

BODYJAM 87

音乐，致谢和信息

热身

分解动作

迪斯科

HIP HOP PARA

MI GENTE

恢复

FUEGO PARA MI GENTE

GROOVEDOWN

MASH IT!

各位教练你们好, 欢迎您对新套路内容提出
反馈意见! 请点击下面链接填写调查问卷
[https://lesmills.qualtrics.com/jfe/form/
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MUSIC

WARMUP

- 01

So Many Times (Club Mix)(3:53)

KYANU feat. Alexandra Prince

© 2018 Playbox.
Written by: Arslan, Prinz, Sakin

- 11

Mi Gente (Henry Fong Remix) (1:51)

J Balvin & Willy William

Courtesy of the Universal Music Group.
Written by: Osorio, Restrepo, William, Adam, Moupondo

ISOLATIONS

- 02

Freak Of The Week (2:52)

Krept & Konan feat. Jeremih

Courtesy of the Universal Music Group.
Written by: Harding, Collins, Davis, Felton, Gray, Johnson, McFarlane, Saunders, Smart, Thompson, Wilson

RECOVERY

- 12

Peligrosa (2:50)

Kronic & Krunk, Martina La Peligrosa & Jenn Morel feat. Damaged Goods

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Written by: Bell, Calleja, Lopez, Mitani, G. Morel, J. Morel, Sarkissian, Tawil

DISCO

- 03

Alone (Calvin Harris Remix) (4:00)

Halsey feat. Stefflon Don

Courtesy of the Universal Music Group.
Written by: Wilson, Frangipane, Carter, Frederic, Hester

FUEGO PARA MI GENTE

- 13

Would You Ever (3:50)

Skrillex & Poo Bear

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Written by: Moore, Boyd

HIP HOP PARA MI GENTE

- 04

Barbie Tingz (2:30)

Nicki Minaj

Courtesy of the Universal Music Group.
Written by: Reid, Maraj
- 05

Reverse (2:59)

Sage The Gemini

© 2017 Global Gemini / Atlantic Recording Corporation.
Written by: Eriksen, Mitchell, Rodriguez, Izquierdo, Tejada, Woods
- 06

Mi Gente (2:59)

J Balvin & Willy William

Courtesy of the Universal Music Group.
Written by: Osorio, Restrepo, William, Adam, Moupondo
- 07

Pull Up (2:31)

Martin Jensen

Courtesy of the Universal Music Group.
Written by: Jensen

- 14

Burnin’ (3:07)

Calvin Harris & R3hab

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Written by: Harris, R3hab

- 15

One Kiss (3:32)

Last Love

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Written by: Lipa, Reyez, Wiles

- 16

Bum Bum Tam Tam (David Guetta Remix) (3:09)

MC Fioti, J Balvin, & Stefflon Don

Courtesy of the Universal Music Group.
Written by: Aparecido

- 17

Mi Gente (Steve Aoki Remix) (2:45)

J Balvin & Willy William

Courtesy of the Universal Music Group.
Written by: Osorio, Restrepo, William, Adam, Moupondo

- 18

808 (Extended Version) (2:00)

TV Noise

© 2018 STMPD RCRDS B.V.
Written by: Unknown

- 19

Mi Gente (Hardwell & Quintino Remix) (2:47)

J Balvin, Willy William, Hardwell & Quintino

Courtesy of the Universal Music Group.
Written by: Osorio, Restrepo, William, Adam, Moupondo

- 08

BaBaBa (Vete Pa’Ya) (1:13)

Dillon Francis feat. Young Ash

© 2018 IDGAFOS.
Written by: Francis, Bautista, Rushent
- 09

Mi Gente (Henry Fong Remix) (1:13)

J Balvin & Willy William

Courtesy of the Universal Music Group.
Written by: Osorio, Restrepo, William, Adam, Moupondo
- 10

Mi Gente (Dillon Francis Remix) (3:09)

J Balvin & Willy William

Courtesy of the Universal Music Group.
Written by: Osorio, Restrepo, William, Adam, Moupondo



MUSIC

GROOVEDOWN

- 20

Familiar (3:17)

Liam Payne & J Balvin

Courtesy of the Universal Music Group.
Written by: Lewis, Douglas, Osorio, Sabath

MASH IT!

- 21

Earthquake (Extended Mix) (4:02)

Hardwell feat. Harrison

© 2018 Revealed Music B.V.
Written by: Corput
- 22

Right Here, Right Now (CamelPhat Remix) (7:00)

Fatboy Slim & CamelPhat

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Written by: Cook, Peters, Walsh



从左到右: Nicky Lord, Alex Sanchez, Gandalf “G” Archer Mills

FUEGO PARA MI GENTE!!! HIP HOP PARA MI GENTE!! 生活还可以更好?!?

Banger after banger 这次制作了全新的BODYJAM课程。该课程会点燃你的地板，燃烧你的屋顶，不论放在哪里教学，都能火力全开。最好做好更多保护措施!!

第一小节So Many Times需要你附和吟唱，不要忘了教脚尖点地。我至今仍然很爱这首歌!! 第二小节相对平缓，通过音乐的转换，分别展示讲解了臀部，胸部和肩部的单项锻炼。

迪斯科·迪斯科·迪斯科作为第三小节，是我们从很多歌曲中混录出来的。你可以加入到所有的音乐录音中。为什么不试着走下舞台，近距离面对学员呢？你也可以和他们一起前后夸张地舞蹈。

在Hip Hop Para Mi Gente drops和whaa whaa whee whaa只需听着节奏……开始会很难，尽情挥动手臂，一分钟后就会有些吃力。要向学员解释清楚每个动作。

接下来，就是Mi Gente一号。很好，你已经教了很多动作了。现在，在Mi Gente这一小节中，每个人都会大致模仿……不过，这只是第一个版本。

Pull Up立马就是你了解且喜爱的Jam banger。然后是奇趣BaBaBa，这种古灵精怪正好是我们学习最后一阶段所需要的。 这之后的动作将会让你难以置信……

MI GENTE!! 再重复两次!! 这是两首一年前精心准备的混录歌曲，但我想把他们全部加入到一个BODYJAM课程之中。这就是它的渊源。你们清楚歌词，了解这种感觉，就让这两首混录歌曲的能量尽情燃烧你的身体吧。

你会爱上Peligrosa的，轻柔的声音能帮助你恢复心率，但这不会持续太久……FUEGO PARA MI GENTE!! 你想要双手一直举着，颤抖着教授每一个动作吗？音乐结束，就会形成鲜明的对比。在这一起始训练中，还有很多细节要好好探究。

Burnin’ 又回来了。它会占据你热爱的课堂。在做Pop训练之前，One Kiss带来美丽、学习和尖叫声。

Bum Bum Tam Tam 是地下音乐，但我找到了这首混录歌曲，你也会喜欢的，这一分钟留给拉丁舞，然后……老实说，你不会相信的。MORE MI GENTE!

连续两次 MUCHO MI GENTE!! 在另外两首混录歌曲中，我们把动作与更高的飞行、更有力的击打、更流行的音乐融合到一起，再一次点燃全场。

BODYJAM87——点燃每个人。

致谢

- 项目总监 - Gandalf Archer Mills
- 首席创意总监 - Dr. Jackie Mills
- 创意总监 - Diana Archer Mills
- 技术顾问 - Bryce Hastings & Andrew Newmarch
- 项目教练 - Nicky Lord
- 协调制片 - Alex Pugh

展示者

Alex Sanchez （西班牙）是BODYCOMBAT、SH’ BAM, BODYATTACK, BODYJAM, BODYPUMP, LES MILLS GRIT 以及 LES MILLS TONE培训师，兼任BODYBALANCE/ BODYFLOW, BODYSTEP以及CXWORX, LES MILLS SPRINT项目教练。同时，他也是一名软件工程师。

Nicky Lord （新西兰）是BODYJAM、BODYSTEP培训师以及BODYATTACK、BODYPUMP、CXWORX教练。她常驻奥克兰，同时也是莱美Britomart健身房团操经理。

Gandalf “G” Archer Mills（新西兰）是BODYJAM的项目总监，常驻奥克兰，投身于舞蹈、表演和教学工作。



小节设置

30分钟选择1		30分钟选择2	
小节 01	热身	小节 01	热身
小节 02	单项锻炼	小节 02	单项锻炼
小节 03	迪斯科	小节 13-19	Fuego Para Mi Gente
小节 04-11	Hip Hop Para Mi Gente	总时长	27分25秒
总时长	29分10秒		
45分钟形式			
小节 01	热身		
小节 04-11	Hip Hop Para Mi Gente		
小节13-19	Fuego Para Mi Gente		
总时长	41分45秒		

请注意： 多数呈现形式中没有Groovedown，请建议学员训练完不要马上停下来，要到呼吸和心率都恢复正常才行。同时需要做一些拉伸动作，帮助恢复。

30分钟和45分钟的课程形式是为本次课程专门打造的。

缩略语

B	后	F	前
L	左	O/H	高过头顶
OTS	原地	R	右
	这是新视频中的特色动作。		

注意不同的颜色代表不同级别的动作：

基础

中级

突破

写给教练

如果你想混编以往的套路，BODYJAM32之后的都可以教，只有几个例外：

很多BODYJAM的旧版本要求较高，新学员可能达不到它们的水平。
如果教授太多老课程中的复杂套路，就会疏远新学员，他们会不愿意再来上课。

- 举例来说，需要避免的板块有：
- BODYJAM 37 爵士摇滚，
 - BODYJAM 38 拉丁板块，
 - BODYJAM39 舞蹈4 生活
 - BODYJAM40 Jive & Swing， Krump俱乐部
 - BODYJAM43 迪斯科 有氧运动
 - BODYJAM 46 部落爆炸
 - BODYJAM 49 街头爵士

如果你有不少学习这些套路多年的高级学员，就可以每六个月拿出这些板块中的某个片段。如果你像我一样，班上有很多新学员，那我会强烈建议你，避开这些复杂的板块。

但是，许多旧版本充满魔力、简单、纯粹，富有舞蹈感：

- BODYJAM 41 La Bomba， BODYJAM33 Hey Mama，
- BODYJAM 42 Jam De Podium， 以及
- BODYJAM 32中的 who could forget the Battle

细心挑选你的训练，每周你都会点燃全场。

大声说出你的想法，让我们听到
告诉我们你对本课程的看法。访问 lesmills.com/BLAH



01. 热身

小节焦点

Hola……BODYJAM 来了！ 热身很轻松，动作简单，重复次数多。在转身组合中，记得在两侧击掌，每次重复后即准备侧并步。

MUSIC		EXERCISE		REPS	LEVEL
0:04	(Steady beat)	4x8	Step Touch L, R	8	
Turn Combo setup					
0:19	(Low synth)	4x8	3 Steps L, feet together Step Touch R, L Repeat to R	2	
0:34	_ / You go out	8x8	Add Forward Turn L, Clap L “Forward turn and clap” Repeat to R “Face the side” (Last ct: preview Bounce Tap)	4	
Bounce Tap, Rock It Out setup					
1:04	(Build up)	½x8	Bounce Tap L, R “Tap the toe” (Last ct: preview Snap)		
1:06	So many times	8x8	Bounce Tap L, R with Snap R, L x4 “Tap the tip of the toe” Rock It Out L, R x8 “Rock it out”	2	
1:35	(Low synth)	24x8	Turn Combo “Take your arms wide” Bounce Tap x2 “Turn the chest” Rock It Out x4	6	
3:05	So many times	4x8	Slow Wide Walk L, R x2 with Breathe Arms (ascending) (8cts) Add Hand Wave O/H L, R x2 (8cts) Add Double Time (8cts) Step Touch L, R x2 with Breathe Arms (descending) (8cts) (Last ct: prepare to turn)		
3:20	So many times	8x8	Turn Combo Bounce Tap Rock It Out	2	
3:50	(Cymbal hit)	½x8	Dynamic Freeze	1	



01. SO MANY TIMES (CLUB MIX) 3:53mins

大家好！ BODYJAM Para Mi Gente （即 BODYJAM）。在转身组合中，你需要在两侧击掌。在弹跳点地中你需要脚尖点地。

技术

转身组合

- 膝盖放松，向侧面迈3步，手臂伸直，自然摆动
- 双脚同时，面朝前方，侧并步时双脚距离宽于肩膀
- 向前转，手臂打开，肘部放松，双手放松放在胸部以下位置，掌心朝外
- 击掌时，手臂在胸前完全伸展开，双脚一起，脸朝击掌一侧，双手位于胸部的高度



弹跳点地

- 双脚距离宽于肩膀，膝盖放松，脚尖向后点地，腿部发力回到原位
- 内侧的手向前弹指，高过肩膀，肘部向下，胸部向内转



动起来

- 双脚距离宽于肩膀，膝盖放松， 大步走，中心从一侧转移到另一侧
- 外侧肘部向上，打开，至胸部高度，双手放松，掌心向下
- 另一只手臂向后伸直，肘部放松，双手位于臀部后方



讲解

弹跳点地

全部是关于弹跳的！ 告诉学员们双脚尽量分开，找到双腿的弹跳力。

联系

把三个动作放到一起，你会有很多重复，动作要与音乐相联系，让地板都震动起来吧！哈啰 BODYJAM……



02. 单项锻炼

小节焦点

这个训练会带来各种各样的感觉。跟随鬼步舞的节奏做胸爆动作，然后进入平缓的肩前行组合训练。

MUSIC		EXERCISE		REPS	LEVEL
Knee Drop setup					
0:00	(Low synth)	8x8	Knee Drop L (L, R, L), Wide Freeze “Right knee... 3, 2, 1” Repeat to R “Feet super wide” “Turn your knees in”	8	
Chest Pop setup					
0:40	Step, step, step	2x8	Chest Pop B/F	8	
0:50	Say you a freak	2x8	Add Rhythm (face R) “Ba, ba, ba-ba, ba” “Short and sharp”	12	
1:00	It in a car	2x8	Add (slow transition to face F) “Now slowly turn”	12	
Shoulder Walk setup					
1:10	I’mma / _ / grab your	6x8	Wide Walk B L, R x2 with Backwards Shoulder Roll R, L x2 Low Walk F L, R x2 with Backwards Shoulder Roll R, L x2	6	
1:40	Naughty / _ / Say you	12x8	Knee Drop x2 (16cts) Chest Pop (face R) (8cts) Chest Pop (transition to F) (8cts) Shoulder Walk x2 (16cts)	2	
2:41	She’s a freak	2x8	Hip Rock L, R x8 with Breathe Arms (ascending/ descending)		



02. FREAK OF THE WEEK 2:52mins

这里你将有多重感觉！ 在进入平缓的肩前行之前，跟随鬼步舞和胸爆的节奏。

技术

鬼步舞

- 双脚距离宽于肩膀，屈膝，下蹲，稍向后倾斜
- 外侧膝盖向内，脚跟抬起，重心转移到内侧，腿部发力稍稍跃起，距离不变
- 手臂伸直，放松，自然摆动



胸爆

- 双脚距离宽于肩膀，膝盖放松，胸部单项锻炼前/后
- 弓背，挤压肩胛骨，打开胸部
- 手臂伸直，放松
- 再一次，动作要小幅利落，配合音乐节奏，朝右
- 慢慢向前转动胸部



肩前行

- 向后大步走，双脚距离宽于肩膀，膝盖向外放松，重心落于腿部
- 向前走，屈膝，双脚位于臀部下方，下蹲，重心前移
- 对侧肩膀向后转动，胸部稍稍转动，手臂伸直放松，空心拳，掌心朝内



教授

鬼步舞

跟随脚的节奏动起来，然后做各种变化，说一些像这样的话：

“3, 2, 1”

“Ba, ba, ba……”

“双脚尽量分开，膝盖朝内”

“下蹲，向后倾斜”

胸爆

这个动作是Hip Hop Para Mi Gente有氧板块中的特色，用简单的第1阶段语言来组织课程，并跟着节奏做动作说一些像这样的话：

“手臂放松，感受胸部的律动”

“节奏是ba, ba, ba-ba, ba, ba” “动作幅度小，动作要利落”



03. 迪斯科

小节焦点

是的，我们还有迪！斯！科！踮脚，前脚掌着地，放下，
举起手。把三个动作组合到一起时，告诉学员们用上全部的空间！

MUSIC			EXERCISE	REPS	LEVEL
Hands Up setup					
0:00	(Steady beat)	8x8	Step Together L, R with hands at chest “Land on both feet” (Last 16cts: travel F)	16	
Cross Step setup					
0:30	(Long synth note)	4x8	Cross L, Step B R, L “Cross your right leg, step back” Cross R, Step B L, R “Left leg, step back” “Right leg, step back” Repeat Walk F L, R x2 with Head Rock L, R “Head, head”		
0:46	With ma king	4x8	Add Double Time “Double time”	2	
1:01	(Low synth melody)	8x8	Add Breakout “Let your head go”	4	
1:32	(Low synth melody)	4x8	Hands Up “Up, down, up down” (Last rep: preview Bounce Step)	8	
Tweet Back setup					
1:47	(Quiet)	8x8	Bounce Step L, R (B/F) with Hand Tweet x4 “Back, forward” Bounce Step L, R (B/F) with Wrist Roll B x4 “Roll, roll, roll”	8	
2:19	I’m still / _ / alone	8x8	Hands Up x2 Tweet Back Cross Step	2	
2:50	(Build up)	1½x8	Walk B L, R x2 (4cts) Performance Option (8cts)		
2:56	(Low synth melody)	16x8	Hands Up Tweet Back Cross Step	4	
3:57	(Fast fade)	½x8	Dynamic Freeze	1	



03. ALONE (CALVIN HARRIS REMIX) 4:00mins

是的， 我们有迪！斯！科！
这一训练需要用到前后很大的空间，考虑舞台的大小，也可以走下舞台教课！

向下跳之前，记住要前脚掌着地，双脚一起，制造一种双手举起上/下的感觉。把三个动作组合到一起时，你需要用到不少空间，拿出你的最佳状态！

技术

举起手

- 屈膝，双脚距离宽于肩膀，前脚掌着地，稍稍转动胸部
- 双脚同时落地，下蹲
- 双腿抬起、放下，手臂放松，在胸部高度自然摆动，肘部弯曲
- 向前做动作
- 加大动作幅度



交叉迈步

- 双脚距离宽于肩膀，前脚掌着地，膝盖放松
- 手臂伸直，放松，自然摆动，向后做动作
- 慢速交叉迈步 左腿在前， 臀部朝向角落位置， 右腿后撤， 左腿后撤
- 慢速交叉迈步 右腿在前， 臀部朝向角落位置， 右腿后撤， 左腿后撤
- 慢慢向前走，双腿位于臀部下方，膝盖放松，左右慢慢甩头
- 再做两次
- 节奏： 交叉， 向后， 迈步， 交叉， 向后， 迈步， 交叉， 向后， 迈步， 交叉， 向后， 迈步， 5, 6, 7, 8
- 加大动作幅度



小鸟飞

- 双脚分开，距离宽于肩膀，torso to corner，膝盖放松
- 腿部发力弹跳两次， 重心前后转移， 对侧脚跟抬起至膝盖高度
- 手腕小幅度摆动 重复4次 肘部朝内， 双手平举至胸部高度， 掌心朝向地面

- 向后转动双手 重复4次， 双手放松，高于肩膀， 肘部位于胸部外侧
- 加大动作幅度



教授

举起手

告诉学员双脚落地，制造一种上/下的感觉。说一些像这样的话：

“左右迈步， 双脚落地”
“前脚掌着地” “屈膝”
“让我看到高度的变化”
“上， 下， 上， 下”

交叉迈步

从第1阶段的动作开始，确保学员们向正确的方向迈出正确的脚。说一些像这样的话：

“交叉右腿， 向后迈步” “左腿， 向后迈步”
“交叉， 向后， 迈步”

小鸟飞

可能是到目前为止最大的动作！

在开始阶段可能会有颤抖的现象，告诉学员们双腿保持弹性。

表现

音乐开始，调用空间，拿出你最好的状态！



04. HIP HOP PARA MI GENTE

BARBIE TINGZ 2:30mins

小节焦点

双腿向后点地，身体放低，我们来到了波浪波浪， 告诉学员
“制造一个正方形， *Mr Cohen!* ”

MUSIC			EXERCISE	REPS	LEVEL
Wavey Wavey setup					
0:09	_ / I'm in my prime	4x8	Back Step L x3, Flick L "Back step... 3, 2, 1, flick" Slow Wide Walk L, R	4	
0:28	I, I, I, I	12x8	Add Swim Arms L, R x3 "Right leg, right arm" Add Clap O/H "Arms Swing long"	12	
Mr Cohen setup					
1:24	I'm a bad	2x8	Double Elbow R, L "Left arm, hit it"	4	
1:33	I'll / _ / up the	4x8	Add Double Forearm Push R, L "Make a square"	8	
1:52	I, I, I, I	6x8	Add Knee Drop with Elbow Push R, L x2 "Turn your knee in" Wide Freeze (4cts) "Make your square"	6	
2:20	Wife me (Mmm) _	2x8	Wavey Wavey "Put it together, right leg" Mr Cohen Wide Freeze (4cts) Walk L, R x2 (travel B/F) (Continues into next track)		



05. HIP HOP PARA MI GENTE

REVERSE 2:59mins

小节焦点

简单点！用第1阶段的指令开始**Peow**，然后告诉学员们在转身之前“指尖碰手掌”结束时数**向后波浪**和**向前摇摆**的拍子。

Music			Exercise	REPS	LEVEL
0:00	_ / Low key wanna	10x8	(Continues from previous track) Wavey Wavey “Get low in your legs” Mr Cohen Wide Freeze (4cts) Walk L, R x2 (travel B/F)	5	
Peow setup					
0:46	(Yeah) / _ / She was	6x8	Lean L, Palm Push with Finger Wiggle L “Push it to the side” L palm to center, Pop It R (ct 4) “Pop it” Slow Knee Circle L “Right knee up”	6	
1:15	Deal (Woah) / _ I’ve	6x8	Add Double Time “1, 2, 3, turn” Add Turn R (ct 3) “Pop it before you turn” Wide Freeze (4cts)	6	
1:43	_ / I know you	12x8	Add Chest Slap Wave Back “& 5, 6, 7, 8” Add Shake It To The Front “Shake it to the front” Wide Freeze (4cts) Walk L, R x2 (travel B/F) (Last 8cts: preview Knee Drop) Smack Your Hips, Jump Throw setup	6	
2:39	Reverse / _ / She only	4x8	Knee Drop with Hip Smack R, L x4 “4, 3, 2, 1” Wide Freeze with Cross Throw Arms “Cross, open, up” (Last rep: preview Jump) “Jump side to side”	4	



06. HIP HOP PARA MI GENTE

MI GENTE 2:59mins

小节焦点

是时候加入一些新的东西了，享受音乐吧。你需要拍打你的髋部！

MUSIC		EXERCISE		REPS	LEVEL
Jump Throw setup continued					
0:00	_ / Si el ritmo	6x8	Smack Your Hips Add Jump Side L, R with Double Time Arms	6	
0:28	Se baila asi / _	4x8	Add Breakout	4	
Feet Together setup					
0:46	Estamos rompiendo	1x8	Jump Together with Slow Head Wrap (2cts) "Feet together" Hip Rock R, L x3 with Wrap Arms (descending) (6cts)		
0:51	_ / C'est comme ci	1x8	Walk OTS L, R	4	
0:56	La la / _ / Francia	18x8	Wavey Wavey Mr Cohen Peow Wave Back Shake It To The Front Smack Your Hips Jump Throw Smack Your Hips Jump Throw Feet Together (8cts) Walk L, R x4	3	
2:20	Dos, tres, leggo! / _	4x8	Wavey Wavey Mr Cohen Peow Wave Back Shake It To The Front Smack Your Hips Jump Throw Smack Your Hips Feet Together (4cts) "Feet together now"		
2:39	Uh-huh, uh-huh	4x8	Freestyle Walk L, R	16	



07. HIP HOP PARA MI GENTE

PULL UP 2:31mins

小节焦点

需要学习的有很多！ 一连串四个新动作，使用简单的第1阶段指令讲解重点。

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Heavy synth)	4x8	Wavey Wavey Mr Cohen Peow Wave Back Shake It To The Front Smack Your Hips Jump Throw Feet Together		
0:18	Pull up the bass	2x8	Freestyle Walk L, R	8	
0:27	(Siren) Pull up the	8x8	Wavey Wavey Mr Cohen Peow Wave Back Shake It To The Front Smack Your Hips Jump Throw Smack Your Hips Feet Together	2	
1:05	(Heavy synth)	4x8	Chest Pop with rhythm (face L) “Small and sharp”	16	
Hip Swing setup					
1:24	Pull up the bass	2x8	Low Hip Swing F/B with Arm Swing B/F “Let your hips swing”	8	
Turn and Freeze setup					
1:33	(Siren) Pull up the	2x8	3 Steps L (L, R, L), Freeze (face L corner) “Run backwards” Repeat to R “1, 2, freeze”	2	



07. HIP HOP PARA MI GENTE

PULL UP 2:31mins

MUSIC		EXERCISE		REPS	LEVEL
Throw Your Arms setup					
1:43	(Build up)	2x8	Jump Wide (face L), Drag Toes Together R (face F) "Jump both feet. Low in the legs" Repeat to R "Drag your back leg" (Last ½ rep: preview Double Arm Throw)	4	
1:52	Club working / _	4x8	Add Double Arm Throw O/H (face L) Add Double Grab at Chest (face F) Repeat to R "Throw it harder"	8	
2:11	(Quiet synth)	4x8	Throw Your Arms (x2) (travel F) "Travel forward" Chest Pop B/F (x8) (transition L to F) "Chest 4, 3, 2, 1" Hip Swing (x4) "Swing 4, 3, 2, 1" Turn and Freeze "3 steps back" (Continues into next track)		



08. HIP HOP PARA MI GENTE

BABABA (VETE PA'YA) 1:13mins

小节焦点

全部是关于转身和急停的。开始时，方向性指令要清晰，学员们的转身方向才会正确，接着使用音乐调动气氛！

MUSIC		EXERCISE		REPS	LEVEL
0:00	Yo soy mala	8x8	(Continues from previous track) Throw Your Arms "Keep your body in the center" Chest Pop Hip Swing Turn and Freeze (Last rep: Add Back Turn) "Add a turn" "Turn back"	2	
0:36	(Hands mutha) / _	8x8	Add Breakout Add Back Turn L, R "Turn and freeze"	2	



09. HIP HOP PARA MI GENTE

MI GENTE (HENRY FONG REMIX) 1:13mins

小节焦点

使用音乐，与你的动作形成对比，接着在预热的时候逐渐注入能量。

MUSIC		EXERCISE		REPS	LEVEL
Bounce Cross Step, Tap Your Toe setup					
0:00	_ Si el ritmo	8x8	Bounce Cross L, R, L (travel F) Repeat to R x3 "Right, left, right, left" "Show me the bounce" Step Tap L, R (travel B) x8 "Tap your toes"	2	
Hip Hop Para Mi Gente Routine setup					
0:36	Dos, tres, leggo! / _	8x8	Wavey Wavey Mr Cohen Peow Wave Back Shake It To The Front Smack Your Hips Jump Throw Smack Your Hips Feet Together Throw Your Arms Chest Pop Hip Swing Turn and Freeze		



10. HIP HOP PARA MI GENTE

MI GENTE (DILLON FRANCIS REMIX) 3:09mins

小节焦点
音乐越来越低沉...

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Synth melody)	8x8	Bounce Cross Step Tap Your Toes	2	
0:35	Esta mi gente	2x8	Freestyle Walk L, R	8	
0:44	Dos, tres, leggo! / _	8x8	Hip Hop Para Mi Gente Routine		
1:20	Los DJs no	4x8	Bounce Cross Step Tap Your Toes		
1:38	Dos, tres, leggo! / _	8x8	Hip Hop Para Mi Gente Routine		
2:14	_ / Que seguimos	4x8	Bounce Cross Step Tap Your Toes		
2:32	Dos, tres, leggo! / _	8x8	Hip Hop Para Mi Gente Routine		



11. HIP HOP PARA MI GENTE

MI GENTE (HENRY FONG REMIX) 1:51mins

小节焦点
…你也一样！

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Estamos rompiendo	8x8	Bounce Cross Step Tap Your Toes	2	
0:36	Mi gente (mi gente)	2x8	Freestyle Walk L, R	8	
0:45	Dos, tres, leggo! / _	8x8	Hip Hop Para Mi Gente Routine		
1:22	Gusta mi gente	4x8	Bounce Cross Step Tap Your Toes		
1:40	(Fast fade)	1x8	Wide Freeze with Breathe Arms (ascending)		



HIP HOP PARA MI GENTE

*Hip Hop*来了！

在波浪波浪中**不要跑**。前面的腿后撤到后面的腿的位置，点地，身体放低。在**向后波浪中拍打肩膀，向下产生连锁反应，然后掀起臀部，向前扭动它。挥手时，保持胸部在中央位置！**

也就是说，保持身体中立位置，双脚一起向外跳。胸爆幅度小，节奏紧凑。记得双脚做弹跳交叉迈步动作。它应该不难！

技术

波浪波浪

- 双脚分开，与胯同款，臀部绷紧，身体放低，双脚后/前迈一大步
- 后面的腿点地，向后倾斜，手臂伸直，放松
- 左脚脚跟膝盖盖度轻弹，脚放松，脚趾下压
- 手臂单独做游泳动作，手臂打开，从肘部部位向前转动，直至完全伸展开
- 双手打开，放在胸前，掌心向下
- 双手在头顶击掌，肘部弯曲



MR COHEN

- 双脚距离宽于肩膀，膝盖放松，肘部弯曲
- 向外推肘部两次，动作有力，在肩膀的高度，双手打开，掌心向下
- 上本身左右转动，另一只手伸直，手打开，掌心向内，放在臀部后方
- 小臂交叉，手与腕关节同高，有力，从肩膀宽度外侧
- 肘部弯曲，低于胸部高度，手打开，掌心向外
- 外侧膝盖向内转，前脚掌着地，脚后跟抬起，屈膝，点地
- 重心左右移动



PEOW

- 双脚距离宽于肩膀，膝盖放松，小
- 踏步 左右手指尖触碰左手手掌，动作有力，前胸，左臂向外推，右手不动
- 右小臂与地面平行，手在肩膀前面打开，手掌摊开
- 左手肘部下压，手在肩膀前面打开，掌心向内
- 移动左臂至完全伸展开，肘部放松，手打开，手指收拢再放开，眼睛跟着手移动
- 左臂回到胸前，左手手掌触碰右手手指，动作有力，右臂向外推，左臂不动
- 左膝在臀部高度大幅度画圈，脚放松，目视前方
- 再做两次
- 右转，动作要快，肘部向后拉，左脚脚跟抬起至膝盖高度，结束时双脚分开，脸朝前
- 节奏： 1, 2, 3, 转身



向后波浪

- 双脚距离宽于肩膀，膝盖放松，双手拍打同侧肩膀，手臂大幅度画圈
- 向后仰，肘部放松，全身舒展，双手放低打开，成对角线，掌心朝前
- 节奏： &5, 6



HIP HOP PARA MI GENTE

向前扭动它

- 双脚距离宽于肩膀，膝盖放松，臀部向后撅，胸部向前顶出
- 肩膀稍稍向前推，动作要快，只动肩膀，双手打开，掌心朝前，快速摆动肩膀
- 原地小跳结束，挺胸
- 节奏： 7, 8



拍打你的髋部

- 双脚距离宽于肩膀，屈膝，外侧膝盖向内转，前脚掌着地，臀部向前推
- 脚跟抬起，向外侧移动，重心从一侧转移到另一侧
- 握紧拳头拍打髋部，掌心向上，肘部撑开，另一只手位于腹部高度，在臀部外侧握紧拳头
- 加大动作幅度



跳跃

- 双脚距离宽于肩膀，膝盖放松
- 双手向前交叉摆动，小臂低于胸部位置，交叉，握空心拳，掌心朝内
- 双手向下摆动两次，完全伸展，位于臀部外侧
- 双手举过头顶，挥拳两次，肘部位于肩膀高度，掌心朝内
- 跳到一侧，脚距离宽于肩膀，内侧的脚先着地
- 加大动作幅度



双脚一起

- 双脚跳至臀部下方，双手慢慢抱住头部，肘部朝前，双手打开
- 拖动手掌向下，动作要慢，直至胸前，左右小幅度扭臀
- 重复两次（4拍）



摆臂

- 跳跃至双脚距离宽于肩膀，下蹲，屈膝，内侧脚跟放松，重心位于身体中间
- 前面的脚跳至臀部下方，拖动后面的脚趾来支撑脚跟，臀部绷紧，脸朝前
- 手臂伸直，放松，掌心朝内，身体
- 位于正中
- 向前做动作
- 手臂向上/下摆动两次，动作有力，举过头顶，肘部带着手臂放松舒展，
- 双手打开，与肩同款
- 握拳两次，握紧拳头，在胸部高度，肘部撑开
- 加大动作幅度



胸爆

- 参见单项锻炼（朝右）
- 跟随节奏做胸爆，胸部慢慢转动至朝前
- 加大动作幅度，双臂有力



HIP HOP PARA MI GENTE

摆动臀部

- 双脚尽量分开，屈膝，臀部前/后摆动，动作要轻，身体放低
- 臀部向后摆动时，脚趾轻轻放松，胸部稍稍向前顶出
- 手臂舒展，后/前摆动，肘部放松，轻轻握拳，掌心朝内



转身，停住

- 双脚距离宽于肩膀，迈3步，重心位于脚趾，移动至前方角落
- 结束时距离不变，躯干朝向角落位置，屈膝，臀部向后撅，胸部稍稍向前顶出
- 加大动作幅度，转身，外侧肩膀向后转，向对角线方向移动



弹跳交叉迈步

- 双脚交叉迈步，距离宽于肩膀，屈膝，腿部发力向下跳
- 左右两侧切换，向前移动
- 手臂放松



脚趾点地

- 双脚距离宽于肩膀，膝盖放松，前脚掌点地
- 脚跟向内转，膝盖朝外，重心从一侧转移到另一侧，向后移动
- 手臂伸直，放松



教授

PEOW

一连串动作无缝衔接，你的双手就像多米诺骨牌！告诉你的学员们“*转身之前摇摆起来*”

摆臂

关于身体重量分配。告诉学员们保持身体在正中位置，拖拽脚趾。说一些像这样的话：

“双脚朝外跳起” “保持身体在正中位置” “拖动后面的腿”

弹跳交叉迈步

用简单的第1阶段的指令指导学员开始脚步动作，然后再进行弹跳动作。它应该不难！

“右，左，右，左，右，左，右”

表现

第8小节Bababa……动作伴随音乐，音乐充满房间。

在最后一小节中，让音乐带动课堂。为学员鼓劲加油。告诉他们我们马上就可以结束训练了，保持你的动作示范清楚到位。



12. 恢复

PELIGROSA 2:50mins

小节焦点

跟着这个性感的小数字慢慢恢复心率就是这种味道、这种感觉！

MUSIC		EXERCISE		REPS	LEVEL
Dangerous Combo setup					
0:00	(Low synth rhythm)	2x8	Stomp L with Hip Roll B L (slow) "Hips roll around the back"	8	
0:08	Yo soy peligrosa / _	4x8	Add L hand on hip (Hip Roll L x4) "Right hand" Repeat to R (L hand on hip) "Hips change direction"	2	
0:27	Yo soy peligrosa	6x8	Add Double Time (R, L) (transition to face R, L, R) Walk Back R, L x2 (face B) "Walk to the back of the room" Repeat to R	1½	
Hip Pop setup					
0:55	Soy peligrosa, mala	2x8	Wide Hip Push R x4 (descending) "Push your hip to the side" Repeat L	2	
1:04	Yo! Feeling like	2x8	Add Hand Slide L x4 "Right hand" Repeat to R	2	
1:13	Woah! Work	1x8	Single Hip Push R with Hand Slide L, Freeze "Single" Repeat to L		
1:18	(Woah!) Wanna feel	½x8	Add Double Time "Faster"		
1:20	(Woah!) Dale run	½x8	Add Triple Time	2	
Wave Back setup					
1:22	Yo soy peligrosa	2x8	Back Step R x4 (face R) "Drop into your back leg" Repeat L "Travel backwards" Repeat to R Slow Walk F L, R "Slow"	1	
1:32	asi so dangerous	4x8	Add Back Step L (L, R, L) with Chest Wave B x4 Slow Walk F R, L Repeat to R Slow Walk F L, R	1	
1:50	Yo soy peligrosa	2x8	Hip Pop L, R	2	
1:59	dangerous. Yo soy	6x8	Add Hand Slide R, L	6	
2:27	(Fade)	½x8	Jump Together, Wave Back	1	
2:29	asi so dangerous	4x8	Dangerous Combo	1	
2:48	peligrosa _	½x8	Dynamic Freeze	1	

12. 恢复

PELIGROSA 2:50mins

跟着这个性感的数字，恢复心率……就是这种味道、这种感觉！

技术

危险组合

- 双脚距离宽于肩膀，膝盖放松，向外迈一小步，向后扭臀，手臂伸直，挺胸
- 左手放在髋部，手掌摊开，手指朝前，肘部弯曲
- 另一只手伸直、放松，手打开，手掌朝内
- 重复两次，切换迈步方向，身体从一侧转到另一侧
- 另一只手放在对角线较低位置，目视前方
- 向内转身，面朝后，向后走，双脚位于臀部下方，手臂自然摆动



HIP POP

- 迈一大步，双脚距离宽于肩膀，膝盖放松，挺胸
- 臀部向外侧推 重复4次，屈膝，膝盖慢慢放下
- 手朝前，位于腹部高度，肘部弯曲，轻轻握拳，掌心向内
- 另一只手伸直，手在臀部后方打开，掌心朝内
- 双手滑动交叉，从腕关节向内/外，轻轻握拳，拇指和食指伸展，掌心向上
- 一次，摇摆干脆利落，停住
- 三次

波浪向后

- 双脚分开，与胯同款，膝盖放松，向后迈步，后面的腿重重落地，前脚脚跟抬起

- 重心放在后面，挺胸，手臂伸直、放松，向后移动
- 慢慢向前走，双脚在臀部下方，膝盖放松，手臂伸直
- 身体向后做波浪，挺胸，带动全身，平缓而不断



讲解

危险组合

开始危险组合时，方向性的指令要清晰。说一些像这样的话：

“切换臀部的方向” “4, 3, 2, 1, 转……”

“现在，走到房间的后面” “另外一边”

表现

做这一连串神奇的动作吧！脚步跟随音乐。动作就是那么有趣带感！



13. FUEGO PARA MI GENTE

WOULD YOU EVER 3:50mins

小节焦点

重头戏来了！ 肩部动作来自肩膀触碰， 接着转身像*向后走中的动作一样*。记得教授三次触碰的节奏，好好做 臀部波浪 的动作。

MUSIC		EXERCISE		REPS	LEVEL
Shoulder Roll, Back It Up setup					
0:00	ever run away	8x8	Wide Walk L, R x2 with F Shoulder Roll x4 Wide Walk with Diagonal Reach L, R x2 “Turn your chest” (Last 4cts: preview Bounce Tap)	4	
Shoulder Roll, Back It Up setup continued					
0:31	Would you ever ?	4x8	Bounce Tap L, R x2 Walk L, R x4 (travel B, F x2) “Back, back, forward, forward”	2	
0:46	Would you	8x8	Shoulder Roll L, R Back It Up “Feet wide, then bring them in close” Step Touch L, R x2 (Last rep: preview Forward Turn)	4	
1:16	ever run away	8x8	Add Forward Turn R (reach L, R, L only) “Step forward, then pull your left shoulder back”	4	
Triple Tap setup					
1:47	ever hope for a	8x8	Wide Freeze with Shoulder Tap x2, Low Reach L “1, 2, 3” Shoulder Tap x3, Palm Freeze L “1, 2, 3” (Last rep: preview High Reach)	8	
2:17	Would you ever ?	4x8	Add High Reach L, Freeze “Turn your palm out, look away”	4	
2:33	Would you ever ?	4x8	Bounce Tap L, R	8	
2:48	Would you	16x8	Shoulder Roll Back It Up Triple Tap (Double Time with Step Back Tap L, R) Add Hard Hip Rock L, R with L Hand Wave O/H R, L x6 Step Touch L, R x2 (Last rep: preview Turn Back) (Last rep: replace Step Touch with Bounce Tap)	4	



14. FUEGO PARA MI GENTE

BURNIN’ 3:07mins

小节焦点

一个激烈的小节……非常消耗体力！ 注意点放在转身时的腿部动作，然后慢慢注意其他动作。告诉学员们感受飞的自由，把握方向上的变化时要充满力量。

MUSIC			EXERCISE	REPS	LEVEL
0:00	(Steady beat)	8x8	Shoulder Roll Back It Up Triple Tap Hip Wave L, R x2 Add Turn Back L, R x4 (travel R, L) <i>“Right leg crosses back”</i> Bounce Tap L, R x2	2	
0:30	(all the girls) / _	8x8	Add Breakout	2	
1:00	(Synth blast)	1x8	Feet Together (face R), Slow Wave B	2	
Fly setup					
1:04	(High synth note)	8x8	Step Jump L (transition to face L), Wide Freeze L <i>“Step jump”</i> Drop, Wave Up (face L) (4cts) <i>“Wave”</i> Step Touch L, R x2 (transition to face F, travel B)	4	
1:34	(Light beat)	4x8	Add Double Arm Swing to O/H <i>“Use your arms to swing”</i> (Last rep: replace Step Touch with Bounce Tap)	2	
1:50	(Build up)	4x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly		
2:05	(all the girls) / _	4x8	Bounce Tap L, R	8	
2:20	(Heavy synth)	4x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly		
2:36	(Percussion)	4x8	Bounce Tap L, R	8	
2:51	(Steady beat)	4x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly		



15. FUEGO PARA MI GENTE

ONE KISS 3:32mins

小节焦点

数到六的时候... 还需要我多说吗？调整一下，开始时使用简单明了的第1阶段的指令。动作随着节奏慢慢快起来，并与节奏配合。

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Take the night	4x8	Bounce Tap L, R	8	
0:15	Something in you	4x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly		
0:30	One kiss is all	4x8	Bounce Tap L, R with Freestyle Arms O/H	8	
0:45	Need (One)	12x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly	3	
On The Six setup					
1:30	_ / I just wanna	8x8	Step L with Hand Clap L (face L) "Right leg" L Hand Slide across Chest (transition to face F) L knee turns in with L Hand Slide to knee "Turn the knee in" L Palm Sweep F (ct6) Repeat to R "Slide the hand across your body" (Last 4cts: preview Pump It)	1	
Pump It setup					
2:00	One kiss is all	2x8	Wide Bounce Tap L, R with Elbow Pump R, L (Last ½ rep: preview Arm Wave O/H)	4	
2:08	One kiss is all	2x8	Add Arm Wave O/H R, L	4	
On The Six setup continued					
2:16	Need (One)	12x8	On The Six L (Double Time) "1, 2, 3, 4, 5, 6" Add L Knee Swivel x3 (out/in/out) "7 & 8" Add Wave R, Step Touch L, R, L (8cts) Repeat to R "On the ball of your foot" (Last 8cts: preview Jump Tap)	3	
Jump Tap setup					
3:01	(Steady rhythm)	4x8	Jump B "Two feet, jump back" Tap F L, R x2 "Tap"	4	
3:16	(Steady beat)	4x8	Add Helicopter Arm Swing R, L "Helicopter your arms"	4	



16. FUEGO PARA MI GENTE BUM BUM TAM TAM (DAVID GUETTA REMIX) 3:09mins

小节焦点

在连续两次跳跃的开始阶段，跟随音乐点地，慢慢恢复体力，感觉整个房间充满能量！

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Heavy beat)	4x8	Add Breakout "Get lower"	4	
Double Jump setup					
0:14	(Synth blast)	2x8	Jump B x2, Jump to Wide Freeze (face R) "Double jump back" Slow Head Turn F/B (8cts)		
0:22	_ / Ah, ah)	1x8	Add Jump F x2, Jump Wide to Low Freeze (transition to L) Add Slow Rise		
0:26	(Drum rhythm)	6x8	Double Jump B, F	3	
0:48	Bum bum tam tam	4x8	Add Double Time "1 & 2"	4	
1:03	(Quiet)	1½x8	Freestyle Freeze		
1:09	(Build up)	4x8	Jump Tap Double Jump	2	
1:24	(Heavy synth)	8x8	Add Breakout "Get lower in your legs"	4	
1:54	_ / Y que griten los	4x8	Step Touch L, R	8	
2:09	_ / E a flauta	16x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly Jump Tap Double Jump On The Six R (Continues into next track)	2	



17. FUEGO PARA MI GENTE

MI GENTE (STEVE AOKI REMIX) 2:45mins

小节焦点

另一个动作… **波浪**。告诉学员们结束时面朝一侧 “向后跳”。

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Steady beat)	8x8	(Continues from previous track) Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly Jump Tap Double Jump On The Six R		
0:29	Toda me gente se	2x8	Step Touch L, R	4	
0:37	(Build up)	4x8	Bounce Tap L, R	8	
0:52	Dos, tres, leggo! / _	24x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly Jump Tap Double Jump On The Six R	3	
Wave setup					
2:22	_ / Que seguimos	4x8	Wave L (3cts), Jump B (travel R) “Wave, jump back” Repeat to R (Last rep: preview Arm Throw O/H)	4	
2:37	(Build up)	2x8	Add Double Arm Throw O/H L, R “Throw it up”	2	



18. FUEGO PARA MI GENTE

808 (EXTENDED VERSION) 2:00mins

小节焦点

Dos, tres, leggo! 拥抱这片刻的宁静… 然后点燃火柴。火来了！

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Dos, tres, leggo! / _	8x8	Wave x2 “Get low in your legs” Add Pump It x4	2	
0:29	(Long synth note)	4x8	Wide Freeze with Breathe Arms (ascending/ descending) (Last 24cts: Slow Hip Rock L, R x4, Double Time Hips x2) (Last 4cts: preview Step Touch)		
0:44	(Long synth note)	4x8	Step Touch L, R	8	
Fuego Para Mi Gente Routine setup					
0:59	(Build up)	16x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly Jump Tap Double Jump On The Six R Add Wave Add Pump It (2nd rep continues into next track)	2	



19. FUEGO PARA MI GENTE

MI GENTE (HARDWELL & QUINTINO REMIX) 2:17mins

小节焦点

Fuego Para Mi Gente!

MUSIC		EXERCISE	REPS	LEVEL
0:00	(Whine!) _	8x8		Red
		(Rep continues from previous track)		
		Shoulder Roll		
		Back It Up		
		Triple Tap		Red
		Hip Wave		
		Turn		
		Fly		
		Jump Tap		Red
		Double Jump		
		On The Six R		
		Wave		
		Pump It		Red
0:29	_ / Shake your body	2x8	4	
		(Last rep: preview Arm Wave O/H)		
0:37	_ / Shake your body	2x8	4	
		Add Arm Throw O/H R, L		
0:44	_ / Whine up	4x8	8	Yellow
		Step Touch L, R		
		(Option: Freestyle Walk)		Yellow
0:59	(Build up)	2x8	4	
		Bounce Tap L, R		
1:07	It? Arteezy! / _	12x8		Red
		Fuego Para Mi Gente Routine setup		Yellow
1:52	(Whine!) / _	4x8	8	
		Step Touch L, R		
2:07	(Fast fade)	1x8		Yellow
		Wide Freeze with Breathe Arms (ascending)		

FUEGO PARA MI GENTE

重头戏来了!

这个动作来自转动肩膀中的肩部动作

然后在向后走中，扭转躯干至相反方向的角落。你需要在三次触碰中找到节奏，好好做臀部波浪。转身时使用简明的第1阶段的指令，双脚踏步进入飞……这个动作需要很多动力！前面的腿用力，保持左腿笔直向后伸出，告诉学员们在跳跃点地时向后跳。在**波浪**时向后跳，结束时就能朝向一侧。

技术

转动肩膀

- 大步走，双脚距离宽于肩膀，膝盖放松，重心左右移动
- 转动肩膀 前，双手打开，位于肩膀高度，肘部向下，掌心朝前
- 点地至双脚距离宽于肩膀，膝盖放松，腿部发力向下弹跳，内侧脚跟抬起
- 弹跳点地，前肩膀转动，手臂呈一条直线
- 加入



向后走

- 大步走，双脚距离宽于肩膀，膝盖放松，重心左右移动
- 外侧手臂沿对角线方向向前伸出，手臂完全伸展开，掌心朝前、位于肩膀高度，手指张开
- 另一只手展平至胸部，肘部向后推，胸部
- 转向对侧角落
- 向后大步走，双脚距离宽于肩膀，向前走，双脚位于臀部下方，手臂自然摆动
- 大步走（向前/后移动），手臂呈一条直线
- 向右转，右肩向后转，手臂向内拖动，双手轻轻握拳、位于胸部高度，肘部撑开



三次触碰

- 双脚距离不变，宽于肩膀，身体
- 正直
- 轻拍右肩，另一只手臂伸直，双手放在髋部外侧，掌心向内
- 左手轻拍肩膀两次（右，左），右臂落在下方的对角线位置，手打开，掌心朝前，眼睛注视双手
- 左手轻拍肩膀三次（左，右，左），左手在肩膀外侧停住，掌心向内
- 左臂伸向上方对角线位置，手臂完全伸展开，手打开，掌心朝外，眼睛看向另一侧
- 手臂动作节奏：1，2，3 & 4，5，伸手
- 再做两次
- 脚趾在支撑腿后面点地踏步
- 节奏：1&2&3&4



臀部波浪

- 双脚距离宽于肩膀，臀部向两侧使劲推，左手伸向上方对角线位置，完全伸展开
- 从手腕处抖动双手（右，左），动作有力，手打开，掌心朝右，手指稍稍张开



转身

- 迈一大步使双脚距离宽于肩膀，膝盖放松，背部转动，左腿交叉向后，左肩向后转动
- 右，左移动
- 手臂放松，双手舒展，肘部
- 弯曲
- 节奏：左，右左，右，左，右，左
- 加入 飞，用全身的能量去摇摆身体



FUEGO PARA MI GENTE

飞

- 踏步跳 左， 双脚离地， 右腿伸直， 脚趾下压
- 手臂伸直、放松， 从右到左切换方向
- 结束时距离不变， 手臂伸直， 双手放在臀部外侧
- 屈膝， 身体放低， 下颚位于胸部高度
- 向上做波浪， 挺胸， 双腿慢慢伸直
- 双手交叉位于胸前， 舒展手臂， 举过头顶， 双手位于上方对角线位置。双手打开， 掌心朝下， 手指伸直



跳跃点地

- 向后跳， 双脚同时落地， 臀部绷紧， 膝盖放松
- 向前点地， 屈膝， 身体放低， 双脚踩地， 转身朝向外侧
- 手臂向前画圈， 动作幅度小， 从肘部开始， 双手打开， 手指稍稍张开
- 前面的手臂放在胸前， 手腕弯折， 双手打开， 掌心朝后
- 后面的手臂向后完全伸展开， 手腕稍稍弯折， 手打开， 掌心朝后
- 加大动作幅度， 身体放得更低一点



连续两次跳跃

- 连续两次跳跃， 双腿位于臀部下方， 切换方向， 朝右， 向后移动
- 后面的脚踩在地上， 前脚脚跟抬起， 重心位于前脚掌， 头部慢慢前/后转动
- 连续两次跳跃， 双腿位于臀部下方， 切换方向朝左， 向前移动
- 落地时双腿分开， 朝左， 屈膝， 身体放低
- 重复两次， 动作紧凑
- 节奏： 1 & 2



数到六的时候

- 迈步使双脚距离宽于肩膀， 前脚掌着地， 膝盖打开， 胸部朝侧面
- 双手合在一起， 手臂完全伸展， 手掌摊开， 手指伸直
- 外侧的手滑过手臂和胸部， 身体切换方向朝前， 内侧的手臂完全伸展开， 手打开位于肩膀高度， 掌心朝前
- 外侧膝盖向内， 前脚掌着地， 外侧的手向下滑至膝盖位置， 胸部向前顶出， 身体放低
- 另一只手臂切换方向， 放在身体后面， 手臂完全伸展开， 手停在头部高度， 掌心向下
- 第6拍时外侧手向前扫过膝盖， 手掌打开
- 再做两次
- 转动外侧膝盖， 前脚掌着地（外/内/外）， 屈膝， 身体放低
- 身体向内侧做波浪， 通过胸部向上做波浪， 双脚同时侧并步
- 节奏： 1, 2, 3, 4, 5, 6, 7 & 8





FUEGO PARA MI GENTE

波浪

- 双脚距离宽于肩膀， 屈膝， 身体波浪幅度要大， 切换方向朝向侧面
- 身体放低， 通过胸部向上做波浪
- 向后跳， 朝向侧面
- 节奏： 1， 2， 3， 跳
- 摆臂至头顶上方， 手臂放松， 肘部带动手臂， 轻轻握拳， 双臂与肩膀同宽
- 加大动作幅度



打气

- 双脚距离宽于肩膀， 跟着节奏向下弹跳， 脚趾点地
- 肘部向臀部方向拉， 手放到肩膀高度， 轻轻握拳
- 身体左右摇摆， 胸部舒展， 身体放低
- 大幅度摆臂至头部以上， 肘部弯曲， 双手在胸前轻轻握拳
- 加大动作幅度



教授

向后走

简单点！

开始时使用简单重复的指令。加入转身时， 告诉学员们手臂收回、转身，左肩向后撤。

转身

要向获得成功，你要清楚地第1阶段和第2阶段的指令。加入飞时，告诉学员们 “双脚踏步不要停，用惯性转动身体”。

帮助学员们找到跳跃点地的节奏。说一些像这样的话：

“双脚一起， 向后跳” “跳， 后， 前”
“跳， 点地， 点地， 点地， 点地”

表现

开始**我的学员们**好吗？

什么也不要说。认真的。最后的结果是 FUEGO PARA MI GENTE！



20. GROOVEDOWN

FAMILIAR 3:17mins

小节焦点

你需要带它……双腿准备好开始*Famili 组合*，控制好每一个动作。你会爱上这一小节的！

MUSIC		EXERCISE		REPS	LEVEL
Shoulder Roll setup					
0:04	_ / It's simple	4x8	Wide Freeze with Slow Shoulder Roll B R x4 Repeat L	2	
Take It Back setup					
0:25	Ooh, I just	2x8	Walk B L, R x4 with Loose Wrist Cross (8cts) "Walk back" Fast Walk F L, R x4 with palms F (4cts) "1 & 2 & 3 & 4 &" Freeze Together, Slow Wave B (4cts)		
Famili Combo setup					
0:36	Get famili-famili	4x8	Shoulder Roll (Double Time) "Double time" Take It Back (with Fast Walk F L, R x2½ only) "Walk back"	2	
0:56	_ / Your waistline	4x8	Lat Stretch R Repeat L		
1:17	Ooh, I just	2x8	Take It Back "Let your body bounce"		
1:27	Get famili-famili	4x8	Famili Combo	2	
1:48	_ / ah-ah-ah-ah	2x8	Wide Hip Push B with hands on hips L, R (Last rep: preview Sharp Hip Push)	8	
1:58	_ / Quisiera que	2x8	Add Sharp Hip Push "Sharper" (Last rep: preview Heel Tap)	8	
2:09	Senorita, que	2x8	Heel Tap R, L	8	
2:19	Y sabes que lo	2x8	Take It Back		
2:29	Get famili-famili	4x8	Famili Combo	2	
2:50	_ Ah-ah-ah-ah	4x8	Freestyle Walk OTS with Clap O/H	16	



20. GROOVEDOWN

FAMILIAR 3:17mins

你需要带上它！ 双腿准备好开始**Famili 组合**，控制好每一个动作！你会爱上这一小节……

技术

转动肩膀

- 双脚距离宽于肩膀， 膝盖放松， 向后转动肩膀， 胸部转向外侧
- 肘部向后拉， 另一只手臂伸直、放松，双手打开， 掌心向内

向后迈步

- 慢慢向后走， 双腿位于臀部下方， 膝盖放松， 向两侧扭臀，腿部发力弹跳
- 胸部高度慢速肘部弹跳， 手腕处自然交叉变换， 轻轻握拳， 掌心向内
- 向前快步走， 身体放低， 快速扭臀两侧
- 双手在肩膀高度一下打开， 掌心朝前， 肘部向下
- 双脚同时停住，通过胸部向后做波浪， 手臂轻轻摆动
- 节奏： *1 & 2 & 3 & 4 & 波浪*



FAMILI 组合

- 把转动肩膀和向后迈步组合起来
- 组合
- 转动肩膀 重复两次， 外侧的腿踏步慢慢使双脚距离宽于肩膀
- 向后迈步， 向左前方快步走， 右 只重复2½ 次（左， 右， 左， 右， L左）， 结束时双脚并拢， 向后做小幅度的波浪

教授

表现

跟随音乐点地，找到自己的风格

Famili 组合。



MASH IT!

教授这一课程四五次之后，你可以把主要的套路组合成一个有氧舞蹈表演大汇演。

在 16小节 ‘*Bum Bum Tam Tam*’ 的最后教授这个课程， 跳过 17 - 20小节， 直接教授 21 小节 ‘*Earthquake*’ ， 继续 MASH IT! 板块。

21. EARTHQUAKE (EXTENDED MIX) 4:02mins

Music			Exercise	REPS	LEVEL
Fuego Para Mi Gente Routine setup					
0:00	(Steady beat)	8x8	Shoulder Tap Back It Up Triple Wave Hip Wave Turn Fly Jump Tap Double Jump On The Ball Of The Foot R		
0:30	Jump make the	4x8	Step Touch L, R	8	
0:45	earthquake / _	8x8	Fuego Para Mi Gente Routine		
1:15	(Long synth blast)	4x8	Slow Wide Hip Rock L, R (Last 4cts: preview Step Touch)	8	
1:31	(Tempo decreasing)	4x8	Step Touch L, R (Preview Hip Hop Para Mi Gente Routine)	8	
1:48	(Synth melody)	32x8	Hip Hop Para Mi Gente Routine Bounce Tap Your Toes (Last rep: Bounce, Tap Your Toes continues into next track)	3	



MASH IT!

22. RIGHT HERE, RIGHT NOW (CAMELPHAT REMIX)

7:00mins

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Steady beat)	4x8	(Rep continues from previous track) Bounce Tap Your Toes		
0:16	(Long synth blast)	4x8	Step Touch L, R	8	
0:32	(Building melody)	8x8	Fuego Para Mi Gente Routine		
1:04	(Synth melody)	4x8	Step Touch L, R	8	
1:20	Right here. Right	80x8	Hip Hop Para Mi Gente Routine Bounce Tap Your Toes (Last 4cts of Tap Your Toes : preview Bounce Tap L, R) Fuego Para Mi Gente Routine	4	
6:40	(Outro)	4x8	Step Touch L, R	8	
6:56	(Synth blast)	1x8	Wide Freeze with Breathe Arms (ascending)		

BODYJAM 讲解更新

教授BODYJAM的目标是让学员们体验到运动的乐趣，爱上她，以及音乐为了达到这一目标，我们以一种简单或极简的方式进行教学下面是一些方法，帮助你上一堂好课，让新学员也能得到很棒的舞蹈锻炼。

我们使用3阶段讲解模式：

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

阶段1 - 准备

这一阶段需要让学员们同时向同一方向动起来，并理解基本的舞蹈编排。

我们用一下几个部分

- **动作名称** - 比如 “弹跳点地” 或 “向后跳”
- **节奏指令** - 节奏指令需要教练发出与音乐或动作相匹配的口头指令。比如“点地 点地 拖动”
- **方向** - 告诉学员们动作发向， 例如：前，后，侧面
- **摆放** - 告诉学员们双脚的位置，比如双腿位于臀部下方

重点是要简单。你不需要每次都把准备的所有部分的话都说一遍。看看高级教练的课，想想每一小节中说那些话能起到比较好的效果。

阶段2 - 感觉

在这一阶段，我们要通过培养学员们对编舞的认识和态度，让他们把动作做得更好。

阶段2有3部分

- **技术提高** - 与双脚摆放，低位、高位身体姿势和手臂摆放相关的指令。比如 “重心位于脚跟”， “屈膝” 或者 “弹跳我们的臀部”。它们经常是第1阶段 准备 指令的延伸。
- **培养感觉** - 描述动作给人的感觉 - 例如：动作“利落”， “流畅”或是 “坚定”
- **夸张效果** - 增加或转移你的能量到制造夸张效果— 你可以在切换新歌时展现能量转移，或是重复使用某一口令或动作名称，声音要越来越响，提前为组合发出指令。

最重要的部分是注意观察学员们，看看怎样才能帮助他们做出正确的动作，体验到正确的感觉。

阶段3 - 安静和舞蹈

这是BODYJAM的核心。我们用音乐把学员和动作联系起来，并鼓励他们突破自我。

阶段3有3部分。

- **不要阻碍感觉** - 避免说得太多或唱得太多，那样会淹没音乐。完全掌握你的舞蹈编排，你就不会因为一直想接下来是什么动作而跟不上突破。将沉默作为动力，尽你所能做好最好，展现出你对BODYJAM的热爱。
- **表扬** - 让学员们有良好的自我感觉能使他们更加投入
- **夸张效果** - 在下一个级别上，对阶段2已有的东西进行拓展 - 能量更 充沛，声音更响亮。表现出你正沉醉于舞蹈。这会激励学员们突破自我。
- 知道了每一教授阶段要说什么，你也要想想该怎么说。我们用一下的方法。
- **简短的词组** - 直奔重点，说学员们需要知道的基本点。比如 “挺胸” ， “右手”。
- **展示得比说得多** - 不用说话，你的身体就能表达很多教授指令。
- **视觉指令** - 使用非口头、方向性或是身体部位的指令来帮助学员获得成功。



BODYJAM 讲解更新

- 声音质地 - 声音要与音乐的感觉以及编舞向匹配。例如 -

开始某一动作时和结束某一板块时，声音应该不同。

- 指令的重复 - 像节奏指令一样的简单的词组能帮助学员学会动作，记住舞蹈的编排。比如

“1, 2, 3, 4, 落地, 7, 8”。你也可以重复指令来制造夸张效果（如前所述）

- 能量与每一教授级别相匹配 - 传达阶段1时降低能量，能帮助以一种正确的方法获得成功和动力。在阶段2和阶段3中加入更多的能量，将3个教授阶段与动作的3个级别：初级，中级，高级相匹配。

- 简单点 - 明智地选择指令，如果说得太多就会降低体验感，并阻碍学员们沉醉于音乐的律动。大多数动作会重复很多次，你不需要每次都把所有的事情说一遍。

最后 - 记住你要教的是你面前的学员……这样做你需要关注他们的动作，而不只是你自己的动作！与学员们建立联系，和他们一起舞蹈。

致谢 - Philip Harrison LMUK
BODYJAM, BODYCOMBAT & SH’ BAM 训练员/演示者和区域培训协调员



我们是莱美部落

我们是一个全球领导者大家庭，热衷于创造一个健康的星球。

我们无畏的鼓励他人通过爱上运动来发现自己真正的潜力。

运动是我们全球性的运动。数以百万计的人每天在一起凝聚汗水。我们的运动震撼了整个世界。

音乐是我们的灵魂。它是我们的驱动力、凝聚力，给我们热情。

我们消除偏见的界限，并赋予所有人享受运动带来的独特益处。在尊重我们的传统同时，我们设定了未来的道路。寻求激情，创新和创造尽可能多的人性化。

我们相信可以改变世界。

我们是莱美部落。

We are the Les Mills Tribe.

我们的意向声明

莱美全球大家庭由17500家健身俱乐部组成，有来自全球100个国家的13万名指导师和数以百万的学员。

不同的地域、民族、种族、肤色和信仰共同组成了我们对运动、音乐的热爱以及对健康生活的追求，不仅代表我们自己，也代表我们这个星球。

在莱美我们相信我们的社区内每个个体的尊严，并努力尊重所有人的权利和自由。

在我们选择演示者、音乐和运动的选择中，我们理解不同的群体和社会对于穿着、流行文化和舞蹈都有着不同的标准。

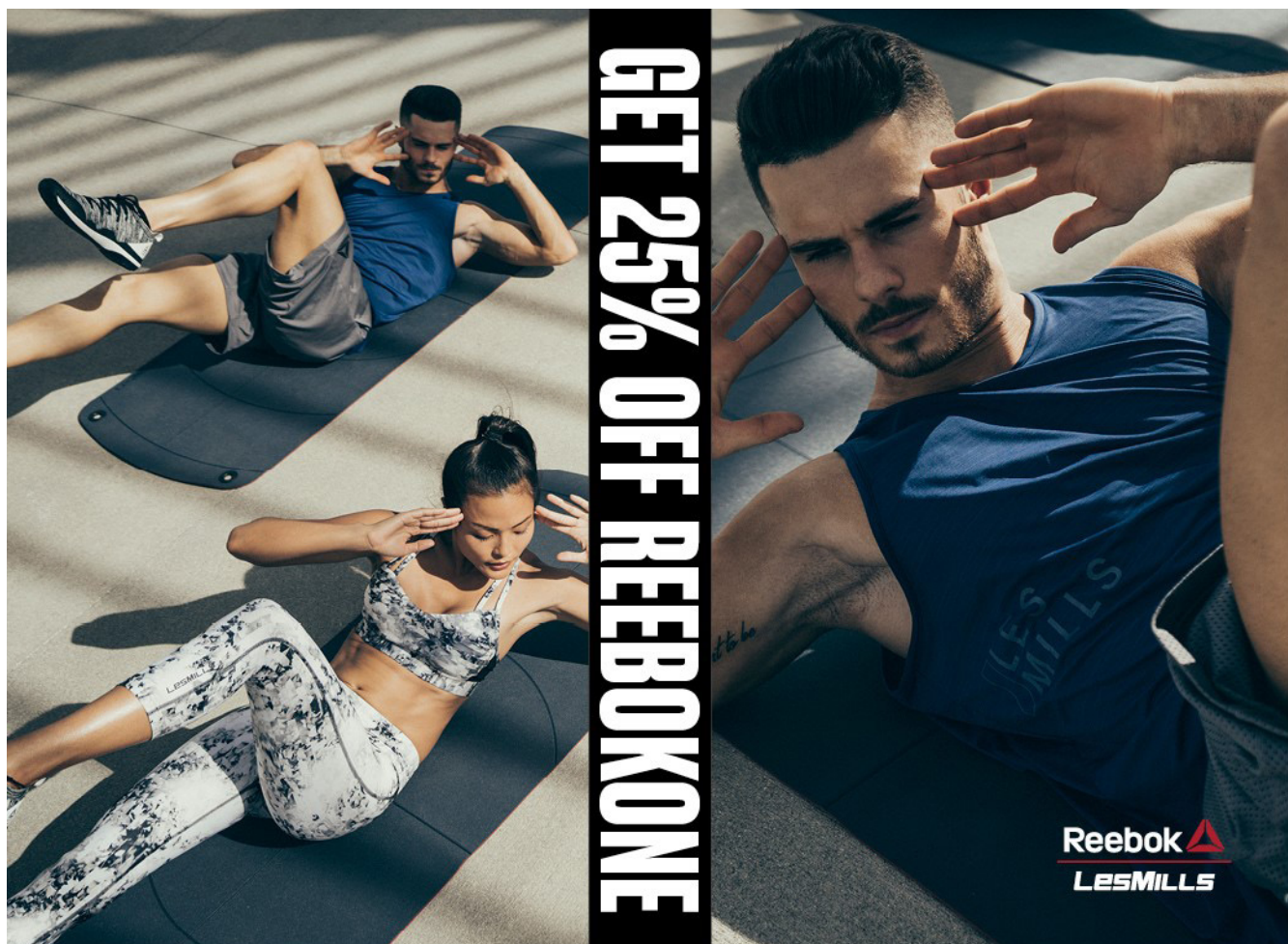
我们还知道某些情境下我们认为适合的东西在别人看来可能并不适合。

作为一家每天为数以百万的人带来全民健身体验的龙头企业，我们走在传递尖端、创新产品和确保大众支持和尊重之间寻求折衷。

选择、授权和匹配适合音乐的编排是一个巨大的挑战！我们精挑细选我们所使用的音乐，并尝试避免可能引起冒犯的语言和参考。如果我们能做得到的话，有时候也会有一个替代动作（动作清单下方）供你使用。

我们支持与我们的全球大家庭敞开心扉交流，使不同的观点得以表达，并达成折衷方案。

最重要的是，我们对随时随地传递改变生活的健身体验充满激情。



BODYJAM 87

MUSIC, CREDITS AND INFO

WARMUP

ISOLATIONS

DISCO

HIP HOP PARA MI GENTE

RECOVERY

FUEGO PARA MI GENTE

GROOVEDOWN

MASH IT!

BODYJAM COACHING UPDATE

Hey instructors, we'd love your feedback on our new notes! Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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



MUSIC

WARMUP

01

So Many Times (Club Mix)(3:53)
KYANU feat. Alexandra Prince
© 2018 Playbox.
Written by: Arslan, Prinz, Sakin

11

Mi Gente (Henry Fong Remix) (1:51)
J Balvin & Willy William
Courtesy of the Universal Music Group.
Written by: Osorio, Restrepo, William, Adam, Moupondo

ISOLATIONS

02

Freak Of The Week (2:52)
Krept & Konan feat. Jeremih
Courtesy of the Universal Music Group.
Written by: Harding, Collins, Davis, Felton, Gray, Johnson, McFarlane, Saunders, Smart, Thompson, Wilson

RECOVERY

12

Peligrosa (2:50)
Kronic & Krunk, Martina La Peligrosa & Jenn Morel feat. Damaged Goods
© 2018 Central Station Records Under Exclusive License from Mr. 305 Records.
Written by: Bell, Calleja, Lopez, Mitani, G. Morel, J. Morel, Sarkissian, Tawil

DISCO

03

Alone (Calvin Harris Remix) (4:00)
Halsey feat. Stefflon Don
Courtesy of the Universal Music Group.
Written by: Wilson, Frangipane, Carter, Frederic, Hester

FUEGO PARA MI GENTE

13

Would You Ever (3:50)
Skrillex & Poo Bear
© 2017 OWSLA/Big Beat/ Atlantic Records, Inc. for the United States and WEA International Inc. for the world outside of the United States.
Written by: Moore, Boyd

HIP HOP PARA MI GENTE

04

Barbie Tingz (2:30)
Nicki Minaj
Courtesy of the Universal Music Group.
Written by: Reid, Maraj

14

Burnin’ (3:07)
Calvin Harris & R3hab
© 2014 Sony Music Entertainment UK Limited
Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Harris, R3hab

05

Reverse (2:59)
Sage The Gemini
© 2017 Global Gemini / Atlantic Recording Corporation.
Written by: Eriksen, Mitchell, Rodriquez, Izquierdo, Tejada, Woods

15

One Kiss (3:32)
Last Love
© 2018 Les Mills Music Licensing Ltd.
Written by: Lipa, Reyez, Wiles

06

Mi Gente (2:59)
J Balvin & Willy William
Courtesy of the Universal Music Group.
Written by: Osorio, Restrepo, William, Adam, Moupondo

16

Bum Bum Tam Tam (David Guetta Remix) (3:09)
MC Fioti, J Balvin, & Stefflon Don
Courtesy of the Universal Music Group.
Written by: Aparecido

07

Pull Up (2:31)
Martin Jensen
Courtesy of the Universal Music Group.
Written by: Jensen

17

Mi Gente (Steve Aoki Remix) (2:45)
J Balvin & Willy William
Courtesy of the Universal Music Group.
Written by: Osorio, Restrepo, William, Adam, Moupondo

08

BaBaBa (Vete Pa’Ya) (1:13)
Dillon Francis feat. Young Ash
© 2018 IDGAFOS.
Written by: Francis, Bautista, Rushent

18

808 (Extended Version) (2:00)
TV Noise
© 2018 STMPD RCRDS B.V.
Written by: Unknown

09

Mi Gente (Henry Fong Remix) (1:13)
J Balvin & Willy William
Courtesy of the Universal Music Group.
Written by: Osorio, Restrepo, William, Adam, Moupondo

19

Mi Gente (Hardwell & Quintino Remix) (2:47)
J Balvin, Willy William, Hardwell & Quintino
Courtesy of the Universal Music Group.
Written by: Osorio, Restrepo, William, Adam, Moupondo

10

Mi Gente (Dillon Francis Remix) (3:09)
J Balvin & Willy William
Courtesy of the Universal Music Group.
Written by: Osorio, Restrepo, William, Adam, Moupondo



MUSIC

GROOVEDOWN

- 20

Familiar (3:17)

Liam Payne & J Balvin

Courtesy of the Universal Music Group.
Written by: Lewis, Douglas, Osorio, Sabath

MASH IT!

- 21

Earthquake (Extended Mix) (4:02)

Hardwell feat. Harrison

© 2018 Revealed Music B.V.
Written by: Corput
- 22

Right Here, Right Now (CamelPhat Remix) (7:00)

Fatboy Slim & CamelPhat

© 2018 Loaded Records Limited. Courtesy of the Universal Music Group/BMG.
Written by: Cook, Peters, Walsh



L-R: Nicky Lord, Alex Sanchez, Gandalf “G” Archer Mills

FUEGO PARA MI GENTE!!! HIP HOP PARA MI GENTE!! COULD LIFE GET ANY BETTER?!

Banger after banger make up this all new, all fresh, all new BODYJAM class that’s gonna light your floor up, burn your roof down, and create dance chaos wherever you teach this. BETTER GET MORE INSURANCE!!

Track 1 So Many Times is gonna have you signing and singing so do not forget to actually coach the Toe Taps. I still love this song!! Then track 2 we get smooth and low, focus on isolation of the hips, chest and shoulders with some syncopated mayhem.

DISCO DISCO DISCO is track 3, we got that remix of the remix and you can use all of your studio for this one! Why not try getting off your stage and facing the front with your class?? Then you can dance massive forwards and back with them.

Till Hip Hop Para Mi Gente drops and whaa whaa whee whaa just listen to the beats... It’s goes hard to start with, hit your arm lines as hard as you can, it goes cool for a minute (“throw it in reverse ayyyyyyyy”) where you gotta keep those arm lines hard, giving clarity of movement to your class.

Then we hit Mi Gente number one, and ohhhhh it’s a goodie, you see you’ve taught a lot of the moves of the routine by now so Mi Gente (the original) comes on and everybody is gonna be like yaaaaaaaaaaaaa... And that’s just the first version.

Pull Up is straight Jam banger that you know and love, then the quirk of BaBaBa is exactly what this block needs right as we learn the last sequence. Theeeeeennn, you won’t believe what happens next...

MI GENTE!! TWO MORE TIMES!! So there are these two exquisite remixes that came out like a year ago, but I wanted to layer them all gorgeously into one Jam release. So this is where it all happens. You know the words, you know the feel, let the energy of these two remixes fire your body and make you hit lines harder than brick wall.

You’re gonna love Peligrosa, such a subtle sound to drop the heart rate and smooth your face, but not for long... FUEGO PARA MI GENTE!! Would You Rather is gonna have you hands in the airing, teach everything with a chill so when that vocal hits it’s got ultimate contrast, and there a lot of detail to get out in that one setup track.

Burnin’ is back back back again and it takes the class up where I know you love it, before the Pop track of the year One Kiss brings beauty, learnings and screaming vocals to the ear holes

Bum Bum Tam Tam is an underground heater but I found this remix and WHAAAAA you gonna love it, gets all latin for a minute, then... You’ll never believe it, like honest. MORE MI GENTE!! DOUBLE MUCHO MI GENTE!! Two more massive remixes where we amalgamate the movements to fly higher, hit harder, pop poppier, and just take it all round boom boom pow once again.

BODYJAM 87 - fire for my people.

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

Alex Sanchez (Spain) is a BODYCOMBAT, SH’BAM, BODYATTACK, BODYJAM, BODYPUMP, LES MILLS GRIT and LES MILLS TONE Trainer and also an Instructor for BODYBALANCE/ BODYFLOW, BODYSTEP and CXWORX and a LES MILLS SPRINT Coach. He is also a software developer.

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

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	Disco	Tracks 13-19	Fuego Para Mi Gente
Tracks 04-11	Hip Hop Para Mi Gente	Total Time	27:25
Total Time	29:10		

45-MINUTE FORMAT	
Track 01	Warmup
Tracks 04-11	Hip Hop Para Mi Gente
Tracks 13-19	Fuego Para Mi Gente
Total Time	41:45

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



01. WARMUP

TRACK FOCUS

Hola...*BODYJAM* people! We keep it light with simple moves and tons of repetition. Remember to clap your hands to the side in the **Turn Combo** and set up the Step Touch after each rep.

MUSIC		EXERCISE		REPS	LEVEL
0:04	(Steady beat)	4x8	Step Touch L, R	8	1
Turn Combo setup					
0:19	(Low synth)	4x8	3 Steps L, feet together Step Touch R, L Repeat to R	2	2
0:34	_ / You go out	8x8	Add Forward Turn L, Clap L "Forward turn and clap" Repeat to R "Face the side" (Last ct: preview Bounce Tap)	4	
Bounce Tap, Rock It Out setup					3
1:04	(Build up)	½x8	Bounce Tap L, R "Tap the toe" (Last ct: preview Snap)		
1:06	So many times	8x8	Bounce Tap L, R with Snap R, L x4 "Tap the tip of the toe" Rock It Out L, R x8 "Rock it out"	2	
1:35	(Low synth)	24x8	Turn Combo "Take your arms wide" Bounce Tap x2 "Turn the chest" Rock It Out x4	6	
3:05	So many times	4x8	Slow Wide Walk L, R x2 with Breathe Arms (ascending) (8cts) Add Hand Wave O/H L, R x2 (8cts) Add Double Time (8cts) Step Touch L, R x2 with Breathe Arms (descending) (8cts) (Last ct: prepare to turn)		
3:20	So many times	8x8	Turn Combo Bounce Tap Rock It Out	2	
3:50	(Cymbal hit)	½x8	Dynamic Freeze	1	



01. SO MANY TIMES (CLUB MIX) 3:53mins

Hola everybody! BODYJAM Para Mi Gente (BODYJAM *for my people*). You need to clap your hands to the side in the **Turn Combo** and tap the tip of the toes in the **Bounce Tap**.

TECHNIQUE AND COACHING

TURN COMBO

- Knees soft, 3 steps, travel side, arms long and relaxed with natural swing
- Finish feet together, face front, step-touch the feet outside shoulder-width
- Forward turn, arms wide, elbows super soft, hands relaxed below chest height, palms forward
- Clap side, arms at full extension at front of chest, feet together, face side, hands at chest height



BOUNCE TAP

- Feet outside shoulder-width, knees soft, tip of the toes tap back, bouncing down through the legs
- Inside hand snaps forward, above shoulder height, elbow down, chest turns in



ROCK IT OUT

- Feet outside shoulder-width, knees super soft, wide-walk the feet, weight transferring side to side
- Outside elbow swings up, wide, to chest height, hand relaxed, palm down
- Other arm swings back long, elbow soft, hand behind the hip



COACHING

BOUNCE TAP

It's all about the bounce people! Tell your class to take their feet really wide and find bounce in the legs.

CONNECTION

You get plenty of reps when putting all three moves together, so connect to the music and bring some chill to the floor! *Hola* BODYJAM...



02. ISOLATIONS

TRACK FOCUS

There’s a ton of feel to be had in this track. Talk to the rhythm of the **Knee Drop** and make your **Chest Pop**, before dropping super low into the smoothness of the **Shoulder Walk** combo.

MUSIC		EXERCISE		REPS	LEVEL
Knee Drop setup					
0:00	(Low synth)	8x8	Knee Drop L (L, R, L), Wide Freeze “Right knee... 3, 2, 1” Repeat to R “Feet super wide” “Turn your knees in”	8	
Chest Pop setup					
0:40	Step, step, step	2x8	Chest Pop B/F	8	
0:50	Say you a freak	2x8	Add Rhythm (face R) “Ba, ba, ba-ba, ba” “Short and sharp”	12	
1:00	It in a car	2x8	Add (slow transition to face F) “Now slowly turn”	12	
Shoulder Walk setup					
1:10	I’mma / _ / grab your	6x8	Wide Walk B L, R x2 with Backwards Shoulder Roll R, L x2 Low Walk F L, R x2 with Backwards Shoulder Roll R, L x2	6	
1:40	Naughty / _ / Say you	12x8	Knee Drop x2 (16cts) Chest Pop (face R) (8cts) Chest Pop (transition to F) (8cts) Shoulder Walk x2 (16cts)	2	
2:41	She’s a freak	2x8	Hip Rock L, R x8 with Breathe Arms (ascending/ descending)		



02. FREAK OF THE WEEK 2:52mins

There's a ton of Feel to be had here people! Talk to the rhythm of the **Knee Drop** and **Chest Pop** before dropping super low in the **Shoulder Walk combo**.

TECHNIQUE AND COACHING

KNEE DROP

- Feet outside shoulder-width, knees bent, sinking down into the legs, slight lean back
- Turn outside knee in, heel lifts, weight shift to the inside, slight bounce through the legs, freeze wide
- Arms long and relaxed with natural arm swing



CHEST POP

- Feet outside shoulder-width, knees soft, chest isolation back/front
- Rounding out through the back, then squeeze shoulder blades together to open the chest
- Arms long and relaxed
- Double time, small and sharp, on the low synth rhythm, face R
- Slowly transition chest to face front



SHOULDER WALK

- Wide walk B, feet outside shoulder-width, knees super soft and turned out, heavy in the legs
- Walk F, knees bent, feet under hips, dropping low in the legs, weight forward
- Opposite shoulder rolls back, slight turn of the chest, arms long and relaxed, soft fists, palms in



COACHING

KNEE DROP

Start with the rhythm of the feet, then talk to the range. Say something like:

"3, 2, 1"

"Ba, ba, ba..."

"Take your feet really wide and turn your knees in"

"Sink into your legs and lean back"

CHEST POP

Now this move features in the Hip Hop Para Mi Gente cardio block, so use simple Layer 1 language to set your class up, then talk to the rhythm of the move with phonetic feel cues. Say something like:

"Relax your arms and find the movement in your chest"

"Rhythm is ba, ba, ba-ba, ba, ba"

"Make it short and sharp"



03. DISCO

TRACK FOCUS

Yes, we have *D.I.S.C.O!* Step up on the balls of the feet before jumping down to create the level change in **Hands Up**. When combining all three moves, tell your class to use the whole room!

MUSIC		EXERCISE		REPS	LEVEL
Hands Up setup					
0:00	(Steady beat)	8x8	Step Together L, R with hands at chest “Land on both feet” (Last 16cts: travel F)	16	
Cross Step setup					
0:30	(Long synth note)	4x8	Cross L, Step B R, L “Cross your right leg, step back” Cross R, Step B L, R “Left leg, step back” “Right leg, step back” Repeat Walk F L, R x2 with Head Rock L, R “Head, head”		
0:46	With ma king	4x8	Add Double Time “Double time”	2	
1:01	(Low synth melody)	8x8	Add Breakout “Let your head go”	4	
1:32	(Low synth melody)	4x8	Hands Up “Up, down, up down” (Last rep: preview Bounce Step)	8	
Tweet Back setup					
1:47	(Quiet)	8x8	Bounce Step L, R (B/F) with Hand Tweet x4 “Back, forward” Bounce Step L, R (B/F) with Wrist Roll B x4 “Roll, roll, roll”	8	
2:19	I’m still / _ / alone	8x8	Hands Up x2 Tweet Back Cross Step	2	
2:50	(Build up)	1½x8	Walk B L, R x2 (4cts) Performance Option (8cts)		
2:56	(Low synth melody)	16x8	Hands Up Tweet Back Cross Step	4	
3:57	(Fast fade)	½x8	Dynamic Freeze	1	



03. ALONE (CALVIN HARRIS REMIX) 4:00mins

Yes, we have D.I.S.C.O!

Now this track takes up a lot of room forward and back, so have a think about the depth of your stage and possibly getting down on the floor with your people and teaching from there!

Remember to step on the balls of your feet before jumping down, feet together, to create that up/down feel in **Hands Up**. When combining all three moves, you need to use the room and show me your groove!

TECHNIQUE AND COACHING

HANDS UP

- Knees bent, step outside shoulder-width, up on the balls of the feet, slight turn of the chest
- Land jumping both feet together, dropping down into the legs
- Rise and fall through the legs, arms super loose with natural bounce at chest height, elbows bent
- Travel F
- Increase range



CROSS STEP

- Feet outside shoulders, weight on the balls of the feet, knees super soft
- Arms long and relaxed with natural swing, travel B
- Slow cross-step L leg in front, hips to corner, step R leg back, step back L
- Slow cross-step R leg in front, hips to corner, step L leg back, step back R
- Slow walk F, feet under hips, knees soft, slow Head Rock side to side
- Double time
- Rhythm: *Cross, back, step, cross, back, step, cross, back, step, cross, back, step, 5, 6, 7, 8*
- Increase range



TWEET BACK

- Wide-step the feet outside shoulder-width, torso to corner, knees super soft
- Double bouncing down through the legs, weight shifting back/front, opposite heel lifts to knee height
- Small flap of the wrist x4, elbows in, hands flat at chest height, palms to floor
- Roll the hands back x4, hands super relaxed above shoulder height, elbows outside the chest
- Increase range



COACHING

HANDS UP

Tell your class to land both feet to create that up/down feel. Say something like:

"Step your body side to side, landing on both feet"

"On the balls of your feet"

"Bend your knees"

"Show me the level change"

"Up, down, up, down"

CROSS STEP

Start with clear Layer 1 cues to get your class stepping on the right foot and in the correct direction. Say something like:

"Cross your right leg, step back"

"Left leg, step back"

"Cross, back, step"

TWEET BACK

Possibly the greatest move ever!

Just chill during the setup phase and tell your class to keep the bounce in the legs.

PERFORMANCE

When the synth drops, use the room and show me your groove!



04. HIP HOP PARA MI GENTE

BARBIE TINGZ 2:30mins

TRACK FOCUS

Drop backwards into the back leg and stay super low and grounded in **Wavey Wavey**, then tell your class to “make a square, **Mr Cohen!**”

MUSIC			EXERCISE	REPS	LEVEL
Wavey Wavey setup					
0:09	_ / I'm in my prime	4x8	Back Step L x3, Flick L "Back step... 3, 2, 1, flick" Slow Wide Walk L, R	4	
0:28	I, I, I, I	12x8	Add Swim Arms L, R x3 "Right leg, right arm" Add Clap O/H "Arms Swing long"	12	
Mr Cohen setup					
1:24	I'm a bad	2x8	Double Elbow R, L "Left arm, hit it"	4	
1:33	I'll / _ / up the	4x8	Add Double Forearm Push R, L "Make a square"	8	
1:52	I, I, I, I	6x8	Add Knee Drop with Elbow Push R, L x2 "Turn your knee in" Wide Freeze (4cts) "Make your square"	6	
2:20	Wife me (Mmm) _	2x8	Wavey Wavey "Put it together, right leg" Mr Cohen Wide Freeze (4cts) Walk L, R x2 (travel B/F) (Continues into next track)		



05. HIP HOP PARA MI GENTE

REVERSE 2:59mins

TRACK FOCUS

Keep it simple! Use clear Layer 1 cues to setup **Peow**, then tell your class to “pop it” before the turn. Finish by counting the rhythm in **Wave Back** and **Shake It To The Front**.

Music			Exercise	REPS	LEVEL
0:00	_ / Low key wanna	10x8	(Continues from previous track) Wavey Wavey “Get low in your legs” Mr Cohen Wide Freeze (4cts) Walk L, R x2 (travel B/F)	5	
Peow setup					
0:46	(Yeah) / _ / She was	6x8	Lean L, Palm Push with Finger Wiggle L “Push it to the side” L palm to center, Pop It R (ct 4) “Pop it” Slow Knee Circle L “Right knee up”	6	
1:15	Deal (Woah) / _ I’ve	6x8	Add Double Time “1, 2, 3, turn” Add Turn R (ct 3) “Pop it before you turn” Wide Freeze (4cts)	6	
1:43	_ / I know you	12x8	Add Chest Slap Wave Back “& 5, 6, 7, 8” Add Shake It To The Front “Shake it to the front” Wide Freeze (4cts) Walk L, R x2 (travel B/F) (Last 8cts: preview Knee Drop)	6	
Smack Your Hips, Jump Throw setup					
2:39	Reverse / _ / She only	4x8	Knee Drop with Hip Smack R, L x4 “4, 3, 2, 1” Wide Freeze with Cross Throw Arms “Cross, open, up” (Last rep: preview Jump) “Jump side to side”	4	



06. HIP HOP PARA MI GENTE

MI GENTE 2:59mins

TRACK FOCUS

Time to add some flava and enjoy the music. You need to **Smack Your Hips** people!

MUSIC			EXERCISE	REPS	LEVEL
Jump Throw setup continued					
0:00	_ / Si el ritmo	6x8	Smack Your Hips Add Jump Side L, R with Double Time Arms	6	
0:28	Se baila asi / _	4x8	Add Breakout	4	
Feet Together setup					
0:46	Estamos rompiendo	1x8	Jump Together with Slow Head Wrap (2cts) "Feet together" Hip Rock R, L x3 with Wrap Arms (descending) (6cts)		
0:51	_ / C'est comme ci	1x8	Walk OTS L, R	4	
0:56	La la / _ / Francia	18x8	Wavey Wavey Mr Cohen Peow Wave Back Shake It To The Front Smack Your Hips Jump Throw Smack Your Hips Jump Throw Feet Together (8cts) Walk L, R x4	3	
2:20	Dos, tres, leggo! / _	4x8	Wavey Wavey Mr Cohen Peow Wave Back Shake It To The Front Smack Your Hips Jump Throw Smack Your Hips Feet Together (4cts) "Feet together now"		
2:39	Uh-huh, uh-huh	4x8	Freestyle Walk L, R	16	



07. HIP HOP PARA MI GENTE

PULL UP 2:31mins

TRACK FOCUS

Lots of learning to be had! Four new moves in quick succession, so use simple Layer 1 cues to hit the key points.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Heavy synth)	4x8	Wavey Wavey Mr Cohen Peow Wave Back Shake It To The Front Smack Your Hips Jump Throw Feet Together		
0:18	Pull up the bass	2x8	Freestyle Walk L, R	8	
0:27	(Siren) Pull up the	8x8	Wavey Wavey Mr Cohen Peow Wave Back Shake It To The Front Smack Your Hips Jump Throw Smack Your Hips Feet Together	2	
1:05	(Heavy synth)	4x8	Chest Pop with rhythm (face L) “Small and sharp”	16	
Hip Swing setup					
1:24	Pull up the bass	2x8	Low Hip Swing F/B with Arm Swing B/F “Let your hips swing”	8	
Turn and Freeze setup					
1:33	(Siren) Pull up the	2x8	3 Steps L (L, R, L), Freeze (face L corner) “Run backwards” Repeat to R “1, 2, freeze”	2	



07. HIP HOP PARA MI GENTE

PULL UP 2:31mins

MUSIC		EXERCISE		REPS	LEVEL
Throw Your Arms setup					
1:43	(Build up)	2x8	Jump Wide (face L), Drag Toes Together R (face F) "Jump both feet. Low in the legs" Repeat to R "Drag your back leg" (Last ½ rep: preview Double Arm Throw)	4	
1:52	Club working / _	4x8	Add Double Arm Throw O/H (face L) Add Double Grab at Chest (face F) Repeat to R "Throw it harder"	8	
2:11	(Quiet synth)	4x8	Throw Your Arms (x2) (travel F) "Travel forward" Chest Pop B/F (x8) (transition L to F) "Chest 4, 3, 2, 1" Hip Swing (x4) "Swing 4, 3, 2, 1" Turn and Freeze "3 steps back" (Continues into next track)		



08. HIP HOP PARA MI GENTE

BABABA (VETE PA'YA) 1:13mins

TRACK FOCUS

It's all about the **Turn and Freeze**. Start with clear directional cues to get your class turning in the correct direction, then use the music to hype the room!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Yo soy mala	8x8	(Continues from previous track) Throw Your Arms "Keep your body in the center" Chest Pop Hip Swing Turn and Freeze (Last rep: Add Back Turn) "Add a turn" "Turn back"	2	
0:36	(Hands mutha) / _	8x8	Add Breakout Add Back Turn L, R "Turn and freeze"	2	



09. HIP HOP PARA MI GENTE

MI GENTE (HENRY FONG REMIX) 1:13mins

TRACK FOCUS

Use the music to create contrast in your moves, then bring the energy in the buildup.

MUSIC		EXERCISE		REPS	LEVEL
Bounce Cross Step, Tap Your Toe setup					
0:00	_ Si el ritmo	8x8	Bounce Cross L, R, L (travel F) Repeat to R x3 "Right, left, right, left" "Show me the bounce" Step Tap L, R (travel B) x8 "Tap your toes"	2	
Hip Hop Para Mi Gente Routine setup					
0:36	Dos, tres, leggo! / _	8x8	Wavey Wavey Mr Cohen Peow Wave Back Shake It To The Front Smack Your Hips Jump Throw Smack Your Hips Feet Together Throw Your Arms Chest Pop Hip Swing Turn and Freeze		



10. HIP HOP PARA MI GENTE

MI GENTE (DILLON FRANCIS REMIX) 3:09mins

TRACK FOCUS
The music goes hard...

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Synth melody)	8x8	Bounce Cross Step Tap Your Toes	2	
0:35	Esta mi gente	2x8	Freestyle Walk L, R	8	
0:44	Dos, tres, leggo! / _	8x8	Hip Hop Para Mi Gente Routine		
1:20	Los DJs no	4x8	Bounce Cross Step Tap Your Toes		
1:38	Dos, tres, leggo! / _	8x8	Hip Hop Para Mi Gente Routine		
2:14	_ / Que seguimos	4x8	Bounce Cross Step Tap Your Toes		
2:32	Dos, tres, leggo! / _	8x8	Hip Hop Para Mi Gente Routine		



11. HIP HOP PARA MI GENTE

MI GENTE (HENRY FONG REMIX) 1:51mins

TRACK FOCUS
...and so do you!

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Estamos rompiendo	8x8	Bounce Cross Step Tap Your Toes	2	
0:36	Mi gente (mi gente)	2x8	Freestyle Walk L, R	8	
0:45	Dos, tres, leggo! / _	8x8	Hip Hop Para Mi Gente Routine		
1:22	Gusta mi gente	4x8	Bounce Cross Step Tap Your Toes		
1:40	(Fast fade)	1x8	Wide Freeze with Breathe Arms (ascending)		



HIP HOP PARA MI GENTE

Hip Hop for my people!

Don't run the feet in **Wavey Wavey**. You need to drop backwards into the back leg, staying super low and grounded. Hit the shoulders in **Wave Back** causing a chain reaction down the body, before sticking your butt out the back to **Shake It To The Front**. When it comes to **Throw Your Hands**, you need to keep your chest centered! That is, keep your body in the middle and jump both feet out. Keep the **Chest Pop** small and tight and remember to put the **Bounce Cross Step** in your legs. It should feel easy!

TECHNIQUE AND COACHING

WAVEY WAVEY

- Feet at hip-width apart, hips square, knees super soft, staying low in the legs, wide-step the feet B/F
- Drop into the back leg, lean B, arms long and relaxed
- L Heel Flick at knee height, foot flexed, toes down
- Swim the arms independently, wide, rolling F from the elbow, to full extension
- Hands open, slightly forward of the chest, palms down
- Clap hands above the head, elbows bent



MR COHEN

- Feet outside shoulder-width, knees soft, elbow bent
- Double-push the elbow wide, strong, at shoulder height, hand open, palm down
- Upper body shifts side to side, other arm long, hand open, palm in, slightly behind the hips
- Forearm pushes across, hand at wrist height, strong, from outside shoulder-width
- Elbow bent, below chest height, hand open, palm out
- Outside knee turns in, on the ball of the foot, heel up, knees bent, dropping low in the legs
- Weight shift side to side



PEOW

- Feet outside shoulder-width, knees soft, small step L
- R fingertips hit L palm, strong, front of chest, L arm pushes wide, R hand freezes
- R forearm parallel to floor, hand open, palm flat
- L elbow down, hand open front of shoulder, palm in
- L arm travels wide to full extension, elbow soft, hand open, fingers twinkle, eyes follow the hand
- L arm returns to front of chest, L palm hit R fingertips, strong, R hand pushes wide, L arm freezes
- Circle L knee wide, at hip height, foot relaxed, eyes F
- Double time
- Turn R, fast, elbow pulls B, L heel lift to knee height, finish feet wide, face F
- Rhythm: 1, 2, 3, turn



WAVE BACK

- Feet outside shoulder-width, knees soft, hands slap the shoulders on the off-count, arms circle wide
- Lean B, elbows super soft, finish at full extension, hands open to the low diagonal, palms F
- Rhythm: &5, 6





HIP HOP PARA MI GENTE

SHAKE IT TO THE FRONT

- Feet outside shoulder-width, knees soft, hips pop back, chest drops F
- Small Shoulder Push F, fast, in isolation, hands open, palms F, shimmy shoulders
- Small Jump OTS to finish, chest lifts
- Rhythm: 7, 8



FEET TOGETHER

- Jump feet under hips, slow double wrap the head, elbows F, hands open
- Drag the palms down the body, slow, front of chest, small Hip Rock side to side
- Double time (4cts)



SMACK YOUR HIPS

- Feet outside shoulder-width, knees bent, outside knee turns in, on the ball of the foot, hips push F
- Heel Release to the outside, Weight Shift side to side
- Tight Fist Smack to hip, palms up, elbow wide, other hand at belly height, tight fist outside the hip
- Increase range



JUMP THROW

- Feet outside shoulder-width, knees soft
- Cross-throw the hands F, forearms crossing low, below chest height, soft fists, palms in
- Double-throw the hands down, to full extension, outside the hips
- Double-throw the fists O/H, elbows to shoulder height, palms in
- Jump side, feet outside shoulder-width, inside foot lands first
- Increase range



THROW YOUR ARMS

- Jump both feet outside shoulder-width, hips to corner, knees bent, inside heel release, weight center
- Jump front leg under hips, drag B toes to the supporting heel, hips square, face F
- Arms long and relaxed, palms in, body centered
- Travel F
- Double-throw arms up/down, hard, to O/H at full extension, arms loose, leading from the elbows
- Hands open, at shoulder width
- Double-grab the fists, tight, at chest height, elbows wide
- Increase range



CHEST POP

- Refer to Isolations (face L)
- Chest Pop on the beat, slow transition chest to face F
- Increase range, arms held strong



HIP HOP PARA MI GENTE

HIP SWING

- Feet super wide, knees bent, swing the hips F/B, easy, staying low in the legs
- Small release of the toes as the hips swing B, slight drop of the chest F
- Arms swing B/F, at full extension, elbows and fists soft, palms in



TAP YOUR TOES

- Feet outside shoulder-width, knees super soft, tap the balls of the feet on the floor
- Heel turns in, knee out, weight shifting side to side, travel B
- Arms long and relaxed



TURN AND FREEZE

- Feet outside shoulder-width, 3 steps, weight on the toes, travel to B corner
- Wide freeze to finish, torso to corner, knees bent, hips B, slight F drop of the chest
- Increase range, back turn, outside shoulder turns B, travel to the diagonal



COACHING

PEOW

One seamless flow, your hands like dominos! Tell your class to *“pop it first before you turn”*

THROW YOUR ARMS

It's all about the weight distribution. Tell your class to keep their body in the center and drag the back toes. Say something like:

“Jump both your feet out”

“Keep your body in the center”

“Drag your back leg”

BOUNCE CROSS STEP

Simple Layer 1 cues to setup the footwork then find the bounce. It should feel easy!

“Right, left, right, left, right, left, right”

PERFORMANCE

Track 8 **Bababa**... Let the sound fill the room as you fill the music with movement.

In the final track, let the music drive the energy in your class. Build them up. Tell them we're gonna smash this from the top and then, keeping your technique clean, hit the lines every time.

BOUNCE CROSS STEP

- Cross-step the feet, outside shoulder-width, knees bent, bouncing down through the legs
- Transition side to side, travel F
- Arms super loose





12. RECOVERY

PELIGROSA 2:50mins

TRACK FOCUS

Bring your heart rate down with this sexy little number... *it's all flavor and feel!*

MUSIC		EXERCISE		REPS	LEVEL
Dangerous Combo setup					
0:00	(Low synth rhythm)	2x8	Stomp L with Hip Roll B L (slow) "Hips roll around the back"	8	
0:08	Yo soy peligrosa / _	4x8	Add L hand on hip (Hip Roll L x4) "Right hand" Repeat to R (L hand on hip) "Hips change direction"	2	
0:27	Yo soy peligrosa	6x8	Add Double Time (R, L) (transition to face R, L, R) Walk Back R, L x2 (face B) "Walk to the back of the room" Repeat to R	1½	
Hip Pop setup					
0:55	Soy peligrosa, mala	2x8	Wide Hip Push R x4 (descending) "Push your hip to the side" Repeat L	2	
1:04	Yo! Feeling like	2x8	Add Hand Slide L x4 "Right hand" Repeat to R	2	
1:13	Woah! Work	1x8	Single Hip Push R with Hand Slide L, Freeze "Single" Repeat to L		
1:18	(Woah!) Wanna feel	½x8	Add Double Time "Faster"		
1:20	(Woah!) Dale run	½x8	Add Triple Time	2	
Wave Back setup					
1:22	Yo soy peligrosa	2x8	Back Step R x4 (face R) "Drop into your back leg" Repeat L "Travel backwards" Repeat to R Slow Walk F L, R "Slow"	1	
1:32	asi so dangerous	4x8	Add Back Step L (L, R, L) with Chest Wave B x4 Slow Walk F R, L Repeat to R Slow Walk F L, R	1	
1:50	Yo soy peligrosa	2x8	Hip Pop L, R	2	
1:59	dangerous. Yo soy	6x8	Add Hand Slide R, L	6	
2:27	(Fade)	½x8	Jump Together, Wave Back	1	
2:29	asi so dangerous	4x8	Dangerous Combo	1	
2:48	peligrosa _	½x8	Dynamic Freeze	1	



12. RECOVERY

PELIGROSA 2:50mins

Bring your heart rate down with this sexy number...it's all flavor and feel!

TECHNIQUE AND COACHING

DANGEROUS COMBO

- Feet outside shoulder-width, knees super soft, small step the outside leg, Hip Roll B, arms long, chest lifted
- L hand to hip, palm flat, fingers forward, elbow bent
- Other arm long and relaxed, hand open, palm in
- Double time, step transition to face side, torso turning side to side
- Other arm to the low diagonal, eyes F
- Turn in to face B, walk B, feet under hips with natural arm swing



HIP POP

- Step wide, feet outside shoulder-width, knees soft, chest lifted
- Hip Push to the outside x4, knees bent, slight descend into the legs
- Hand forward at belly height, elbow bent, relaxed fist, palm in
- Other arm long, hand open behind the hips, palm in
- Slide the hand across, in/out from the wrist, soft fist with thumb and index finger extended, palm up
- Single time, sharp pop, freeze
- Triple time

WAVE BACK

- Feet hip width apart, knees super soft, step B, dropping heavily into the back leg, front heel lifted
- Weight back, chest lifted, arms long and relaxed, travel B
- Slow walk forward, feet under hips, knees soft, arms long
- Body Wave B, chest lifted, rippling through the torso, smooth and continuous



COACHING

DANGEROUS COMBO

You need clear directional cues to set up the Dangerous Combo. Say something like:

"Your hips change direction"

"4, 3, 2, 1, switch..."

"Now walk to the back of the room"

"Other side"

PERFORMANCE

Work that freaky flow! Tap into the music here. This move is all flavor and feel people!



13. FUEGO PARA MI GENTE

WOULD YOU EVER 3:50mins

TRACK FOCUS

Fire for my people! The movement comes from the shoulders in the **Shoulder Tap**, then twist the torso as you **Back It Up**. Remember to coach the rhythm of the **Triple Tap** and hit the **Hip Wave** super hard.

MUSIC		EXERCISE		REPS	LEVEL
Shoulder Roll, Back It Up setup					
0:00	ever run away	8x8	Wide Walk L, R x2 with F Shoulder Roll x4 Wide Walk with Diagonal Reach L, R x2 “Turn your chest” (Last 4cts: preview Bounce Tap)	4	
Shoulder Roll, Back It Up setup continued					
0:31	Would you ever ?	4x8	Bounce Tap L, R x2 Walk L, R x4 (travel B, F x2) “Back, back, forward, forward”	2	
0:46	Would you	8x8	Shoulder Roll L, R Back It Up “Feet wide, then bring them in close” Step Touch L, R x2 (Last rep: preview Forward Turn)	4	
1:16	ever run away	8x8	Add Forward Turn R (reach L, R, L only) “Step forward, then pull your left shoulder back”	4	
Triple Tap setup					
1:47	ever hope for a	8x8	Wide Freeze with Shoulder Tap x2, Low Reach L “1, 2, 3” Shoulder Tap x3, Palm Freeze L “1, 2, 3” (Last rep: preview High Reach)	8	
2:17	Would you ever ?	4x8	Add High Reach L, Freeze “Turn your palm out, look away”	4	
2:33	Would you ever ?	4x8	Bounce Tap L, R	8	
2:48	Would you	16x8	Shoulder Roll Back It Up Triple Tap (Double Time with Step Back Tap L, R) Add Hard Hip Rock L, R with L Hand Wave O/H R, L x6 Step Touch L, R x2 (Last rep: preview Turn Back) (Last rep: replace Step Touch with Bounce Tap)	4	



14. FUEGO PARA MI GENTE

BURNIN’ 3:07mins

TRACK FOCUS

A banging track... and *IT’S BIG!* Draw focus to the **Turn** footwork, then start to explore the space. Tell your class to feel the freedom of the **Fly** and use momentum to guide the changes in direction.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Steady beat)	8x8	Shoulder Roll Back It Up Triple Tap Hip Wave L, R x2 Add Turn Back L, R x4 (travel R, L) <i>“Right leg crosses back”</i> Bounce Tap L, R x2	2	
0:30	(all the girls) / _	8x8	Add Breakout	2	
1:00	(Synth blast)	1x8	Feet Together (face R), Slow Wave B	2	
Fly setup					
1:04	(High synth note)	8x8	Step Jump L (transition to face L), Wide Freeze L <i>“Step jump”</i> Drop, Wave Up (face L) (4cts) <i>“Wave”</i> Step Touch L, R x2 (transition to face F, travel B)	4	
1:34	(Light beat)	4x8	Add Double Arm Swing to O/H <i>“Use your arms to swing”</i> (Last rep: replace Step Touch with Bounce Tap)	2	
1:50	(Build up)	4x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly		
2:05	(all the girls) / _	4x8	Bounce Tap L, R	8	
2:20	(Heavy synth)	4x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly		
2:36	(Percussion)	4x8	Bounce Tap L, R	8	
2:51	(Steady beat)	4x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly		



15. FUEGO PARA MI GENTE

ONE KISS 3:32mins

TRACK FOCUS

On The Six... Need I say more? Pull back the energy and deliver clean, simple Layer 1 cues during setup. When the tempo increases, talk to the rhythm of the move.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Take the night	4x8	Bounce Tap L, R	8	
0:15	Something in you	4x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly		
0:30	One kiss is all	4x8	Bounce Tap L, R with Freestyle Arms O/H	8	
0:45	Need (One)	12x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly	3	
On The Six setup					
1:30	_ / I just wanna	8x8	Step L with Hand Clap L (face L) <i>“Right leg”</i> L Hand Slide across Chest (transition to face F) L knee turns in with L Hand Slide to knee <i>“Turn the knee in”</i> L Palm Sweep F (ct6) Repeat to R <i>“Slide the hand across your body”</i> (Last 4cts: preview Pump It)	1	
Pump It setup					
2:00	One kiss is all	2x8	Wide Bounce Tap L, R with Elbow Pump R, L (Last ½ rep: preview Arm Wave O/H)	4	
2:08	One kiss is all	2x8	Add Arm Wave O/H R, L	4	
On The Six setup continued					
2:16	Need (One)	12x8	On The Six L (Double Time) <i>“1, 2, 3, 4, 5, 6”</i> Add L Knee Swivel x3 (out/in/out) <i>“7 & 8”</i> Add Wave R, Step Touch L, R, L (8cts) Repeat to R <i>“On the ball of your foot”</i> (Last 8cts: preview Jump Tap)	3	
Jump Tap setup					
3:01	(Steady rhythm)	4x8	Jump B <i>“Two feet, jump back”</i> Tap F L, R x2 <i>“Tap”</i>	4	
3:16	(Steady beat)	4x8	Add Helicopter Arm Swing R, L <i>“Helicopter your arms”</i>	4	



16. FUEGO PARA MI GENTE BUM BUM TAM TAM (DAVID GUETTA REMIX) 3:09mins

TRACK FOCUS

Tap into the music during the setup phase of the **Double Jump**, then bring back the energy and feel the room lift!

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Heavy beat)	4x8	Add Breakout “Get lower”	4	
Double Jump setup					
0:14	(Synth blast)	2x8	Jump B x2, Jump to Wide Freeze (face R) “Double jump back” Slow Head Turn F/B (8cts)		
0:22	(_ / Ah, ah)	1x8	Add Jump F x2, Jump Wide to Low Freeze (transition to L) Add Slow Rise		
0:26	(Drum rhythm)	6x8	Double Jump B, F	3	
0:48	Bum bum tam tam	4x8	Add Double Time “1 & 2”	4	
1:03	(Quiet)	1½x8	Freestyle Freeze		
1:09	(Build up)	4x8	Jump Tap Double Jump	2	
1:24	(Heavy synth)	8x8	Add Breakout “Get lower in your legs”	4	
1:54	(_ / Y que griten los	4x8	Step Touch L, R	8	
2:09	(_ / E a flauta	16x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly Jump Tap Double Jump On The Six R (Continues into next track)	2	



17. FUEGO PARA MI GENTE

MI GENTE (STEVE AOKI REMIX) 2:45mins

TRACK FOCUS

One more move... **Wave**. Tell your class to finish facing the side and “jump backwards”.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Steady beat)	8x8	(Continues from previous track) Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly Jump Tap Double Jump On The Six R		
0:29	Toda me gente se	2x8	Step Touch L, R	4	
0:37	(Build up)	4x8	Bounce Tap L, R	8	
0:52	Dos, tres, leggo! / _	24x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly Jump Tap Double Jump On The Six R	3	
Wave setup					
2:22	_ / Que seguimos	4x8	Wave L (3cts), Jump B (travel R) “Wave, jump back” Repeat to R (Last rep: preview Arm Throw O/H)	4	
2:37	(Build up)	2x8	Add Double Arm Throw O/H L, R “Throw it up”	2	



18. FUEGO PARA MI GENTE

808 (EXTENDED VERSION) 2:00mins

TRACK FOCUS

Dos, tres, leggo! Embrace the calm... Then light the match. Here comes the fire!

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Dos, tres, leggo! / _	8x8	Wave x2 "Get low in your legs" Add Pump It x4	2	
0:29	(Long synth note)	4x8	Wide Freeze with Breathe Arms (ascending/ descending) (Last 24cts: Slow Hip Rock L, R x4, Double Time Hips x2) (Last 4cts: preview Step Touch)		
0:44	(Long synth note)	4x8	Step Touch L, R	8	

Fuego Para Mi Gente Routine setup

0:59	(Build up)	16x8	Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly Jump Tap Double Jump On The Six R Add Wave Add Pump It (2nd rep continues into next track)	2	
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19. FUEGO PARA MI GENTE

MI GENTE (HARDWELL & QUINTINO REMIX) 2:17mins

TRACK FOCUS

Fuego Para Mi Gente!

MUSIC		EXERCISE	REPS	LEVEL
0:00	(Whine!) _	8x8 (Rep continues from previous track) Shoulder Roll Back It Up Triple Tap Hip Wave Turn Fly Jump Tap Double Jump On The Six ^R Wave Pump It		
0:29	_ / Shake your body	2x8 Pump It (Last rep: preview Arm Wave O/H)	4	
0:37	_ / Shake your body	2x8 Add Arm Throw O/H R, L	4	
0:44	_ / Whine up	4x8 Step Touch L, R (Option: Freestyle Walk)	8	
0:59	(Build up)	2x8 Bounce Tap L, R	4	
1:07	It? Arteezy! / _	12x8 Fuego Para Mi Gente Routine setup		
1:52	(Whine!) / _	4x8 Step Touch L, R	8	
2:07	(Fast fade)	1x8 Wide Freeze with Breathe Arms (ascending)		



FUEGO PARA MI GENTE

Fire for my people!

The movement comes from the shoulders in **Shoulder Roll**, then twist the torso to the opposite corner in **Back It Up**. You need to find the rhythm in the **Triple Tap** and hit the **Hip Wave** super hard. Always use clear Layer 1 cues to set up the **Turn** and keep the feet stepping into the **Fly**... This move is all about momentum! Launch off the front leg holding the left leg straight out the back, then tell your class to jump backwards in the **Jump Tap**. Finish by facing the side as you jump back in the **Wave**.

TECHNIQUE AND COACHING

SHOULDER ROLL

- Wide-walk the feet outside shoulder-width, knees soft, weight shifting side to side
- Shoulder Roll F, hands open at shoulder height, elbows down, palms F
- Tap feet outside shoulder-width, knees super soft, bouncing down through the legs, inside heels lift
- Bounce-tap the feet with F Shoulder Roll arm-line
- Add **Back It Up**



BACK IT UP

- Wide-walk the feet outside shoulder-width, knees soft, weight shifting side to side
- Outside arm reaches F to diagonal, at full extension, palm F at shoulder height, fingers splayed
- Other hand flat to chest, elbow pulls B, chest turns to opposite corner
- Wide-walk the feet B, outside shoulder-width, walk the feet F under hips, natural swing of the arms
- Wide-walk the feet (travel B/F) with Reach arm-line
- Turn R, R shoulder turns B, L arm draws in, soft fists to chest height, elbows wide



TRIPLE TAP

- Wide freeze outside shoulder-width, torso square
- Light Shoulder Tap, other arm long, hand outside hip, palm in
- L hand double taps the shoulders (R, L), R arm drops to low diagonal, hand open, palm F, eyes to hand
- L hand triple-tap the shoulders (L, R, L), L hand freezes outside the shoulder, palm in
- L arm reaches to high diagonal, at full extension, hand open, palm out, eyes look away
- Arm line rhythm: 1, 2, 3 & 4, 5, Reach
- Double time
- Step-tap the toe behind the supporting leg
- Rhythm: 1&2&3&4



HIP WAVE

- Feet outside shoulder-width, hard Hip Push side to side, L hand to the high diagonal at full extension
- Flick the hand (R, L) from the wrist, strong, hand open, palm R, fingers slightly splayed



TURN

- Wide-step the feet outside shoulder-width, knees soft, Back Turn, L leg crossing B, L shoulder turns B
- Travel R, L
- Arms loose and relaxed, hands wide, elbows bent
- Rhythm: *left, right left, right, left, right, left*
- Add the **Fly**, using momentum to swing the body around





FUEGO PARA MI GENTE

FLY

- Step Jump L, launching up out of the legs, R leg long, at full extension, toes down
- Arms long and relaxed, transition from R to face L
- Wide freeze to finish, arms long at full extension, hands outside hips
- Bend the knees, drop low into the legs, chin to chest
- Wave up through the torso, chest lifts, rising up through the legs
- Hands cross front of chest, fly-swing the arms wide to full extension O/H, hands to the high diagonal. Hands open, palms down, fingers long



JUMP TAP

- Jump B, feet landing together, hips square, knees soft
- Tap F, knees bent, dropping low into the legs, feet flat on floor, body turns to face the outside
- Circle swing the arms B, small, from the elbows, hands open, fingers slightly splayed
- Front arm to front of chest, wrist flexed, hand open, palm B
- Back arm at full extension B, slight flex of the wrist, hand open, palm B
- Increase range, dropping lower in the legs



DOUBLE JUMP

- Double-jump the feet under hips, transition to face R, travel B
- Back foot flat on floor, front heel lifts, weight on the ball of the foot, slow head turn F/B
- Double-jump feet under hips, transition to face L, travel F
- Land wide, face L, knees bent, dropping low into the legs
- Double time, tight
- Rhythm: 1 & 2



ON THE SIX

- Step feet outside shoulder-width, on the balls of the feet, knees wide, chest faces side
- Hands clap together, wide, at full extension, palms flat, fingers long
- Outside hand slides across the arm and chest, torso transitions to face F, inside arm at full extension, hand opens at shoulder height, palm F
- Outside knee turns in, on the ball of the foot, outside hand slides down to knee, chest dropping F, dropping low into the legs
- Other arm transitions to behind the body, at full extension, hand stops at head height, palm down
- Outside hand sweeps F off the knee on ct 6, palm wide
- Double time
- Swivel the outside knee, on the ball of the foot (out/in/out), knees bent, staying low in the legs
- Body wave to the inside, waving up through the chest, step-touch the feet
- Rhythm: 1, 2, 3, 4, 5, 6, 7 & 8





FUEGO PARA MI GENTE

WAVE

- Feet outside shoulder-width, knees bent, body wave wide, transition to face side
- Drop low into the legs, waving up through the chest
- Jump B, face side
- Rhythm: 1, 2, 3, jump
- Arm Throw O/H, loose, leading from the elbows, soft fist, at shoulder-width
- Increase range



PUMP IT

- Feet outside shoulder-width, bouncing down on the beat, wide-tap the toes
- Pull elbow towards the hip, hand to shoulder height, soft fist
- Drift the body side to side, chest turning wide, bouncing down through the legs
- Arm Throw wide to O/H, elbow bends, soft fist to front of chest
- Increase range



COACHING

BACK IT UP

Keep it simple!

Start with simple, repetitive cues to set up the move. When adding the Turn, tell your class to bring the arm in and turn, taking their left shoulder back.

TURN

You need to deliver clear Layer 1 and 2 cues to create success. When adding the **Fly**, tell your class to “*keep stepping the feet, using momentum to swing the body around*”.

Help your class nail the rhythm of the **Jump Tap**. Say something like:

“Feet together, jump backwards”

“Jump, back, front”

“Jump, tap, tap, tap, tap”

PERFORMANCE

Mi Gente anyone?

SAY NOTHING. Seriously. The end result is Fuego Para Mi Gente!



20. GROOVEDOWN

FAMILIAR 3:17mins

TRACK FOCUS

You need to bring it... Get into your legs in the **Famili Combo** and control all your bits. Love *this track!*

MUSIC		EXERCISE		REPS	LEVEL
Shoulder Roll setup					
0:04	_ / It's simple	4x8	Wide Freeze with Slow Shoulder Roll B R x4 Repeat L	2	
Take It Back setup					
0:25	Ooh, I just	2x8	Walk B L, R x4 with Loose Wrist Cross (8cts) "Walk back" Fast Walk F L, R x4 with palms F (4cts) "1 & 2 & 3 & 4 &" Freeze Together, Slow Wave B (4cts)		
Famili Combo setup					
0:36	Get famili-famili	4x8	Shoulder Roll (Double Time) "Double time" Take It Back (with Fast Walk F L, R x2½ only) "Walk back"	2	
0:56	_ / Your waistline	4x8	Lat Stretch R Repeat L		
1:17	Ooh, I just	2x8	Take It Back "Let your body bounce"		
1:27	Get famili-famili	4x8	Famili Combo	2	
1:48	_ / ah-ah-ah-ah	2x8	Wide Hip Push B with hands on hips L, R (Last rep: preview Sharp Hip Push)	8	
1:58	_ / Quisiera que	2x8	Add Sharp Hip Push "Sharper" (Last rep: preview Heel Tap)	8	
2:09	Senorita, que	2x8	Heel Tap R, L	8	
2:19	Y sabes que lo	2x8	Take It Back		
2:29	Get famili-famili	4x8	Famili Combo	2	
2:50	_ Ah-ah-ah-ah	4x8	Freestyle Walk OTS with Clap O/H	16	



20. GROOVEDOWN

FAMILIAR 3:17mins

You need to bring it! Get into your legs in the **Famili Combo** and control all your bits! *Love this track...*

TECHNIQUE AND COACHING

SHOULDER ROLL

- Feet outside shoulder-width, knees soft, Shoulder Roll B, chest turning to the outside
- Elbow pulls back, other arm long and relaxed, hands open, palms in

TAKE IT BACK

- Slow Walk B, feet under hips, knees super soft, Hip Rock side to side, bouncing through the legs
- Slow Elbow Bounce at chest height, natural cross change at the wrists, super soft fists, palms in
- Fast Walk F, low in the legs, fast Hip Rock side to side
- Hands open below shoulder height, palms forward, elbows down
- Freeze feet together, wave B through the chest, slight drop of the arms
- Rhythm: 1 & 2 & 3 & 4 & wave



FAMILI COMBO

- Combines the **Shoulder Roll** and **Take It Back** combos
- **Shoulder Roll** double time, stepping the outside leg progressively wider from shoulder width
- **Take It Back** with Fast Walk F L, R x2½ reps only (L, R, L, R, L), finish feet together, small wave B

COACHING

PERFORMANCE

Just tap into the music and find your style in the **Famili Combo**.



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 16 ‘Bum Bum Tam Tam’, leave out Tracks 17 – 20 and go straight into Track 21 ‘Earthquake’ to continue with the MASH IT! Block.

21. EARTHQUAKE (EXTENDED MIX) 4:02mins

Music		Exercise		REPS	LEVEL
Fuego Para Mi Gente Routine setup					
0:00	(Steady beat)	8x8	Shoulder Tap Back It Up Triple Wave Hip Wave Turn Fly Jump Tap Double Jump On The Ball Of The Foot R		
0:30	Jump make the	4x8	Step Touch L, R	8	
0:45	earthquake / _	8x8	Fuego Para Mi Gente Routine		
1:15	(Long synth blast)	4x8	Slow Wide Hip Rock L, R (Last 4cts: preview Step Touch)	8	
1:31	(Tempo decreasing)	4x8	Step Touch L, R (Preview Hip Hop Para Mi Gente Routine)	8	
1:48	(Synth melody)	32x8	Hip Hop Para Mi Gente Routine Bounce Tap Your Toes (Last rep: Bounce, Tap Your Toes continues into next track)	3	



MASH IT!

22. RIGHT HERE, RIGHT NOW (CAMELPHAT REMIX)

7:00mins

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Steady beat)	4x8	(Rep continues from previous track) Bounce Tap Your Toes		
0:16	(Long synth blast)	4x8	Step Touch L, R	8	
0:32	(Building melody)	8x8	Fuego Para Mi Gente Routine		
1:04	(Synth melody)	4x8	Step Touch L, R	8	
1:20	Right here. Right	80x8	Hip Hop Para Mi Gente Routine Bounce Tap Your Toes (Last 4cts of Tap Your Toes : preview Bounce Tap L, R) Fuego Para Mi Gente Routine	4	
6:40	(Outro)	4x8	Step Touch L, R	8	
6:56	(Synth blast)	1x8	Wide Freeze with Breathe Arms (ascending)		



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



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.

