

BODYJAM 86

WARMUP

ISOLATIONS

MERENGUE

I LIKE IT LOUD

RECOVERY

CHOOSE YOUR ADVENTURE

GROOVEDOWN

BONUS
BONUS WARMUP

MASH IT!

BODYJAM COACHING UPDATE

MUSIC, CREDITS & INFO

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01. WARMUP

TRACK FOCUS

This fist-pumping bass banger unleashes an explosion of flavors, sounds and energy, so lay the foundations for the footwork early. Tell your class to get their weight in the heels in the Bounce Tap and find the beat in the hip rolls.

MUSIC		EXERCISE		REPS	LEVEL
0:04	Intro / (Low synth)	4x8	Wide Bounce Tap L, R	7	
0:19	Yeah _	4x8	Double Tap L, R “Weight in your heels”	4	
0:34	(Vocal effect)	4x8	Wide Hip Roll L “Lift your heels off the floor”	16	
0:49	(Heavy melody)	8x8	Add Step Together L x4 (face R) (travel F) “Turn to the side” Add Shuffle B L, R x4 (travel B) “Shuffle back”	4	
Loud Combo L setup					
1:19	(Build up)	4x8	Double Tap L, R x2 Hip Roll F x4 “Roll your hips, come to me” Shuffle B x4 “On the balls of your feet”	1	
1:34	the speaker	8x8	Add Breakout	2	
2:04	(Vocal effect)	4x8	“Chop it in half” Douple Tap L, R Hip Roll F x4 Shuffle B x4 Double Tap L, R	1	
2:19	(Synth blast)	2x8	Wide Freeze with Breathe Arms (ascending/ descending)	1	
2:27	(Light synth)	3x8	Center Adductor Lunge	1	
2:38	the melody	1x8	Body Roll (up)	1	
2:42	(Heavy melody)	4x8	Wide Hip Roll R	16	
2:57	My lady , yo	4x8	Add Step Together R x4 (face L) (travel F) “Travel forwards” Add Shuffle B R, L x4 (travel B) “Shuffle back”	2	
3:12	(Build up)	4x8	Loud Combo R	1	
3:27	the speaker	8x8	Add Breakout	2	
3:57	(Vocal effect)	4x8	Chop It In Half	1	
4:12	(Steady beat)	8x8	Wide Freeze with Shoulder Roll B x4 Chest Circle L x4	4	



01. I LIKE IT LOUD 4:42mins

This fist-pumping, bass banger unleashes an explosion of flavors, sounds and energy...so lay the foundations for the footwork early with short, simple Layer 1 cues.

TECHNIQUE & COACHING

WIDE BOUNCE TAP

- Tap outside shoulders, knees super soft, inside heel lift, weight on the balls of the feet, bouncing down through the legs
- Outside leg cross in front, slight turn of the chest, travel F, arms super loose with natural swing



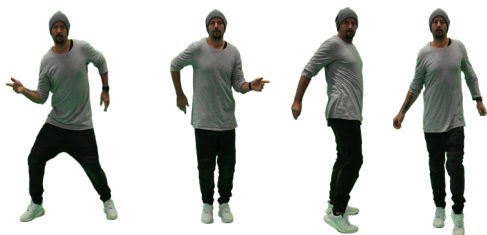
WIDE HIP ROLL

- Feet outside shoulders, knees soft, hip roll, walking the heels on the beat
- Chest lifted, arms long and relaxed
- Step together L, feet shoulder width, face R, travel F
- Shuffle B, weight on the balls of the feet, sharp, feet under hips, dropping heavy into supporting leg, slight release through F heel



LOUD COMBO

- Double tap outside shoulder width, weight in the heels, toe wide, bouncing down through the legs
- Knees soft, step together at shoulder width, F hip roll, face side, travel F
- Chest lifted, arms long and relaxed
- Shuffle B, weight on the balls of the feet, sharp, feet under hips, dropping heavy into supporting leg, slight release through F heel
- Outside arm swing to chest height, hand open, palm F, head turns out
- Increase range



COACHING

WIDE BOUNCE TAP

You need to get grounded in this move. Say something like:

“Put the weight in your heels”

WIDE HIP ROLL

When it comes to the Loud Combo, lay the foundations for the footwork early. Say something like:

“Step your right leg”

“Roll your hips to the right”

“Find the beat”

“Lift your heels off the floor”

Hot Tip: Layer 1 is the foundation of great coaching. It’s all about setup cues and will tell your class how to execute the moves.



02. ISOLATIONS

TRACK FOCUS

It's all rhythm and feel people! Draw focus to the low bounce in the legs, then setup the Bounce Combo using simple rhythm cues.

	Music		Exercise	REPS	LEVEL
0:00	Do you feel	4x8	Slow Wide Bounce L, R <i>"Bounce in your legs"</i>	8	
0:13	In the air	2x8	Add Fast Shoulder Bounce	4	
			Bounce Combo facing R setup	4	
0:19	Do you feel	8x8	Add Wave F (face R) (4cts) <i>"Right foot, drop forward"</i>		
			Add Shoulder Bounce L x3 (face R) <i>"Front shoulder"</i>		
			Add Six 60 Hand Throw x2 <i>"Both arms"</i>		
			Add Shoulder Bounce L x3 (face R) <i>"1, 2, 3"</i>		
0:46	I feel it in	4x8	Wide Freeze with B Shoulder Roll (L, R, L) Repeat R <i>"Quick, quick, slow"</i>	4	
0:59	Round and round	4x8	Hip Push B (L, R, L) Repeat R	4	
1:12	Do you feel	4x8	Wide Freeze with Breathe Arms (ascending/ descending) Body Roll (down/up)	1	
1:25	Do you feel	4x8	Bounce Combo facing L <i>"Left leg, bounce"</i>	2	
1:39	feel the buzz?	8x8	Add Breakout	4	
2:05	I feel it hey	4x8	Bounce Combo facing R	2	
2:18	feel the buzz?	4x8	Bounce Combo facing L	2	
2:31	feel the buzz?	1x8	Dynamic Freeze	1	



02. THE BUZZ 2:35mins

It's all rhythm and feel people!
Tell your class to keep the bounce in the lower body, then setup the Bounce Combo using rhythmic cues delivered with the timing of the move

TECHNIQUE & COACHING

BOUNCE COMBO

- Feet outside shoulders, knees super soft, bouncing down through the legs, weight shift side to side
- Arms long and relaxed with natural swing, palms in
- Fast shoulder bounce (up/down), arms long, soft fist to the low diagonal
- Step F, torso turns out, head drops F, double bounce down through the legs
- Wave up through the chest, weight shift B
- F shoulder bounce x3, weight shift (F/B)
- Throw the hands F above shoulder height, elbows wide, palms in, thumb and index finger extended
- Increase range



HIP PUSH

- Feet outside shoulders, knees soft, toes to corner
- Hands on hips, elbows wide, hips push back, corner to corner, weight shift side to side



COACHING

BOUNCE COMBO

Phonetic and rhythmic cues will help your class pick up the rhythm of this move. Say something like:

"Drop forward"

"Front shoulder...1, 2, 3"

"2 arms"

"1, 2, 3"

Use Layer 2 cues to develop the look and attitude of the Choreography. Say something like:

"Keep that bounce in the lower body"

"Get low"



03. MERENGUE

TRACK FOCUS

Some Latin heat for your feet? Use clear directional cues to get your class stepping in the right direction, then create playful connections with the music, movement and class. You can have fun with this one

Music			Exercise	REPS	LEVEL
Merengue Combo L setup					
0:00	dum, brr dum	4x8	Merengue L, R OTS with Latin Arms R, L	16	
0:12	3, 6, 9 – damn she	6x8	Merengue L, R x2 (F/B) “Forward and back” Hip Circle x4	3	
Back Step, Cha Cha Cha L, R setup					
0:31	Shortie crunk, so	10x8	Back Step L, Cha Cha Cha (travel L) “Back Step, Cha Cha Cha” Repeat R Add with double Arm Reach R “Reach” Add with Arm Reach L	5	
1:03	3, 6, 9 – damn she	6x8	Merengue Combo L	3	
1:22	Let me see you	2x8	Salsa L, Freeze “Salsa and freeze” Repeat R	2	
1:29	that thang (yeaH)	2x8	Add Double Time	4	
1:35	Now back, back	1½x8	Wide Walk B with Shoulder Push L, R “Back it up”	6	
1:40	(Cymbal hit)	2½x8	Step F L to Freeze (face R), Wiggle “Stop” Repeat R (face L) “and switch”	2½	
1:48	3, 6, 9 – damn she	6x8	Merengue Combo R	3	
2:08	Puerto Rico (Dale)	8x8	Back Step, Cha Cha Cha R, L “Back Step, left side”	4	
2:33	Ok ok, ok	2x8	Wide Freeze with Hip Push B R, L	8	
2:39	Bend over to	2x8	Add Hands to Thighs “Hands to the thighs”	8	
2:46	Bend over to	2x8	Add Hands to Knees “Get low”	8	
2:52	Brr dum dum	2x8	Heel Bounce OTS “Bounce your heels”	16	
2:58	Brr dum dum	2x8	Add Heel Bounce with Slow Drop Wave (Last 8 cts: Transition to Jump OTS)		
3:05	(Hey) _ Dale mami	2x8	Merengue L, R, OTS with Latin arms	8	
3:11	(Hey) _ Dale mami	2x8	Add travel B with Slow Breathe arms to O/H	8	
3:18	(Cymbal hit)	2x8	Add Slow half turn R to face B arms O/H “Eyes front”	8	
3:24	Hey _	2x8	Add Walk B with ams descending	8	
3:30	(Slow fade)	2x8	Freestyle Merengue to finish	1	



03. GET LOW 3:38mins

Some Latin heat for your feet... Keep your heels down and work through the feet to create range through the hips. When putting the combo together, use clear directional cues to get your class stepping in the right direction.

You can have fun with this one! Experiment with your vocal texture. Think about the feel of the music and creating the same effect in your voice. This will create better connections with the music, movement and class.

TECHNIQUE & COACHING

MERENGUE COMBO

- Walk the feet at hip width, knees soft, heels down, feet flat, hips shifting side to side
- Chest lifted, relaxed hand circle below chest height, elbows wide, palms down
- Walk the feet at hip width, travel (F/B), weight in the heels
- Stomp L x4, hip roll, R shoulder turns B, knees bent, dropping down into the legs
- Chest lifted, arms long, elbow soft, relaxed hands outside hips



BACK STEP, CHA CHA CHA

- Outside leg steps back, weight on the toes, ball change the feet, torso turns out
- 3 steps, small bounce through the legs, travel side, feet at shoulder width, hips square
- Arm reach to full extension (F/B), hands open, palms down, chest turns out, slight lift of the chin



SALSA

- Step wide, outside shoulder width, knees soft, weight on the toes, ball change the feet, fast
- Finish feet under hips



WIDE WALK B WITH SHOULDER PUSH

- Wide walk, travel B, feet outside shoulders, knees super soft
- Arms long, soft elbow, relaxed fist outside hips, chest turns in



WIGGLE

- Freeze feet under shoulders, face side, knees soft, chest lifted, arms long, soft fist slightly behind hips
- Fast wiggle through the knees, weight in the toes, step F, transition to face opposite side



WIDE FREEZE WITH HIP PUSH

- Feet outside shoulders, knees soft, toes to corner
- Hands on hips, elbows wide, hip push back, corner to corner, weight shifting side to side
- Knees bent, hands to thighs, palms flat, fingers in, chest forward
- Knees bent, dropping down into the legs, hands to knees, weight forward, arms long



HEEL BOUNCE

- Feet outside shoulders, knees super soft, small bounce on the balls on the feet, chest drop F, hips B
- Left hand F, elbow bent, soft fist at hip height, other arm long, full extension B, elbow soft, eyes up
- Drop the head, upper torso wave, lifting up through the chest





03. GET LOW 3:38mins

SPICY MERENGUE FINISH

- Walk B, feet under hips, knees super soft, hips shifting side to side
- Arms sweep wide, at full extension, palms out, fingers up, finish O/H, palms F
- ½ turn, right shoulder turns B, gradual head turn, eyes remain on class
- Elbows descend wide at shoulder height, walk B (travel F), hips B, chest lifted, eyes to class



COACHING

MERENGUE COMBO/BACK, STEP CHA CHA CHA

Use clear directional cues to get your class stepping the right direction.

“Merengue, left leg”

“Back Step, left side”

SPICY MERENGUE FINISH

Invite your class to keep their eyes front when turning to the back!

CONNECTION

Tap into the feel of the music and experiment with your vocal texture. Like Josh, you can use moments like the Hip Push and Merengue finish to create cheeky connections with your class.



04. I LIKE IT LOUD

LEMON 3:20mins

TRACK FOCUS

This track drops an electro, hip hop flavor with a whole lot of swagger! You have plenty of time to coach the moves here so hit the key points early, then talk to the feel of the music.

Music		Exercise		REPS	LEVEL
Jump Back, Push Your Hips setup					
0:00	(Hate!) Bad	6x8	Jump B L, R x 2 with Shoulder Rise R, L x2 (travel B) "Jump Back" Step Touch L, R (travel F) (Last rep: Preview Hand Push, Wide Reach)	6	
0:29	(Hate!) You keep	6x8	Add Step Touch with Diagonal Hand Push R, Wide Reach Repeat L "Push your hand across your body"	6	
Drop Your Head, Booty Back setup					
0:58	(Descending synth)	2x8	Step F L, Wave F with Throw Snap Arms F x2 "Wave, snap" Step B L, Hip Push B x4 (face L diagonal) "Step back"	2	
1:08	I get it how	4x8	Add Hip Push B with Wrist Swizzle L x4 "Right hand" (Last rep: Preview Kris Kross)	4	
1:27	the Veyron glide	8x8	Add Kris Kross R (face L diagonal) "3, 2, 1, Kris Kross"	8	
2:06	Bath salt, bitin'	10x8	Jump Back Push Your Hips Drop Your Head Booty Back	5	
2:55	Bouncin' around	1x8	Freestyle Performance	1	
3:00	Wait a minute	4x8	Jump Back Push Your Hips Drop Your Head Booty Back	2	



05. I LIKE IT LOUD

MAD LOVE 3:01mins

TRACK FOCUS

Helllloo Afro Swing!

Start with clear, repetitive directional cues to set up the turn footwork, then remind your class to take the arms wide on the turn. When it comes to the Double Jump, draw focus to the rhythm and watch the tempo!

Music			Exercise	REPS	LEVEL
Afro Swing setup					
0:00	Love me, love	4x8	Wide Walk L, R x2 with Afro Arm Swing R, L x2 "Swing your arms" Turn B (L, R), Turn F (L, R) "Right foot back"	4	
0:18	Watch the tempo	6x8	Add Flava "Now bend your knees"	6	
0:47	Good Lord, girl	4x8	Wide Hip Rock L, R, L with Arm Pulse x3 "Pulse up" Wide Hip Rock R with Afro Arm Swing L "Right arm"	8	
1:06	_Love me, love	4x8	Wide Walk with Afro Arm Swing x2 Add Turn B/F with Arm Pulse, Afro Swing L x2 "Out, right, out, right"	4	
1:25	Watch the tempo	4x8	Add Breakout	4	
Roll It Up setup					
1:44	Been here preparin'	4x8	Hip Circle L x2 with Slow Circle Arm R to O/H "Both hips" Repeat R "Circle the arm" Hip Circle L x2 with arms down Repeat R	4	
Double Jump setup					
2:03	Good Lord, girl	4x8	Slow Double Jump L, R "Jump, jump" Switch Jump R, L "Left, right"	8	
2:22	_Love me, love	4x8	Add Turn B R, Wide Freeze "Lift your left knee"	4	
2:41	Watch the tempo	4x8	Roll It Up Double Jump Add Body Wave Up x4 (8cts) (Reps continue into next track)	2	



06. I LIKE IT LOUD UP IN THE CLUB 1:26mins

TRACK FOCUS

Explore the changing textures as you solidify the learning, then use the space to enable a deeper connection with the class.

	Music		Exercise	REPS	LEVEL
0:00	Up in the club	6x8	(Reps continue from previous track) Roll It Up Double Jump Body Wave Up x4	3	
0:28	(Build up)	2x8	Step Touch L, R	4	
0:38	Up in the club_	10x8	Jump Back Push Your Hips Drop Your Head Booty Back Afro Swing Roll It Up Double Jump Body Wave Up x4 Step Touch L, R x2 (2nd rep continues into next track)	2	



07. I LIKE IT LOUD

CAHUENGA 2:28mins

TRACK FOCUS

Let calm wash over the room! Slow the body down to lay the foundations in the Drag Combo, then bring some unexpected flava with the hip bounce, back tap.

Music		Exercise		REPS	LEVEL
0:00	(Low synth)	2x8	Complete rep from previous track	3	
0:09	Up in the club	18x8	Jump Back Push Your Hips Drop You Head Booty Back Afro Swing Roll It Up Double Jump Body Wave Up x4 Step Touch L, R x2		
Drag Combo setup					
1:32	(Long synth blast)	4x8	Slow Drag R, L "Wave your chest"	4	
1:50	Don't play with it	2x8	Arm Roll F, Diagonal Hit L, Freeze "Circle your arms" Repeat R "Roll, hit"	2	
1:59	(Female vocal)	2x8	Add Hip Bounce x8 "Bounce your hips"	2	
2:09	(Percussion)	4x8	Add Double Time Add Back Tap L, R "Can you freeze?"	8	



08. I LIKE IT LOUD GO CRAZY 3:03mins

TRACK FOCUS

Lots of learning in this track! You need to count your class to success when combining all 3 moves. Start with short, sharp cues in Cut It, before drawing focus to the timing of the wave and snap.

Music			Exercise	REPS	LEVEL
Drag Combo setup continued					
0:00	(Hey) Keep it going	12x8	Slow Drag R Back Tap with Roll Hit Combo L, R Slow Drag L Slow Wide Swag R, L	6	
Cut It setup					
0:54	Crazy. Don't	8x8	Jump Side R with Elbow Cut L (up/down) "Jump side" Repeat L Repeat R "&3, &2, &1" Drag L with Hand Throw B/F	8	
1:31	(I) Girl you got that	8x8	Step Wide R (face L), Wave B with Arm Roll (down) "Wave" Chest F with Double Snap (ct5) "7" Two step Pivot Turn L, wide "&8" Cross Step L x2 (L, R x2) "Cross right"	4	
2:07	Crazy. (High synth)	8x8	Cut It Wave Turn Cross x2	4	
2:44	Crazy. Don't	4x8	Step Touch L, R	8	



09. I LIKE IT LOUD

WHAT’S MY NAME 4:13mins

TRACK FOCUS

BodyJam 86 Hip Hop...did you come to dance?

Music		Exercise		REPS	LEVEL
I Like It Loud Routine setup					
0:00	Ooh na na	8x8	Jump Back Push Your Hips Drop Your Head Booty Back Afro Swing Roll It Up Double Jump Drag Combo Cut It Wave It Cross x3 (Add Low Palm Sweep L on ct8 1st rep) "Try this"	1	
0:37	is the radio-oh	4x8	Drag Combo "Drag again" Cut It Wave It Cross x3	1	
0:55	Ooh na na	2x8	Step Touch L, R	4	
1:04	Not every body	8x8	I Like It Loud Routine	1	
1:41	Hey boy , I	4x8	Drag Combo Cut It Wave Turn Cross x3	1	
2:00	Ooh na na	2x8	Step Touch L, R	4	
2:09	Baby you got me	24x8	I Like It Loud Routine	3	
4:00	(Outro)	2x8	Step Touch L, R (Last rep: Performance option)	4	



I LIKE IT LOUD

So this Hip Hop block is slower and gives us the opportunity to really marinate in the movement. Track 4 drops an electro, hip hop flavor and a whole lot of swagger! You have plenty of time to coach the moves here, so hit the key points early and then talk to the feel of the music. When it comes to the Afro Swing, start with clear, repetitive directional cues to set up the turn footwork, then remind your class to take the arms wide on the turn...always!

Coach the *Double Jump* drawing focus to the rhythm and explore the changing textures in track 6, before slowing the body down to lay the foundations in the *Drag Combo*. Finish with short, sharp cues in *Cut It* and draw focus to the timing of the wave and snap

TECHNIQUE AND COACHING

JUMP BACK

- Jump B, travel side to side, feet land together at hip distance, knees soft
- Arms long, soft elbow, soft fist, slight flex of the wrist
- Opposite shoulder bouncing up, slight turn of the chest
- Increase range



PUSH YOUR HIPS

- Step touch feet outside shoulder width, travel F, knees super soft
- Lower body bouncing forward on the beat, hip push F
- Diagonal hand push across the body, below chest height, elbow soft
- Hand relaxed, palm B, thumb and first finger extended, other arm long
- Hands push wide, below chest height, elbows super soft, palms in, thumb and first finger extended



DROP YOUR HEAD

- Feet shoulder width apart, L leg step F, knees super soft, head drops, waving up through the chest
- Arms throw wide, super soft elbows lead, hands open and relaxed, thumbs down
- Double Hand Snap F, full extension at shoulder width, palms up
- Increase range



BOOTY BACK

- Diagonal L step B, feet flat at shoulder width, torso to corner, knees bent, toes out, weight in the B leg
- Hip push B x4, slight bounce down into the legs, lean B
- Rotate L wrist x4, above shoulder height, elbow down, index finger extended
- Other arm long, hand open outside the hip
- Rotate L wrist x3, cross jump the feet, right leg F, weight on the toes, knees super soft, L hand above shoulder height, index finger extended
- Rhythm: 5, 6, 7&8



AFRO SWING

- Wide walk the feet outside shoulders, knees super soft, bouncing down through the legs
- Chest lifted, weight shifting side to side
- Arm swing (F/B) to shoulder height, full extension at shoulder width, wrist flexed, hand open, fingers long, hands slightly splayed
- L leg step B, feet under hips, chest turn to face B, shoulders square, R leg step F, arms long
- L leg step B, chest turn to face F, shoulders square, R leg step F
- Increase range, knees bent, dropping down into the legs
- Wide arm pulse, OTS, full extension at shoulder height, wrist flexed, palms flat, fingers up



I LIKE IT LOUD

- Turn B with wide arm pulse, hands to shoulder height, palms out, shoulders square to B
- R leg step F, L arm swing F, opposite arm to leg
- Turn F with wide arm pulse, hands to shoulder height, palms out, shoulders square to B
- R leg step F, L arm swing F, opposite arm to leg



ROLL IT UP

- Feet outside shoulders, knees super soft, small hip roll wide x2, walking heels on the beat
- Hand rolls in at shoulder height, elbow down, arm reach to full extension O/H, palms out, fingers long
- Arms drop long, elbow soft, hands open, palm in



DOUBLE JUMP

- Jump side to side, fast and small, feet under hips, knees soft, weight in toes, arms long
- Scissor jump the feet (F/B), small, at hip width, knees soft, weight in toes, arms long
- Pivot turn, right shoulder turns back, weight on the ball on the L foot, R knee below hip height
- Jump wide on ct8, feet outside shoulders, knees soft
- Increase range
- *Rhythm: &5, &6, &7, 8*



DRAG COMBO

- Feet outside shoulders, ball change the feet, drag wide, dropping down into legs, drag the trailing toe
- Arms long, elbows soft, waving up through the chest, torso turns out
- Feet outside shoulders, knees soft, forearm roll F at chest height, elbows wide, chest square
- Inside hand hits diagonal at head height, palm up, index finger extended, head and torso turn out
- Other forearm parallel to the floor, elbow wide, hand under opposite elbow, palm down
- Bounce OTS, knees bent, dropping down into the legs
- Step wide outside shoulders, tap trailing toe behind the supporting leg, knees super soft, lower body bounce F on the beat
- Increase range



CUT IT

- Feet at shoulder width, knees soft, jump side, blade hands shoot to high diagonal, palms in
- Elbows cut in, hands to shoulder height, torso square
- Step L, drag the trailing toe, elbows wide, hands O/H, small fist pump F, index finger extended
- Rhythm: &1, &2, &3, &4
- Increase range





I LIKE IT LOUD

WAVE IT

- Feet wide, face L, waving B through the chest
- Back of the hands drag down the side of the body, to full extension, elbows wide, chest pushing F, eyes F
- Upper torso rotates to face F, knees bent, dropping down into F leg, back heel lift
- Double snap hands wide, at hip height, elbows in, palms F
- Pivot turn, push off F leg, R knee below hip height, finish feet under shoulders, facing F
- Rhythm: 1, 2, 3, 4, snap, &7, 8
- Add Cut It
- Rhythm: 5, 6, 7&8
- Rhythm: Snap on ct7
- Increase range
- Rhythm: 1, 2, 3 &4
- Rhythm: snap on ct3



CROSS

- Feet at shoulder width, knees super soft, cross step the feet, L leg crossing F
- Arms long, elbows soft with natural arm swing
- Increase arm swing range
- L hand brush F on ct8, plam flat to R knee, slight drop of the chest
- Rhythm: 5, 6, 7, sweep, 1, 2, 3, 4, 5, 6, 7, 8



STEP TOUCH

- Step touch feet outside shoulders, knees super soft, bouncing down through the legs
- Arms long and relaxed with natural swing, palms in



COACHING

AFRO SWING

Start with clear and repetitive directional cues to set up the turn footwork:

“Step right foot back”

“Right...right...”

“Right foot back”

“Turn back, turn front”

When adding the arm line, draw focus to both direction and placement. Say something like:

“3, 2, 1, right arm”

“Right arm, right arm”

“Out, right, out, right”

“Arms wide on the turn”

“Shoulder height”

Hot Tip: a Use repetition to reinforce what is important, help people pick up the pattern and remember the Choreography.

DOUBLE JUMP

Rhythmic cues delivered with the timing of the move will help your class pick up the rhythm. Say something like:

“Jump jump...left right”

“Quick quick...ba ba”

Hot Tip: Tell your class to keep it small!

Finish with clear directional cues to get your class turning in the right direction:

“Turn back”

“Lift, drop”

“Turn over your left”

“Lift your left knee”

CUT IT, WAVE IT, CROSS

You need to count your class to success when combining these 3 moves. Say something like:

“3, 2, 1, ba ba”

“5, 6, 7&8”

CONNECTION

Track 4 drops an electro, hip hop flavor and a whole lot of swagger!

You have plenty of time to coach the moves here, so hit the key points early and then talk to the feel of the music. Don’t rush people! Use your whole body to complete the moves.

PERFORMANCE

Start with music – feel it, hear it, be it. Match your actions and voice with it...then you will be teaching in the essence of the program.



10. RECOVERY

TRACK FOCUS

How incredible is this song? You can't go low enough here so use your legs to Bounce, feet together, dropping heavy on the beat. When it comes to the 2 Steps, turn the palm out and get low...the lower you go the better it feels!

Music			Exercise		REPS	LEVEL	
Bounce setup							
0:00	Dance with my whoo	4x8	Bounce OTS with Arm Swing (R, L, R) <i>"Bounce"</i> Repeat L <i>"Swing your arm across your body"</i>	4			
2 Steps setup							
0:21	Hold them bands	4x8	Wide Walk F L, R with Arm Sweep R, L <i>"Sweep across your body"</i> Walk B L, R	8			
0:42	Keep watchin' me	2x8	Bounce	2			
0:52	the kitchen , wrist	2x8	2 Steps	4			
Hips setup							
1:03	whip it, intermission	2x8	Wave Up L, Freeze <i>"Roll your hips up"</i> Kris Kross L (travel L) Repeat R	2			
Turn Your Knee setup							
1:14	I took a tech	4x8	Knee Swivel L x4 <i>"Get low in your legs, turn your knee"</i> Repeat R	4			
1:35	Keep watchin' me	6x8	Knee Swivel L x3 <i>"3, 2, 1, cross"</i> Kris Kross L (travel L) Repeat R	6			
2:06	In the kitchen	2x8	Bounce	2			
2:17	get dropped dead	2x8	2 Steps	4			
2:27	Why 'd you keep	4x8	Hips	4			
2:48	Keep watchin' me	4x8	Turn Your Knee	4			
3:10	(wroof)	½x8	Dynamic Freeze	1			



10. STIR FRY 3:13mins

TECHNIQUE AND COACHING

BOUNCE

- Feet under hips, toes out, knees super soft, small walk through the feet
- Use the legs to drop down heavy on the beat, bouncing through the legs, weight in the heels
- Arm swing across the body, from head height to full extension outside the hip
- Hand open, elbow down, palm B, thumb and first two fingers extended
- Other arm swings B long, elbow soft, hand open, palm in



2 STEPS

- Walk the feet outside shoulders, knees bent, toes out, dropping heavy down into the legs, travel F
- Walk B, finish feet under hips, knees soft
- Opposite arm sweep across body from shoulder height, at full extension to the low diagonal, soft elbow
- Hand open, palm out, thumb down



HIPS

- Feet outside shoulders, knees super soft, hips to corner
- Step the lead leg, heel to knee height, bend the knees, wave up through the legs and chest
- Cross jump the feet, travel side, finish feet outside shoulders, face F
- Arms long and relaxed, elbow soft, hands open



TURN YOUR KNEE

- Feet outside shoulders, knees bent, weight shift to the outside, inside heel up, drop low in the legs
- Swivel on the ball of the foot, turn the knee (in/out), slight bounce through the legs
- Natural swing of the arms, elbows bent, relaxed hands outside hips
- Cross jump the feet, travel side, finish feet outside shoulders, face F
- Freestyle arms



COACHING

There is so much Flava to this track! Look at what your class needs to develop the look and attitude of each move.

2 STEPS

"You can't go low enough"

"You can use your legs to do this"

HIPS

"Try a freeze in the middle"

TURN YOUR KNEE

"The lower you get the better!"

"Drop into your stir fry"



11. CHOOSE YOUR ADVENTURE

AZUKITA 3:42mins

TRACK FOCUS

Choose your adventure!

Find toes in the Salsa and stretch your right arm straight up to Stir fry. When it comes to Whip It, clear, layer 1 cues will get your class twisting in the kitchen.

Music		Exercise		REPS	LEVEL
Salsa setup					
0:00	Hueh, hueh	4x8	Salsa L, R (travel R, L) "Balls of the feet"	4	Blue
0:14	La morena	4x8	Add Flava "More hips"	4	
Stir Fry setup					
0:29	_Dame una de	4x8	Wide Walk L, R x4 with Wrist Swizzle O/H R x4 "4, 3, 2, 1" Wide Walk L, R x4 with Arm Whip L x4 "Whip your right arm"	2	Yellow
0:44	Dame una de	2x8	Add Cut It In Half "Two and two"	2	
0:51	(Build up)	2x8	Salsa L, R	2	
0:59	blanca y morena	8x8	Wide Walk L, R x2 with Wrist Swizzle O/H R x2 Wide Walk L, R x2 with Arm Whip L x2 Repeat Salsa L, R x2	2	Red
Whip It setup					
1:28	(Azukita) Dame	4x8	Step Wide L with Arm Reach Across R "Left" Step R with Arm Reach O/H L "Right" Step L with Arm Reach O/H R "Lead with your elbow" Back Step L with Drop (L, R x2) (travel B/F) "Back, back, front"	2	Blue
1:43	Dame una de	4x8	Add Double Time "Left, right, up, down"	4	
1:57	blanca y morena_	12x8	Stir Fry Whip It Salsa x2	3	Red
2:42	Dame una de	4x8	Step Touch L, R	8	
2:57	Dame una de	8x8	Stir Fry Whip It Salsa x2	2	Red
Swivel setup					
3:26	Azukita (azucar!)	4x8	Wide Walk L, R x2 with Diagonal Reach (up/down) R, L Wide Walk L, R x2 (Continues into next track)	4	Yellow



12. CHOOSE YOUR ADVENTURE

Z3R0 3:49mins

TRACK FOCUS

4 new moves! Turn the shoulders in Swivel and tell your class to find more length in Push Your Palms. Finish by talking to the rhythm in Jump, Slap Your Shoulders before unleashing a fusion feast!

Music		Exercise		REPS	LEVEL
0:00	(Heavy beat)	4x8	(Continues from previous track) Wide Walk L, R x2 with Diagonal Reach (up/down) R, L Wide Walk L, R x2 (Last 4cts: Step Touch L, R) Push Your Palms setup	4	
0:14	(Light beat)	4x8	Drag L with Palm Push O/H R (2cts) <i>“Push long”</i> Step R, Drop Low (2cts) <i>“Up, down”</i> Step Touch L, R (Last rep: Preview Shoulder Drag, Throw Down)	4	
0:29	(Build up)	4x8	Add Shoulder Drag (face L), Throw Down (face R) <i>“Arms across the shoulders”</i>	4	
0:44	(Low synth melody)	12x8	Push Your Palms <i>“Push, up down”</i> Swivel <i>“Swivel”</i> Step Touch L, R x2 Jump setup	6	
1:28	(Synth blast)	8x8	Freeze Together <i>“3, 2, 1”</i> Drop Wide with Cross Throw Hands (cts 6,7)	8	
Slap Your Shoulders setup					
1:58	(High vocals)	4x8	Slow Wide Walk with Shoulder Slap L, R <i>“Slap right, left”</i>	8	
2:12	(High synth melody)	10x8	Jump: Add Triple Jump OTS, Hands O/H (Double Time) <i>“3 Jumps”</i> Cross Throw Jump (cts 4) Slap Your Shoulders x2 Wide Bounce Tap L, R x2	5	
2:49	(Build up)	4x8	Push Your Palms Swivel Jump Slap Your Shoulders x2 Wide Bounce Tap L, R x4	1	
3:04	(Low synth melody)	12x8	Add Breakout	3	



13. CHOOSE YOUR ADVENTURE

BICYCLE RIDE 2:28mins

TRACK FOCUS

Grab the fists on top, then Smash the elbows wide. Tell your class to alternate legs when setting up the Cross Turn. Clear, directional cues will get your class leading with the right leg!

Music		Exercise		REPS	LEVEL
Grab It Back, Smash setup					
0:00	(Huh)	4x8	Slow Wide Walk L, R with Rolling Grab F R, L "Grab it on top"	8	
0:14	Hey gyal bend yo	12x8	Add Double Time x4 (travel B) "Travel back" Wide Tap L, R x2 (travel F)	6	
0:58	Hey gyal bend yo	12x8	Add Chop it in Half "4, 3, 2, 1" Add Wide Stomp L with Hammer Smash F (2cts) "Smash" Add Fast Chest Roll R to L x2 (2cts) Wide Tap L, R x2 (travel F)	6	
Cross Turn Set Up					
1:43	Hey gyal bend yo	8x8	Cross Jump L, Jump Wide "Cross your right leg first" Repeat R "Alternate legs" Wide Bounce OTS x4 (Last rep: Preview half Turn B/F) "Front, back, back, front"	8	
2:12	Rough ride!	4x8	Add Half Turn R, L (B/F) Wide Bounce OTS x4 "Cross, turn, cross, turn" (Continues into next track)	4	



14. CHOOSE YOUR ADVENTURE

FUEGO 3:27mins

TRACK FOCUS

A new sound! Drop the back leg Super Low and then fuse it together with the Cross Turn. You can experiment with texture here! Think about the feel of the music and creating the same effect in your voice

	Music		Exercise	REPS	LEVEL
0:00	Gyal bend yo	4x8	<i>(Continues from previous track)</i> Cross Turn <i>"Bend your knees when you turn"</i> Wide Bounce OTS Super Low setup	4	
0:14	(Heavy blast)	8x8	Drop L, Slow Rise with Long Arms Ascending to O/H (16cts) Repeat R <i>"Drop your back knee super low"</i>	2	
0:44	(Heavy synth)	4x8	Add Double Time	2	
0:58	(Build up)	4x8	Cross Turn <i>"Cross turn, right leg"</i> Super Low (Add Triple Time) Add Wide Walk with Throw It Arms O/H L, R x8 <i>"Hands up"</i> (Last 4cts: Performance option)	1	
1:13	Tres, dos, uno	8x8	Cross Turn Super Low Throw It (L, R x2)	4	
1:43	(Light synth)	4x8	Step Touch L, R	8	
1:58	(Heavy synth)	4x8	Cross Turn Super Low Throw It Stir Fry Whip It	1	
2:12	(High synth)	4x8	Step Touch L, R	8	
2:27	(Build up)	12x8	Cross Turn Super Low Throw It Stir Fry Whip It	3	
3:11	(Steady beat)	4x8	Step Touch L, R	8	



15A. CHOOSE YOUR ADVENTURE

GET LOW 2:26mins

TRACK FOCUS

Immerse your class in the sensation of the music and dance. Bon apperit!

Music		Exercise		REPS	LEVEL
Choose Your Adventure Routine setup					
0:00	(Steady beat)	8x8	Push Your Palms Swivel Jump Slap Your Shoulders x2 Wide Bounce Tap L, R x2 (travel F) Grab It Back Smash Cross Turn Super Low Wave It Stir Fry Whip It	1	
0:29	(Build up)	4x8	Step Touch L, R	8	
0:43	3, 2, 1, let's go!	8x8	Choose Your Adventure Routine	1	
1:13	g-g-g-low	4x8	Salsa L, R	4	
1:28	(Soft blast)	1x8	Wide Freeze with Breathe Arms (ascending to O/H)	1	
1:31	_ Let me see	1x8	Wide Hip Push L, R with Palms Up O/H	8	
1:36	_ Let me see	1x8	Wide Hip Push with Palm Drag (descending)	8	
1:41	(Build up)	2x8	Step Touch L, R "Remember this?" (Preview: Block Routine 1)	4	
1:50	drums go slow_	8x8	I Like It Loud Routine	1	

15B. CHOOSE YOUR ADVENTURE

GET LOW 1:21mins

0:00	slow_ (drums)	2x8	Wide Freeze with Breathe Arms (ascending to O/H) (Last 5cts: Transition to Step Touch)	1	Yellow
0:08	_ Get low!	8x8	Step Touch L, R	16	
0:29	3, 2, 1, let's go! _	12x8	Choose Your Adventure Routine (2nd rep continues into next track)	2	



16. CHOOSE YOUR ADVENTURE

THE FEVER 4:47mins

TRACK FOCUS

Bring that beat back! Use the space to build hype and dial up the feel. Get out of your head and into the moment people.

	Music		Exercise	REPS	LEVEL
0:00	(Heavy beat)	4x8	(Rep continues from previous track) Block 2 Routine		
0:14	(Low synth note)	1x8	Wide Walk L, R	2	
0:18	When we howl	8x8	Bounce Combo facing R “Drop, 3, 2, 1”	4	
0:47	(Quick fade)	1x8	Wide Freeze with Breathe Arms (ascending to O/H)	1	
0:51	(Heavy synth melody)	4x8	Step Touch L, R	8	
1:05	(Build up)	16x8	Choose Your Adventure Routine	2	
2:04	(Quick fade)	1x8	Wide Walk L, R	2	
2:08	(Light synth melody)	4x8	Wide Bounce R, L with F Wave (face L) “Bounce” Wide Bounce R, L x3 (face L)	2	
2:22	(Steady beat)	10x8	Bounce Combo facing L “Drop it”	5	
2:59	(Fading vocals)	2x8	Wide Freeze with Breathe Arms (ascending to O/H) (Last 5cts: Transition to Step Touch)	1	
3:06	(Heavy synth melody)	4x8	Step Touch L, R	8	
3:21	(Build up)	16x8	Choose Your Adventure Routine	2	
4:20	(Steady beat)	4x8	Step Touch L, R	8	
4:34	(Quick fade)	1x8	Wide Freeze with Breathe Arms (ascending to O/H)	1	

CHOOSE YOUR ADVENTURE

Choose your Adventure...and we got options people!

Now you see on the Masterclass that 1:49 into Track 15 Get Low, the music slows right down and we do the first block routine I Like It Loud to the slow beat. With that in mind, we have some options for you:

Option 1 Teach the Masterclass as you see it! That is, teach the first half, I Like It Loud followed by the second half Choose Your Adventure with the I Like It Loud routine in the slow part (1:49) of Track 15.

Option 2 You mix and match your playlist teaching a different routine in the first half and then teach Choose Your Adventure in the second, filling in the slow part of the music (1:49) with the Bounce Combo (2 reps ether side).

Option 3 Teach a different Hip Hop routine from a previous BodyJam release and put that routine in the middle of Track 15 Get Low (1:49). Any Hip Hop routine from any modern BodyJam release will work in this space, so choose your adventure...Bon appetit!

This block hits you in the face with hard hitting lines and zero chill time...and a splash of reggaetón flava!

You need to find toes in the **Salsa** and stretch your right arm straight up to **Stir Fry**. When it comes to **Whip It**, clear, layer 1 cues will get your class twisting in the kitchen. Track 12 adds 4 new moves to mix...so turn the shoulders in **Swivel** and tell your class to find more length in **Push Your Palms**. Finish by talking to the rhythm in **Jump, Slap Your Shoulders** before grabbing the fists on top in **Grab it Back**.

Always remind your class to alternate legs when setting up the **Cross Turn**. Clear, directional cues will get your class leading with the right leg! Then comes a new sound...drop the back leg **Super Low** before fusing it together with the **Cross Turn**.

TECHNIQUE AND COACHING

PUSH YOUR PALMS

- Drag wide, low in the legs, knees super soft, hip leads, drag the trailing toe
- Palm push to the high diagonal, arms full extension at shoulder width, wrist flexed, hands flat, palms up, fingers in
- Step R outside shoulder width, shoulders square, lifting up out of the legs, chest lifted

- Drop low into the legs, chest rotates out, knees bent, back knee turns in, heel up
- Chest drops over outside knee, eyes down, arms long, soft fist behind hips
- Increase range
- Chest rotates out, hands draw wide, palms down, fingers to top of shoulders, elbows wide
- Chest rotates to opposite side, arms throw down to full extension, either side of R leg, fingers long, palms out



SWIVEL

- Wide walk the feet outside shoulders, knees soft, weight shifting side to side
- Arm reach across, full extension to the high diagonal, chest turns out, grab the fist
- Elbow pulls down to the low diagonal, chest square, finish long arm, tight fist outside hip
- Increase range



JUMP

- Freeze, feet under hips, knees soft
- Arms cross to the low diagonal, super strong at full extension, hands flat, palms in
- Jump wide, feet land outside shoulders, knees bent, dropping low into the legs, toes out
- Arms throw wide, super strong, flat hands outside hips, palms in
- Rhythm; 3, 2, 1, ba ba
- Jump OTS x3, feet under hips, knees soft, arms at full extension O/H, super loose with natural bounce
- Elbows super soft, hands loose outside shoulder width, palms in, index finger extended
- **Add Slap Your Shoulders**
- Rhythm: 1, 2, 3&4, 5, 6, 7, 8
- Increase range





CHOOSE YOUR ADVENTURE

SLAP YOUR SHOULDERS

- Wide walk the feet outside shoulder width, knees super soft, weight shifting aside to side
- Chest and head turns out, outside hand slaps the shoulder, elbow down, hand open, palm B
- Other arm long, soft elbow, hand open, palm F, fingers slightly splayed
- Double time
- Increase range



WIDE BOUNCE TAP

- Wide Tap the feet outside shoulder width, knees super soft, heavy in the legs
- Arms loose and relaxed, travel F



GRAB IT BACK

- Slow wide walk the feet outside shoulders, knees soft, toes out
- Arm roll F, from shoulder to chest height, elbows wide, forearms parallel to floor
- Grab the top hand into a fist, opposite shoulder rotates in
- Double time
- Travel B



SMASH

- L leg stomp outside shoulders, knees super soft, slight drop into the legs
- Smash the fists F at shoulder width, elbows wide, tight fist
- Circle the chest x2, slight bounce through the legs



CROSS TURN

- Feet outside shoulders, knees soft, cross jump the feet (L, R), weight on the toes
- Cross jump L leg F, ½ turn to face B, knees soft, arms loose, weight on balls of the feet, finish wide
- Cross Jump R leg F, ½ turn to face F, knees soft, arms loose, weight on balls of the feet, finish wide



SUPER LOW

- Feet outside the shoulders, drop low into the legs, 90° knee bend
- Torso turns out, chest drops F over front knee, front foot flat, back heel lift
- Hands scoop low before ascending at full extension (F/B) to O/H, rising up through the legs
- Wrist flexed, hands open, palms out, fingers up, chest square at the top, palms F
- Double time
- **Add Cross Turn**
- Triple Time





CHOOSE YOUR ADVENTURE

WAVE IT

- Feet outside shoulders, knees soft, weight shifting side to side, bouncing through the legs
- Hands throw side to side, above head height, elbows wide, palms F, fingers slightly splayed
- Increase range



STIR FRY

- Feet outside shoulders, knees super soft, hip roll, heels walk the beat, slight weight shift side to side
- Right arm O/H at full extension, rotate the wrist L, small, index finger extended, other arm long
- Stomp the L leg, L arm whip around the head, huge, leading with a wide elbow, soft fist O/H
- Other arm wide, full extension, at shoulder height, soft fist, palm down
- Increase range, dropping low in the legs



WHIP IT

- Slow wide walk the feet, outside shoulders, knees soft
- R arm whip across body, at shoulder height to full extension, tight fist, palm up, head and chest turn out
- L arm to full extension O/H, R arm down, tight fist, elbows lead, chest square
- R arm to full extension O/H, L arm down, tight fist, elbows lead
- Drop the torso F, dropping down into the legs, back step the feet at hip width, knees super soft
- R arm drops, elbow leads, natural arm swing B at full extension, elbow super soft
- Double time
- **Add Stir Fry**
- Increase range



COACHING

WHIP IT

Keep it simple! Use short, sharp cues when the tempo increases. Say something like:

“Right, left, up, down”

“Back back, forward forward”

Jump, Slap Your Shoulders

Talk to the rhythm. Say something like:

“3, 2, 1”

“Slap right, left”

Cross Turn

Clear directional cues will get your class turning in the right direction. Say something like:

“Always start with your right leg”

“Alternate legs”

“Front to the back, back to the front”

“Cross, turn, cross, turn”

CONNECTION

Track 14

Experiment with your vocal texture here. Think about the feel of the music and creating the same effect in your voice

Track 16

Use the space to build hype and dial up the feel. Get out of your head and into the moment people!

PERFORMANCE

More show than tell...

If we want people to get lost in the sensation of dance, we have to give them the space to do it... so Shut Up and Dance!



17. GROOVEDOWN

TRACK FOCUS

With your heels on the floor, let your body drop into that beautiful pan flute! It's all about feel, so tell your class to just go with it!

	Music		Exercise	REPS	LEVEL
0:01	Aquel diate	2x8	Merengue L, R OTS <i>"Heels on the floor"</i>	8	
0:11	Se que no	6x8	Merengue Combo L <i>"Swing your hips side to side"</i>	3	
0:42	Solo deja que	4x8	Back Step, Ball Change L, R <i>"Let your hips turn"</i>	8	
1:03	a negar (ah) _	4x8	Merengue Combo L	2	
1:23	_ Lo que he	2x8	Wide Walk B with Shoulder Push L, R	8	
1:33	Pero, hey, cuentale	2x8	Small Steps F L, R (face R) with Freestyle Arms (travel F)	8	
1:44	(Trumpet)	4x8	Merengue Combo L	2	
2:04	ba-ba- baila	1x8	Merengue L, R OTS with Breathe Arms (ascending)	4	
2:09	comerte _ ahora	1x8	Add Forearm Roll F (descending)	4	
2:14	aregar _	6x8	Freestyle outro		



17. X 2:46mins

Easy and free! With your heels on the floor, let your body drop into that beautiful pan flute. It's all about feel, so tell your class to just go with it

TECHNIQUE AND COACHING

MERENGUE COMBO

- Walk the feet at hip width, knees soft, heels down, hip shift side to side, chest lifted
- Walk the feet (F/B), weight in the heels, hip swing side to side
- Small hand circle below chest height, elbows wide, palms down
- Stomp lead leg, walk the feet outside shoulders, hip roll wide, knees soft
- Chest lifted, arms long, elbow soft, relaxed hands outside hips



BACK STEP

- Outside leg steps back, weight on toes, ball change the feet, torso turns out
- Finish feet at shoulder width, hips square
- Small hand circle below chest height, elbows wide, palms down



WIDE WALK WITH SHOULDER PUSH

- Wide walk the feet outside shoulders, knees wide, toes out, travel B
- F shoulder push (L, R), arms long, elbows bent, hands relaxed outside hips, palms F
- Chest lifted, slight lean to the back

SMALL STEPS F WITH FREESTYLE ARMS

- Feet at hip width, knees bent, stay low in the legs, wide step the feet, travel F, hips side, chest F
- Freestyle arm line



COACHING

MERENGUE

Tell your class to put the weight into the heels to create range through the hips.



BONUS

BONUS WARMUP – GHOST VOICES 4.23mins

	Music	CTS	Exercise	REPS	LEVEL
0:07	(Light synth)	4x8	Wide freeze with Breathe Arms (ascending/ descending) "Eyes up"	2	Blue
Sweep setup					
0:22	(Heavy beat)	8x8	Wide Walk L, R - L with Arm Sweep R, L - R "Opposite hand" Repeat R "Shift your body weight"	8	Gold
Single Tap, Triple Jump setup					
0:54	_Can't you say	8x8	Single Tap L, Freeze together "Single tap" Repeat R "Weight through the feet"	8	Gold
1:26	(Build up)	8x8	Add Single Tap with Triple Jump L, R x2 Sweep L, R x2 "Sweep it across the body"	2	
1:58	Sometimes_	8x8	Single Tap, Triple Jump "Find the heel toe" Add Sweep (travel F) "Travel forward" Single Tap, Triple Jump Add Sweep (travel B) "Travel back"	1	
2:30	_Can't you say	8x8	Wide Freeze with Lat Stretch L (32cts) "Open the shoulder" Repeat R	1	Blue
3:02	(Build up)	4x8	Wide Step Touch L, R	8	Gold
3:18	Sometimes_	16x8	Single Tap, Triple Jump Sweep (travel F) "Find the freeze" Single Tap, Triple Jump Sweep (travel B)	2	Red



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 ‘Get Low’, leave out Tracks 15b-17 and go straight into Track 18 ‘Finesse’ to continue with the MASHIT! Block

18. FINESSE 1.27mins

	Music		Exercise	REPS	LEVEL
0:00	(Drum intro)	1x8	Step Touch L, R	2	
0:04	Drop top Porsche	8x8	I like It Loud Routine	1	
0:41	_Yeah, I know	2x8	Step Touch L, R	4	
0:49	walk in with you	8x8	I like It Loud Routine	1	

19. MAGENTA RIDDIM 0.55mins

	Music		Exercise	REPS	LEVEL
0:00	Now slow it down	4x8	Step Touch L, R	8	
0:18	(Pungi)	8x8	I like It Loud Routine	1	

20. LET ME THINK ABOUT IT 3.24mins

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Tempo increasing)	4x8	Salsa L, R (travel R)	4	
0:16	(Low synth note)	4x8	Step Touch L, R	8	
0:31	(Heavy beat)	8x8	Choose Your Adventure Routine	1	
1:00	Come on girl	4x8	Salsa L, R	4	
1:16	Let me think	4x8	Step Touch L, R	8	
1:30	(Descending synth)	8x8	Choose Your Adventure Routine	1	
2:00	_You say you want	4x8	Salsa L, R	4	
2:15	(Long vocal note)	2x8	Step Touch L, R	4	
2:23	Let me think	8x8	Choose Your Adventure Routine	1	
2:52	(Steady beat)	4x8	Salsa L, R	4	
3:07	(Outro)	4x8	Step Touch L, R	8	
3:22	(Quick fade)	1x8	Wide Freeze with Breathe Arms (ascending)	1	



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 “Wide Bounce Tap” or “Jump Back”
- **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 “weight in your heels”, “bend your knees” or “bounce our 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

I Like It Loud (4:42)
The Firmer Carol
© 2018 Les Mills Music Licensing Ltd.
Written by: Unknown

ISOLATIONS

02

The Buzz (2:35)
Hermitude feat. Mataya & Young Tapz
© 2015 Elefant Traks Operations Pty Ltd. under exclusive license to Netzwerk Productions Ltd.
Written by: Dubber, Stuart, Levinson, Scott

MERENGUE

03

Get Low (Merengue Mix) (3:38)
Lil Jon & The East Side Boyz & Pitbull
© 2002 The Orchard.
Written by: Holmes, Jackson, Smith

I LIKE IT LOUD

04

Lemon (3:00)
N.E.R.D feat. Rihanna
© 2017 N.E.R.D Music, LLC under exclusive license to Columbia Records, a Division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by : Fenty, Williams

Lemon (0:20)
N.E.R.D feat. Rihanna
© 2017 N.E.R.D Music, LLC under exclusive license to Columbia Records, a Division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by : Fenty, Williams

05

Mad Love (3:01)
Sean Paul & David Guetta feat. Becky G
Courtesy of the Universal Music Group.
Written by: Chen, Guetta, Patterson, Henriques, Ripoll, Russel, Tuinfort, Warren, Wroldsen

06

Up In The Club (1:26)
Eliza May
© 2018 UFO Recordz.
Written by: Unknown

07

Cahuenga (2:28)
Cuzzins
© 2018 Brooklyn Fire Records.
Written by: Unknown

08

Go Crazy (3:03)
Ape Drums
© 2016 Mad Decent.
Written by: Alberto, Ford

09

What’s My Name (4:13)
Rihanna feat. Drake
Courtesy of the Universal Music Group.
Written by: Hale, Dean, Erksen, Graham, Hermansesn

RECOVERY

10

Stir Fry (3:13)
Migos
Courtesy of the Universal Music Group.
Written by: Williams, Marshall, Ball, Cephus

CHOOSE YOUR ADVENTURE

11

Azukita (3:42)
Steve Aoki, Daddy Yankee, Play-N-Skillz & Elvis Crespo
© 2018 Ultra Records.
Written by: Aoki, Rodríguez, J. Salinas, O. Salinas, Macias, Vega, Díaz

12

Z3RO (Extended) (3:49)
Vigel
© 2017 Amanda Music B.V.
Written by: Perepelitsyn

13

Bicycle Ride (Soca Remix) (2:28)
Vybz Kartel & Bunji Garlin
© 2016 Dunwell Productions / Stadic Music / 21st Hapilos Digital.
Written by: Alvarez, Dunwell, Palmer

14

Fuego (3:27)
Kura & Olly James
© 2018 Revealed Music B.V. Under exclusive license to Central Station Records.
Written by: de Barbeiro, Purvis

15A

Get Low (2:26)
Hardwell, SICK INDIVIDUALS
© 2017 Hardwell Publishing (Cloud 9 Holland Music Publishing), Sick Individuals Publishing Revealed Music B.V. Under exclusive license from Central Station Records.
Written by: Van de Corput, Hofstee, Smeele

15B

Get Low (1:21)
Hardwell, SICK INDIVIDUALS
© 2017 Hardwell Publishing (Cloud 9 Holland Music Publishing), Sick Individuals Publishing Revealed Music B.V. Under exclusive license from Central Station Records.
Written by: Van de Corput, Hofstee, Smeele

16

The Fever (Extended) (4:47)
Bassjackers, Breathe Carolina, APEK
© 2017 SpinninRecords.
Written by: Cooperman, Schmitt, Gilbert, van Hilst, Flohr, Michels, Henskens

GROOVEDOWN

17

X (2:48)
Rapid
© 2018 Les Mills Music Licensing Ltd.
Written by: Caminero, Medina, R. Badloe, S. Badloe, Thiel, Balvin, Sharif



MUSIC

BONUS WARMUP

BONUS

21

Ghost Voices (4:23)

Virtual Self

© 2017 Virtual Self.
Written by: Robinson

MASH IT!

18

Finesse (1:27)

Bruno Mars

© 2018 Atlantic Recording Corporation.
Written by: Romulus, Lawrence, Yip, Reeves, Mars,
Fauntleroy, McCullough, Brown

19

Magenta Riddim (0:55)

DJ Snake

Courtesy of the Universal Music Group.
Written by: Grigahcine, Sami

20

Let Me Think About It (3:24)

Fedde Le Grand, Ida Corr

© 2017 Darklight Recordings under exclusive license to
Amanda Music B.V.
Written by: Corr



L-R: Josh Keenum, Gandalf “G” Archer Mills, Jaime Galinsky, Uchop Matt

Body Jam 86 yeeeeeeeeeoowwwwww!! I LIKE IT LOUD always always always write that down in all caps. Although why would you ever write that down, ok maybe in a text to a fellow instructor like hey what shall we teach tonight i know I LIKE IT LOUD, see works good every time thanks G.

Track 1 is an absolute banger, get your class moving simply and smoothy (I like smoothy, sounds yum) then let the drop create all the energy required. And don't forget BONUS TRACK 1! Less banger-ish, more insanely cool house vibes and a beautiful intro for what's ahead.

Track 2 is the Isolation track of my dreams (yaaa I dream about Isolations) with some playful feel before HOLY MARENGUE BATMAN, if you have never heard the 150bpm remix of Get Low WHERE HAVE YOU BEEN oh wait that's my job to find obscure as hell remixes of club joints that are perfect to wiggle your butt to.

I wish WHERE HAVE YOU BEEN was in this release.

Hip Hop tizzime and the music is all over the show, the choreo is simply sick and you get to teach it right now. Lemon is the best song ever?? Maybe aye... When you're dropping your head and she comes in and is all like "I get it how I live it, I live it how I get it" YAAAAAASSSSSSSS

Mad Love is pop perfection and if you tell your class he calls himself Shona Paul they all laugh. Up In The Club is one of those Jam songs you've never heard before and LOVE for the rest of your life. Oh and so is Cehuenga!!

Oh and so is Go Crazy... But the best best best thing about this block is how the last song is not all SUPER HUGE and LOUD and UP MORE UP UP UP UP PLEASE... It's so different it's freeeeesh, it's way more chill, and you'll know the words, and you can dance it hard and it's beautiful and connect to the lyrics and it's so so so so good.

Stir Fry is bounce bliss. That is all.

And it's AZUKITA which is totally amazing that it's in Body Jam cause doesn't it sound like it was made specifically for Zuummmb..... Ummmmmm... ok wait, this song is just the greatest, it sounds like Tujamo made it but he didn't he's not even on this release but it's ok cause Azukita!!

Z3RO is dark and amazing. Then Bicycle Ride is bonkers, full afro with simple combos to keep the flow flowing and everybody say THANKS GG for telling me about this song.

Fuego is fire (SEE WHAT I DID THERE!?) but also Get Low, Get Low is also fire and it's got one of those awesome bits where the song goes slow in the middle I LOVE IT WHEN THEY DO THAT!!! Then this absolute trill ride that is The Fever takes us home, man I'm exhausted just writing about it. Bring it down with X, slow, sultry, bring back of track 3 choreo, but slow, and sultry. I LIKE IT LOUD TATTOO IT ON YOUR ARM

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 – Alex Pugh

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.

Jaime Galinsky (USA) is a BODYJAM and SH'BAM Trainer, an Instructor for BODYPUMP and a LES MILLS GRIT Coach. She is based in Annapolis.

Josh Keenum (USA) is a BODYJAM, BODYATTACK and SH'BAM Trainer and a BODYPUMP, BODYSTEP, CXWORX, LES MILLS BARRE and LES MILLS TONE Instructor. He is based in Atlanta.

Uchop Matt (Malaysia) is a BODYJAM Trainer and a SH'BAM Instructor. He is based in Kuala Lumpur.



EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warmup	Track 01	Warmup
Track 02	Isolations	Track 02	Isolations
Track 03	Merengue	Tracks 11-16	Choose Your Adventure
Tracks 04-9	I Like It Loud	Total Time	29:17
Total Time	28:26		

45-MINUTE FORMAT	
Track 01	Warmup
Tracks 04-9	I Like It Loud
Tracks 11-16	Choose Your Adventure
Total Time	44:13

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
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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.

