Crab with Palm Push F R, L x2 (travel B) Add Swaggy Crab with Hand Roll F R, L x2 (travel B)	4x	
1:29	like an island _	4x8	Sexy Seaweed Sway	1x	
1:45	can go there	4x8	Float Forward Swaggy Crab	2x	
			Tropical Shuffle setup		
2:01	can go -o, anywhere	4x8	Rhythm Shuffle L (L, R, L) with opposite arm at chest Repeat R “Step, ba-ba” “Keep it small”	8x	
2:18	can go there	8x8	Tropical Shuffle L, R x2 (travel F) Swaggy Crab	4x	

11. HELLO THERE 2:51mins

Lighten up the mood with this little tropical number!

Float Forward in the Step Drag before pushing back, knees super wide, like a sexy little crab. When it comes to the Tropical Shuffle, tell your class to hold the first step a little longer... and get your tropical face on!

TECHNIQUE

FLOAT FORWARD

- Feet outside shoulder-width, knees super soft, bouncing down through the legs
- Step wide, travel forward, drag the trailing toes, knee lifts below hip-height
- Natural swing of the arms, elbows soft, hands relaxed



SWAGGY CRAB

- Wide-walk the feet back, outside shoulder-width, knees bent, toes out, heels in, knees super wide
- Natural swing of the arms, elbows soft, hands relaxed
- Opposite arm push forward, hand open, palms forward, shoulders turn, swaying through the torso
- Lean back, opposite arm rolls forward, elbows wide, hands front of chest, palms back
- Thumb and first two fingers extended, remaining fingers in a soft fist, shoulders tilting side to side



SEXY SEAWEED SWAY

- Feet outside shoulder-width, knees soft, slow wide-walk the feet, weight shifting side to side
- Breathe arms ascending to over head, at full extension, hands open, palms down
- Sway arms over head, transition side to side, arms long, elbows soft, hands open, palms in, fingers soft
- Breathe arms descending, at full extension, hands open, palms up
- Jump side, small, feet under hips, knees soft, bouncing through the legs, weight shifting side to side
- Arms loose, opposite forearm swings forward, hands relaxed



TROPICAL SHUFFLE

- Feet under shoulders, knees soft, heels down, travel side to side
- Step-shuffle to corner, chest turns out, opposite forearm to chest-height, elbow bent
- Other arm long, relaxed, hand outside hip
- Rhythm: *left ba-ba, right ba-ba, left ba-ba, right ba-ba*
- Travel forward
- Add Swaggy Crab

COACHING

TROPICAL SHUFFLE

Create success by drawing focus to the footwork. Say something like:

"Right ba-ba, left ba-ba"

"Make your steps smaller"

"Put your heels on the floor"

"Hold that first step a little longer"



12. HYPERREAL FOR REAL

DUM DUM 3:08mins

TRACK FOCUS

HyperReal for Real! This routine is about nailing one simple detail about each block of choreography. Little Swim: the arms close... Lazy Drag: use full power to drag the tip of the toe. Turn Back: arms down, and give clear footwork and directional cues.

MUSIC		EXERCISE		REPS	LEVEL
		Little Swim setup			
0:00	(La, la, la la)	2x8	Cross Tap L, R	4x	
0:07	Uh _ last time	8x8	Cross Tap L to Wide Freeze (2cts), Cross Punch L (2cts) Bounce OTS x4 "Hold your arms strong when you Tap" Repeat R "Turn your chest to the side"	4x	
0:38	the place goes _	12x8	Add Baby Swim Arms down x2 "Hands close to the body"	6x	
		Lazy Drag setup			
1:24	_ Excuse me	6x8	Slow Toe Drag L (face R) (2cts), Jump Wide (face L) (2cts) "Feet super wide" Repeat R "Turn your hips"	6x	
1:48	the place goes _	4x8	Add Double Time Add Flava "Hands up"	8x	
		Turn Back setup			
2:03	Yeah, yeah. _ She	4x8	Cross Step Step Cross L, R x2 (travel R, L) "Right, left, right, left" Wide Walk L, R x2 "Keep your feet stepping"	4x	
2:19	And I'm like ooh	8x8	Add Back Turn L, R (travel R, L) "Right leg, right shoulder goes back"	8x	
2:50	the place goes _	4x8	Little Swim Lazy Drag L, R x2) Turn Back Wide Walk L, R x8 (reps continue into next track)	1x	



13. HYPERREAL FOR REAL

DEM FRAID 3:16mins

TRACK FOCUS

Are you ready to sweat? Dance hard to solidify the learning so far before dropping back into Arm Combo heaven. When you Double Jump, coach your class to travel further, then give simple non-verbal cues to teach the Wave In.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Low synth note)	12x8	(continues from previous track) Little Swim Lazy Drag L, R x2 Turn Back Wide Walk L, R x8	3x	
0:45	(Breaking glass)	8x8	Add Breakout	2x	
Arm Combo setup					
1:15	(Light rhythm)	4x8	Wide Walk L, R x4 with Low Arm Combo Reach F with palms down (2cts) Cross F with palms up (2cts) <i>“Rotate your palms”</i> Reach F with palms down (2cts) Arms down with palms F (2cts)	4x	
1:30	(Low synth note)	4x8	Add Reach O/H with palms F (2cts) Cross F with palms up (2cts) Add Reach wide with palms down (2cts) Arms down with palms F (2cts)	4x	
1:45	Alright then _	8x8	Add Double Time Arm Combo Add Wide Walk L, R x2 with Shoulder Roll B x2 <i>“Grab it”</i>	8x	
Double Jump setup					
2:15	Here we go _ (light rhythm)	4x8	Jump L x2 (travel L), land wide (transition to face L) Repeat R (transition to face R)	4x	
2:30	Alright then _ (build up)	4x8	Add Double Time	8x	
2:45	Alright then _	8x8	Arm Combo Double Jump Add Wide Freeze (face R) with Wave In , Stab It Arms (4cts) Step Touch L, R x4 (continues into next track)	2x	



14. HYPERREAL FOR REAL

17 4:33mins

TRACK FOCUS

A beautiful new uplifting sound. Explore the playfulness of this song before surprising the class with new move Hip Rock. Finish with clear, uncluttered coaching in the Swim Twist... combining both moves to create a new HyperReal feel.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Low synth)	8x8	(reps continue from previous track) Arm Combo Double Jump Wave In “Wave in then stab it” Step Touch L, R x4	2x	
0:30	You ain’t even	24x8	Arm Combo Double Jump Wave In Little Swim Lazy Drag x2 Turn Back Step Touch L, R x8	3x	
2:01	You ain’t even	4x8	Arm Combo Double Jump Wave In Little Swim Lazy Drag x2 Turn Back	1x	
2:16	I’m gonna _ fight	8x8	Hip Rock L x2 (F/B) with Hands Up “Hip Rock” Step Touch L, R	8x	
2:47	(Quiet synth blast)	4x8	Swim Twist Combo setup Feet Wide with Slow Swim Palms “Shoulder-height” Torso Twist L with Palm Flex R “Turn your ribcage” Repeat R “Flex the palm”	4x	
3:02	You ain’t even	8x8	Add Swim Twist with Palm Flex L, R x2 (Double Time) Add Shoulder Pop L x3 (face R) “Right shoulder, 3, 2, 1” Add Heel Lift with O/H Snap L Add Wide Walk L, R	4x	
3:32	still seventeen _	8x8	Add Jump Side L, R x2 (travel L, R x2)	4x	
4:02	(Synth blast)	8x8	Hip Rock Swim Twist Combo Step Touch L, R x4 (reps continue into next track)	2x	



15A. HYPERREAL FOR REAL

I AM 2:34mins

TRACK FOCUS

Slow your body down with the introduction of the Shoulder Drag...

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Melodic synth)	8x8	(reps continue from previous track) Add Breakout	2x	
0:29	(Low synth blast)	1x8	Slow Wide Walk L, R (Optional preview: R hand O/H)	2x	
0:33	(Piano)	12x8	Shoulder Drag Combo setup Ball of L foot, Drag R arm from R shoulder down L thigh Repeat L Back Step L, R to Wide Freeze with Double Palm Push F Slow Chest Pop F/B Wide Step F L, R with Breathe Arms (descending) Body Roll (down/up)	3x	
1:18	I am the one	4x8	Add Double Time	2x	
1:33	from you _	4x8	Step Touch L, R	8x	
1:48	(Build up)	4x8	Hip Rock Swim Twist Combo Shoulder Drag Combo	1x	
2:03	(Heavy beat)	8x8	Add Breakout	2x	



15B. HYPERREAL FOR REAL

I AM 2:43mins

TRACK FOCUS

... then use the Step Touch to preview the whole routine. Remember to tell the class “we’re going to do it two times... then add the Hip Rock”. And then we dance.

	Music		Exercise	REPS	LEVEL
0:00	(Synth blast)	½x8	Wide Walk L, R	1x	
0:02	(Piano)	4x8	Step Touch L, R (Preview: HyperReal For Real Routine) “Arm Combo two times, then add Hip Rock”	8x	
HyperReal For Real Routine setup					
0:16	On your feet	12x8	Arm Combo Double Jump Wave In Little Swim Lazy Drag x2 Turn Back “Arm Combo again” Arm Combo Double Jump Wave In Little Swim Lazy Drag Turn Back Hip Rock “Hip Rock” Swim Twist Combo Shoulder Drag Combo	1x	
1:00	(Build up)	4x8	Step Touch L, R	8x	
1:15	(Heavy beat)	12x8	HyperReal For Real Routine	1x	
1:59	(Repetitive blasts)	4x8	Step Touch L, R	8x	
Shoulder, Push Combo setup					
2:13	(Synth blast)	8x8	Drag Step L, R with Shoulder Roll F R, L “Slow, slow” Fast Wide Walk L, R, with Shoulder Roll F R, L “Quick, quick” Drag L with Shoulder Roll F R “Slow” Repeat R	4x	



16. HYPERREAL FOR REAL

INTO THE LIGHT 5:28mins

TRACK FOCUS

BODYJAM 85 on the floor, HyperReal for Real... This track is so high, the power so insane and obvious, your class should be screaming from exhaustion and passion.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Heavy beat)	8x8	Add Drop Step Touch with Push Away Arms Add Breakout “Drop into your legs”	4x	
0:29	(Quiet vocals)	4x8	Wide Walk Touch L, R	8x	
0:43	make you shine	4x8	Shoulder Combo (remove Push)	2x	
0:58	the light , light	1x8	Step Touch L, R	2x	
1:02	(Heavy synth)	4x8	Push Combo Add Drop Step Touch with Push Away Arms Add Breakout	2x	
1:16	(Build up)	4x8	Step Touch L, R	8x	
1:31	Go, go, go, go _	12x8	HyperReal For Real Routine	1x	
2:15	(Long synth blast)	5x8	Wide Walk L, R	10x	
2:33	make you shine	4x8	Step Touch L, R	8x	
2:48	into the light	12x8	HyperReal For Real Routine	1x	
3:32	into the light	8x8	Step Touch L, R	16x	
4:01	Go, go, go, go _	12x8	HyperReal For Real Routine	1x	
4:45	(Heavy beat)	4x8	Step Touch L, R	8x	
5:00	(Light beat)	4x8	Wide Hip Rock L, R	16x	
5:14	(Quick fade)	1x8	Wide Freeze with Breathe Arms (ascending)	1x	



HYPERREAL FOR REAL

Let's go, HyperReal For Real!

Little Swim the arms close, then Lazy Drag using the power in the legs to drag the tip of the toes. When it comes to Turn Back, clear directional cues will get the class turning on the 'right' leg. Drop back the intensity to set up the Arm Combo in Track 13. Your arms should feel super strong, grabbing the shoulder blades together as you roll, then finish by turning your legs to the side with feet wide in Double Jump.

Track 14 brings a beautiful new sound. Explore the changing textures here, before surprising the class with new move, Hip Rock! Finish with clear, uncluttered coaching in the Swim Twist... combining both moves to create a new HyperReal feel.

Finally, you need to slow your body down with the introduction of the Shoulder Drag, then use the Step Touch to preview the whole HyperReal routine. BODYJAM 85 on the floor, HyperReal for Real!

TECHNIQUE

DOUBLE JUMP

- Double-jump feet under hips, turning legs to the outside, knees soft, travel side
- Land wide, back heel up, knees bent, lead toe to corner, foot flat on floor, weight forward, torso to corner
- Arms long, hands open, palms relaxed slightly behind the hips
- Double time, arms loose with natural bounce
- Rhythm: 1&2, 3&4



ARM COMBO

- Wide walk the feet, outside shoulder-width, knees soft, hips shifting side to side
- Arms reach forward, at shoulder-height, hands open, palms down
- Arms reach forward at shoulder-height, wrists cross, L hand on top, hands open, palms up
- Arms reach forward, at shoulder-height, hands open, palms down
- Hands reach down, arms to full extension, hands open, palms forward
- Arms reach over head, hands open, palms forward, thumbs in
- Arms reach wide, full extension at shoulder-height, hands open, palms down
- Double time
- Increase range
- Shoulders roll back, soft elbows, arms held strong, shoulder blades squeezing together to open the chest
- Increase range



WAVE IN

- Feet wide, knees bent, torso to corner, front foot flat on floor, trailing heel up
- Arms wave in/out at shoulder-height, hands open, elbows wide, palms flat, chest leans back/forward
- Stab the arms wide, short and sharp, hands open, palms flat to floor
- Back arm to the high diagonal, forward arm above shoulder-height





HYPERREAL FOR REAL

LITTLE SWIM

- Feet outside shoulder-width, knees soft, cross tap the ball of the foot, arms long
- Chest turns out, arms cross long at full extension, below chest-height, tight fists, palms in
- Chest turns forward, arms open to full extension, strong, tight fists behind the body, chest lifted
- Bounce OTS, knees soft, hips push back, bouncing through the legs
- Hands swim down rolling in from wrists, palms open, outside hips, fingers lead, bouncing the body
- Increase range



LAZY DRAG

- Feet outside shoulder-width, knees soft, arms relaxed outside chest, elbows bent
- Drag the trailing toes, strong, torso turns out, knees draw together, hips push forward, chest leans back
- Transition to face opposite corner, drop super wide, knees bent, weight forward, chest up
- Double time
- Bouncing through the legs, arms loose, relaxed, soft fists at shoulder-height
- Increase range
- Rhythm: 5, 6, 7, 8, 1, 2, 3, 4



TURN BACK

- Feet outside shoulder-width, knees soft, cross step the feet, behind supporting leg, travel side to side
- Arms long, soft fists outside hips
- Rhythm: *left, right, left, right*
- Back turn, outside shoulder turns backwards, travel side, feet under hips, footwork small
- Arms down, long, soft fists outside hips
- Rhythm: 5, 6, 7



HIP ROCK

- Step forward/back, knees super soft, forward heel dig into the floor
- Hips push forward/back, small roll up through the torso, hands above shoulders, soft fists, palms forward, elbows wide



SWIM TWIST COMBO

- Feet outside shoulder-width, knees soft, hands swim down from shoulder-height, palms back, elbows wide
- Chest turns outward, inside hand swims up to flex at chest-height, palm out, elbow down
- Double time, slight weight shift side to side
- Shoulder pop L x3, head turns out, back heel lifts, slight bounce through the legs, hands open
- Heel lifts to knee-height, behind supporting leg, head and chest turn out, eyes down
- Snap top arm over head, at full extension, bottom arm snaps long, outside the hip, slightly behind the body
- Jump side to side, ball-change the feet, landing soft through the legs



HYPERREAL FOR REAL

SHOULDER DRAG COMBO

- Feet outside shoulder-width, knees soft, inside heel lifted, weight on the ball of the foot, knees forward
- Lean back, chest lifting, trailing hand above shoulder-height, palm open, fingers strong
- Drag hand down/across the torso, down the thigh, flick forward off the knee
- Weight shift to the outside, hand flat, palm turns in
- Back-step the feet, outside shoulder-width, knees soft
- Hands push forward to full extension, soft elbows, palms forward, collapsing through the chest, Chest Push forward/back
- Step forward to wide stance, breathe arms circle up/out to finish down at full extension, hands outside hips
- Body roll down/up, smooth, rolling through the spine
- Double time
- Increase range



SHOULDER, PUSH COMBO

- Feet outside shoulder-width, knees soft, step drag the trailing toe, shoulder roll forward, hands to hips
- Wide walk the feet, fast, shoulder roll forward, weight shift side to side
- Feet under hips, elbow to shoulder-height, hand outside the head, palm up, fingers to high diagonal
- Other arm long, slightly behind the torso, hand open, palm in
- Step wide, dropping down into the legs, trailing arm to full extension, wrist flexed,
- Hand open at shoulder-height, palm out, fingers up



COACHING

LAZY DRAG

Get your class using the power in their legs to tip forward onto the toe. Say something like:

"Drag strong"

"You need to take your feet even wider"

"Push your hips forward"

"Show me the drag on the tip of the toe"

TURN BACK

Clear directional cues will get your class turning on the right leg. Say something like:

"Step your right leg behind"

"Keep your feet stepping"

"Right, left, right, left"

"Right leg and your right shoulder"

ARM COMBO

Use short, sharp cues to create movement that is clean and deliberate. Say something like:

"Forward, cross, forward, down"

"Rotate your palms"

"Out wide"

"Make it long"

"Fingertips"

"Stretch up"

TRACK 15A&B

Don't get caught out by the timing in Track 15 / Am. The timing doesn't come from the melody, so if in doubt, watch the Masterclass. You need to familiarize yourself with the music and practise, practise, practise!

TRACK 15B

Use the 2nd Step Touch to preview the whole routine. Say something like:

"We're going to do it 2 times... then add the Hip Rock"

CONNECTION

Track 14 brings a beautiful new sound. Explore the changing textures here, before surprising the class with the Hip Rock.

Bring back the chill in Track 15 with the introduction of the Shoulder Drag... then embrace the build, lifting the class to amalgamate all 3 moves.



17. GROOVEDOWN

TRACK FOCUS

Use the chill to breathe. Wave the body fluid, and keep it playful. Take it home with a smile.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Guitar)	3½x8	Slow Wide Rock L, R	8x	Blue
0:18	my main chick	4x8	3x Wave L (3cts), Knee Lift L (face L) (1ct) <i>“Pick your knee up”</i> 3 Steps L, R, L (travel L), Tap Together R (transition to face R) Repeat R (Last ct: preview Snap)	1x	
0:37	(Hey) _ Mixing Henny	12x8	Add Snap	3x	
1:34	(O- ooh), how you live	7x8	Lat Stretch R with palm to ceiling <i>“Turn to the ceiling”</i> Slow transition to L (8cts) Lat Stretch L with palm to ceiling	1x	Blue
2:06	Yeah, yeah. _ It’s	1x8	Slow transition to Center Adductor Lunge	1x	
2:11	my main chick	3x8	Add Fast Shoulder Isolation R, L	12x	Yellow
2:25	ain’t coming home	1x8	Roll Up	1x	Blue
2:30	my main chick	2x8	Slow Wide Rock L, R x4 with Breathe Arms (ascending/descending)	1x	



17. EX 2:43mins

A breath and a cold drink? Drop the head and make it fluid in the body wave... then just have fun playing with your arms. Enjoy!

TECHNIQUE

WAVE WITH KNEE SNAP

- Feet outside shoulder-width, knees super soft, torso to corner, arms long, soft fists outside hips
- Step forward, body-wave down/up, side of the head leads, dropping down into the legs
- Waving up through the chest, arching through the back
- Weight shifts back, outside knee lifts below hip-height
- 3 steps at shoulder width, crossing behind lead leg, travel side, transition to face opposite corner
- Double-snap hands down, to full extension, from head to knee-height, either side of knee
- Slight drop of the chest, rounding out through the back





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 15A, *I Am*
- Leave out Tracks 15B to 17 and go straight into Track 18 *The Party* to continue with the MASH IT! Block

18. THE PARTY 1:34mins

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Synth blast)	1½x8	Wide Walk L, R	1x	
0:01	This is how	4x8	Step Touch L, R (Preview: HyperReal For Real Routine) “Two times, then add Hip Rock”	8x	
HyperReal For Real Routine setup					
0:16	_ It feels so good	12x8	Arm Combo Double Jump Wave In Little Swim Lazy Drag x2 Turn Back Arm Combo Double Jump Wave In Little Swim Lazy Drag Turn Back Hip Rock Swim Twist Combo Shoulder Drag Combo	1x	
1:00	tonight (ton ight)	2x8	Step Touch L, R	4x	
1:07	(High synth)	2x8	Wide Hip Rock L, R (tempo decreasing)	8x	
1:15	how we do it _	4x8	Breathe It Back	2x	

19. MI GENTE 1:31mins

	MUSIC		EXERCISE	REPS	LEVEL
0:00	_ Si el ritmo	8x8	Peep That Fire Routine	1x	
0:35	(Synth melody)	4x8	Chest and Hips	2x	
0:54	Estamos rompiendo	8x8	Breathe It Back	4x	



20. KOKO 2:40mins

	MUSIC		EXERCISE	REPS	LEVEL
0:00	yeah yeah yeah	8x8	Peep That Fire Routine	1x	
0:36	(Long siren)	4x8	Chest and Hips	2x	
0:54	(Heavy synth)	4x8	Breathe It Back	2x	
1:12	(Short siren)	4x8	Freestyle Walk L, R	16x	
1:30	koko eh _	8x8	Peep That Fire Routine	1x	
2:07	(Beat increasing)	4x8	Chest and Hips (tempo increasing)	2x	
2:23	(Fast steady beat)	4x8	Breathe It Back (continues into next track)	2x	

21. GET LOW 3:19mins

	MUSIC		EXERCISE	REPS	LEVEL
0:00	It takes two	4x8	(continues from previous track) Breathe It Back	2x	
0:14	Don't care if	4x8	Step Touch L, R	8x	
0:29	Get low , get	12x8	HyperReal For Real Routine	1x	
1:14	Beautiful as you	4x8	Step Touch L, R	8x	
1:29	Don't care if	4x8	Add Breathe Arms ascending to O/H (8cts) Add Head Wrap and Drag (descending) (8cts)	2x	
1:44	Get low , get	4x8	Step Touch L, R	8x	
1:59	for the climb _	12x8	HyperReal For Real Routine	1x	
2:43	(_ I like the way)	4x8	Step Touch L, R	8x	
2:57	(_ I like the way)	2x8	Wide Hip Rock L, R	8x	
3:04	(_ I like the way)	2x8	Add Breathe Arms (ascending/descending)	1x	
3:12	(Synth blast)	1x8	Wide Freeze with Breathe Arms ascending to O/H	1x	



BODYJAM COACHING UPDATE

The aim when coaching BODYJAM is for people to experience the incredible feeling of moving to, and getting lost in, the music. To do this, we coach in a simple and minimalist way. Here's how you can deliver a class that gives even the newest person in the room an amazing dance workout. We use a 3 layer Coaching Model:

LAYER 1 SETUP

- Name of the movement
- Rhythm
- Direction
- Placement

LAYER 2 FEEL

- Improve Technique
- Develop Feel
- Build Hype

LAYER 3 SHUT UP AND DANCE

- Don't obstruct the Feel
- Praise
- Build Hype

Layer 1 – SETUP

This is about getting people moving in the same direction at the same time, and understanding the basic Choreography.

We use the following parts

- **Name of Movement** – such as “Whip It” or “Jump Tap”
- **Rhythm Cues** – Phonetic & rhythmic cues are acoustic cues or words that match the sounds of the music or action. For example “tap tap drag”
- **Direction** – tell them the direction of the move eg forward, back, side
- **Placement** – tell them where their feet should be eg feet under hips

The key is to keep it simple. You won't need to say all parts of the Setup every time. Watch your masterclass for ideas on what works for each track.

Layer 2 – FEEL

In this Layer we get people to move better by developing the look and attitude of the Choreography

There are 3 parts to Layer 2

- **Improve Technique** – cues that relate to foot placement, lower & upper body posture and arm placement. Such as “feet wider”, “chest up” or “watch my hips”. These are often expanding on Layer 1 Setup cues.
- **Develop Feel** – describe the texture of the move - for example is it “sharp”, “fluid” or “stabby”
- **Build Hype** – build or shift your energy to create hype - you can do this by showing an energy shift when a new song comes in, or by using a repetitive cue or movement name that gets louder to pre-cue a combination.

The most important part is to look at the class and see what they need to help them dance the move correctly and experience the right feel.

Layer 3 - SHUT UP AND DANCE

This is the heart of BODYJAM. We connect participants to the way the moves fit with the music and encourage them to Breakout.

There are 3 parts to Layer 3.

- **Don't Obstruct the Feel** – avoid talking/ singing too much as it drowns out the music. Know your choreography 100%, so that you're not pulled out of Breakout by wondering what's coming next. Use silence as a motivator, dance to the best of your ability and show your love for BODYJAM™.
- **Praise** – making your class feel good drops them further into the feel and the experience
- **Build Hype** – expanding on what you've already set up in Layer 2, but now taking it to the next level – bigger energy and voice, showing your enjoyment of the dance. This will encourage the class to Breakout.

Now that you know **what** you want to say in each of the Coaching layers you can also think about **how** you are going to say it. We use the following tools.

- Short simple phrases – get straight to the point and say the basic of what a person needs to know. Such as “chest up” or “right arm”.
- More show than tell – Your body is able to express a lot of the coaching cues without you needing to say anything.
- Visual cues – use non-verbal, directional or body part cues to help participants achieve success.



BODYJAM COACHING UPDATE

- Vocal texture – match your voice to the feel of the music and also where you are in the choreography within the track. For example - the voice should be different when setting up a move compared to at the end of the block.
- Repetition of cues – simple phrases such as a rhythm cue to help participants pick up the pattern and remember the choreography. eg “1,2,3,4, drop, 7,8”. You can also repeat cues to create hype (as described previously)
- Match the energy of the coaching layer – lower energy when delivering Layer 1 helps to build success and momentum in the right way. Then add more energy to Layer 2 and even more to Layer 3, matching the 3 Coaching layers to our execution of Base, Flava and Breakout.
- Keep it simple – choose cues wisely, if we say too much it can lessen the experience, and prevent your participants from immersing themselves in the sensation of the music. Most moves are repeated numerous times, so you do not need to say everything all at once.

And finally – remember to coach to the people in front of you... and to do this you need to be immersed in their workout, not just your own! Connect to your class and dance WITH them.

Thanks to – Philip Harrison LMUK BODYJAM, BODYCOMBAT & SH’BAM Trainer/Presenter and Regional Training Coordinator



MUSIC

WARMUP

01

Bury (3:30)
Party Favor & Bad Royale feat.
Richie Loop
© 2017 Area 25.
Written by: Unknown

10

A Different Way (Henry Fong Remix)
(2:37)
DJ Snake feat. Lauv
Courtesy of the Universal Music Group.
Written by: Mac, Sheeran, Juber, McDaid, Robbins,
Grigahcine

ISOLATIONS

02

Clique (2:47)
Kanye West feat. Big Sean & Jay-Z
Courtesy of the Universal Music Group.
Written by: Carter, West, Anderson, Hollis, Fauntleroy

RECOVERY

11

Hello There (2:51)
Dillon Francis feat. Yung Pinch
© 2017 IDGAFOS.
Written by: Francis, Sandoval, Rushent

OLDSCHOOL

03

Miss You Much (4:16)
Janet Jackson
Courtesy of the Universal Music Group.
Written by: Lewis, Harris

HYPERREAL FOR REAL

12

Dum Dum (3:08)
Kideko x Tinie Tempah x Becky G
© 2017 Under exclusive license to Ministry of Sound
Recordings Limited. Under license from Sony Music
Commercial Music Group, a division of Sony Music
Entertainment.
Written by: Hurley, Powell, Tinie Tempah, Becky G, Purcell

PEEP THAT FIRE

04

Damn Damn Damn (2:20)
Denis Phenomen & Potrykus
© 2017 Bourne Recordings.
Written by: Unknown

13

Dem Fraid (3:16)
Boombox Cartel feat. Taranchyla
© 2017 Mad Decent.
Written by: Medina, Reid, Garcia

05

Got What You Need (1:05)
Eve
Courtesy of the Universal Music Group.
Written by: Jeffers, Dean, Smalls, McCain

14

17 (Extended) (4:33)
MK
© 2017 Area10 / Big on Blue Entertainment Inc. Under
exclusive license to Sony Music Entertainment UK
Limited / Ultra Records LLC. Under license from Sony
Music Commercial Music Group, a division of Sony Music
Entertainment.
Written by: Kinchen, Nash, Whelan, Di Scala

06

Got What You Need (0:48)
Eve
Courtesy of the Universal Music Group.
Written by: Jeffers, Dean, Smalls, McCain

15A

I Am (Extended) (2:34)
Sick Individuals & Axwell feat.
Taylr Renee
Courtesy of the Universal Music Group.
Written by: Lindersmith, Hedfors, Hofstee, Smeele, Renee

06

Ooh Wee (2:20)
Mark Ronson, Ghostface Killah, Nate
Dogg, Trife & Saigon
© 2004 Elektra Entertainment for the United States and WEA
International Inc. for the world outside of the United States.
Written by: Carenard, Hebb, Coles, Ronson, Hale, Theobailey

15B

I Am (Extended) (2:43)
Sick Individuals & Axwell feat.
Taylr Renee
Courtesy of the Universal Music Group.
Written by: Lindersmith, Hedfors, Hofstee, Smeele, Renee

07

Hyperreal (4:24)
Flume feat. Kučka
© 2017 Future Classic.
Written by: Streten, Lowther

16

Into The Light (Extended) (5:28)
Sick Individuals & DBSTF
© 2016 Central Station Records.
Written by: Hofstee, Smeele, Bakker, den Daas, Flickinger

08

**Gyal You A Party Animal (Jillionaire
Remix)** (3:23)
Charly Black
Courtesy of the Universal Music Group.
Written by: Edwards, Mendize

GROOVEDOWN

17

Ex (2:43)
Ty Dolla \$ign feat. YG
© 2017 Atlantic Recording Corporation.
Written by: Keith, Jackson, Bentley III, Jones, Ebong, Jordan,
West, Scandrick, Combs, Parker, Wallace, Rogers, Ward,
Griffin Jr.

09

A Different Way (2:00)
DJ Snake feat. Lauv
Courtesy of the Universal Music Group.
Written by: Mac, Sheeran, Juber, McDaid, Robbins,
Grigahcine



MASH IT!

18

The Party (Firebeatz Remix) (1:34)

Joe Stone

Courtesy of the Universal Music Group.
Written by: Walters, Jordan, Pierce

19

Mi Gente (1:31)

Stan The Man

© 2018 Les Mills Music Licensing Ltd.
Written by: Osorio, Restrepo, William, Adam, Moupondo

20

Koko (2:40)

ETC!ETC! & Whyel

© 2017 heyjudemusic.
Written by: Unknown

21

Get Low (Kuuro Remix) (3:19)

Zedd & Liam Payne

Courtesy of the Universal Music Group.
Written by: Zaslavski, Hinshaw, Holloway, Landymore



L-R: Meno Thomas-Savelio (shadow), Odessa To'o (shadow),
Gandalf "G" Archer Mills, Tania Kingi (shadow),
Dani Taipari (shadow)

OK, so imagine you got to choose your favorite favorite tracks for the greatest dance class on the planet... OK - now add the best Old School Track 3... yup, now, minus Mambo Number 5. You still with me? OK, NOW TIMES IT BY EIGHT-FIVE THOUSAND... THIS IS BODYJAM 85.

Track 1 - call your club roof management officer cause we gonna smash it like whaaaaa, heavy heavy trap meets double quadruple-time drops. Then our Isolations track is the classic Clique where you can swag your life away.

Miss You Much steps up the Old School in a whole new magical flamboyance, before Peep That Fire is our first-half Hip Hop set with fresh new-school Damn Damn Damn (that drop though!) "I GOT WHAT YOU NEED SO TELL ME WHAT YOU NEED" to hype your room, OOh Wee to sing along to (RIP to tha D oh Double Gee), before a smorgasbord of uppers, downers and even some sexy sideways.

Gyal You A Party Animal takes it full Dancehall before two remixes of the beautiful A Different Way take Peep That Fire full FIRE, full throttle - Charlie will be screaming for 1 MORE!

Chill the heart rate with possibly the most tropical of all the Tropical House tracks (this song literally sounds like a Carona).

Then 2nd block, HyperReal For Real, is some super new styling, movements that flow with simplicity, reek of flava and will wind up your dance puppets like no 2nd half has done before. Dum Dum is fun (keep your elbows in tight when you swim Nemo), Dem Fraid is (OK, honestly... call your roof management officer - this could get bananas) before Gandolph's uber fave 5-star LOVE track of the year... 17 will have your class flying on dance.

Go harder into I Am, taking the euphoria into realm number 2, before Into The Light takes the idea of heavy drops in a SpaceX to Planet Happy Go Party Zucchini Funny Fun.

Does that make sense?

BODYJAM 85 is the best music in the world smushed into a delicious smashed avocado breakfast. I know you gonna love it.



CREDITS

Program Director – Gandalf Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultant – Bryce Hastings & Andrew Newmarch

Program Coach – Nicky Lord

Production Coordinator – Hannah Brooking

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.



EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warmup	Track 01	Warmup
Track 02	Isolations	Track 02	Isolations
Track 03	Oldschool	Tracks 12-16	HyperReal For Real
Tracks 04-10	Peep That Fire	Total Time	27:59
Total Time	29:30		

45-MINUTE FORMAT	
Track 01	Warmup
Tracks 04-10	Peep That Fire
Tracks 12-16	HyperReal For Real
Total Time	44:09

Please note: There is no Groovedown in most express format options. Please advise participants to keep moving around after the class until their breathing and heart rate return to normal and to do their own stretches to assist their recovery.

The 30 and 45-minute class formats have been customized for this release.

KEY

B	Back	F	Forward
L	Left	O/H	Over Head
OTS	On The Spot	R	Right
	This move features in the new move videos.		

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

 BASE	 FLAVA	 BREAKOUT
--	--	--

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.

BE LOUD AND HEARD
Tell us what you think of this release.
Visit lesmills.com/BLAH



WE ARE THE LES MILLS TRIBE

We are a global family of leaders, passionately devoted to creating a healthy planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are the Les Mills Tribe.

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.

