

BODYJAM 89

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RECOVERY

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GROOVEDOWN

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MASH IT!

BODYJAM COACHING UPDATE

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MUSIC

WARMUP

- 01
- Up All Night (Extended) (3:33)

R3HAB & MOTi feat. Fiora

© 2018 CYB3RPVNK.
Written by: Dhukov, El Ghoul, Ferrucci

ISOLATIONS

- 02
- Shellz (2:11)

Ape Drums feat. Denzel Curry & Frizzo

© 2018 SpinninRecords.com.
Written by: Lopez, Curry

OLDSCHOOL

- 03
- Push It (Re-Recorded) [Remastered] (4:57)

Salt-N-Pepa

© 2013 Cleopatra Records.
Written by: Roberts, Rotem, Moroder, Bellotte

HIP HOP

- 04
- Uproar (3:03)

Lil Wayne

Courtesy of the Universal Music Group.
Written by: Carter, Chambliss, Dean, Dozier, B. Holland, E. Holland
- 05
- Muevel Booti (2:43)

GTA feat. Versano Laroze & Godwonder

© 2018 Mad Decent.
Written by: Mateo, Meija, Math
- 06
- 1 Thing (2:43)

Amerie

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Written by: Walden, Rogers, Harrison
- 07
- Taki Taki (1:45)

DJ Snake feat. Selena Gomez, Ozuna & Cardi B

Courtesy of the Universal Music Group.
Written by: Ozuna, Saavedra, Almanzar, Brignol, Gomez, Grigahcine, Rivera, Thorpe
- 08
- Gangsta Luv (3:49)

Snoop Dogg feat. The Dream

Courtesy of the Universal Music Group.
Written by: Nash, Broadus, Stewart
- 09
- Twerk (Remix) (2:35)

City Girls feat. Cardi B

Courtesy of the Universal Music Group.
Written by: Edwards, Kirby, Ordogne, Johnson, Norman, Tur
- Twerk (0:46)

City Girls

Courtesy of the Universal Music Group.
Written by: Edwards, Kirby, Ordogne, Johnson, Norman, Tur

RECOVERY

- 10
- Sexo (3:23)

Leggo West

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Written by: Francis, Perez, Rushent

UP ALL NIGHT

- 11
- Buscando (4:35)

GTA & Jenn Morel

© 2018 Mad Decent.
Written by: Mejia, Morel, Toth
- 12
- Cutting Shapes (Extended Mix) (3:03)

Don Diablo

© 2016 HEXAGON / Spinnin' Records B.V.
Written by: Schipper, van Sonderen, Walker, Smith
- 13
- Booyah (Breathe Carolina Extended Remix) (2:52)

Showtek

© 2018 Spinnin' Remixes / SpinninRecords.com.
Written by: S. Janssen, W. Janssen, van den Biggelaar, Ortgies
- 14
- Booyah (1:00)

Showtek feat. We Are Loud! & Sonny Wilson

© 2013 2-Dutch B.V. / under exclusive license to Spinnin' Records B.V.
Written by: S. Janssen, W. Janssen, van den Biggelaar, Ortgies
- 15
- Booyah (Breathe Carolina Extended Remix) (2:00)

Showtek

© 2018 Spinnin' Remixes / SpinninRecords.com.
Written by: S. Janssen, W. Janssen, van den Biggelaar, Ortgies
- 16
- Game Over (Extended) (0:59)

Martin Garrix, Loopers

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Written by: Hamidian, Garrix
- 17
- Promises (David Guetta Extended Remix) (2:12)

Calvin Harris, Sam Smith

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Written by: Wiles, Smith, Reyez
- 18
- Game Over (Extended) (0:44)

Martin Garrix, Loopers

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Written by: Hamidian, Garrix
- 19
- Shuttin It Down (Extended Mix) (3:20)

Maddix feat. Kriss Kiss

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Written by: Rindt, Kiss



MUSIC

GROOVEDOWN

20

thank u, next (3:29)

Ariana Grande

Courtesy of the Universal Music Group.
Written by: Parks, Anderson, Brown, Foster, Grande, Monet

MASH IT!

21

Olé Olé (3:54)

Mariana BO

© 2018 Spinnin’ Premium / SpinninRecords.com.
Written by: Robles

22

Magic (3:50)

KSHMR

© 2018 Dharma / under exclusive license to SpinninRecords.com.
Written by: Hollowell-Dhar, Strand, Engström, Hynne

ALTERNATIVE TRACKS

ALT
04

Uproar (Instrumental) (3:03)

Lil Wayne

Courtesy of the Universal Music Group.
Written by: Carter, Chambliss, Dean, Dozier, B. Holland, E. Holland

ALT
07

Taki Taki (Instrumental) (1:45)

DJ Snake

Courtesy of the Universal Music Group.
Written by: Ozuna, Saavedra, Almanzar, Brignol, Gomez, Grigahcine, Rivera, Thorpe

BONUS RECOVERY

BONUS
10

Workout
for Water

Heads Up (3:31)

JAIN

© 2015 Spookland
Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Galice



L-R: Erin Maw, Uchop Matt, Gandalf “G” Archer Mills, Nicky Lord.

BODYJAM 89 will keep you *Up All Night*. From the highest Synth-Pop highs to the grindiest twerk’d-out Hip Hop, this release has it all.

Track 1 is literally *Up All Night* and it’s such a simple hype way to start the class. Then the huge drops of Shellz takes your Isolations track and turns it up to 11.

Track 3 is an Oldschool banger of epic proportions. Get your NY styles on and literally everybody in your class will know the words to Push It, before Block 1 is Full Hip Hop, starting with the dance track of 2018, Uproar, Moombah sweetness and a little more touch of Oldschool, before the brand-new retro-sounding twerk-banger Twerk (say twerk one more time) takes the whole routine home with twerk sass.

The recovery is a gorgeous trip through some Caribbean beach, then the second half is banger after banger, with huge sounds with simple stylish choreography taking the dance and the cardio to all new highs.

In this release you have the time and space to work on your technique in each combination, so find the hard or the soft, the high and the drop, and explore the space around you, to the best music in the world.

BODYJAM, staying *Up All Night* since 2005.

CREDITS

Program Director – Gandalf Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings & Andrew Newmarch

Program Coach – Nicky Lord

Production Coordinator – Alex Pugh

PRESENTERS

Gandalf “G” Archer Mills (New Zealand) is Program Director for BODYJAM. He is based in Auckland and has dedicated his life to dance, performance and teaching.

Uchop Matt (Malaysia) is a BODYJAM Trainer and a BODYPUMP and SH’BAM Instructor. He is based in Kuala Lumpur where he is a dancer and graphic artist.

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

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



EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warmup	Track 01	Warmup
Track 02	Isolations	Track 02	Isolations
Track 03	Oldschool	Tracks 11-19	Up All night
Tracks 04-10	Hip Hop	Total Time	26:29
Total Time	28:05		

45-MINUTE FORMAT	
Track 01	Warmup
Tracks 04-10	Hip Hop
Tracks 11-19	Up All Night
Total Time	41:42

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

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

	BASE		FLAVA		BREAKOUT
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HEY INSTRUCTORS

When it comes to mixing up past releases, you can teach back as far as BODYJAM 32, with some exceptions:

Many of the older BODYJAM blocks have a considerably higher complexity level that will be out of reach for many new members in your class. If you teach the more complex routines from past releases, you will inevitably alienate new participants, and they will be unlikely to come back.

- For example, blocks to avoid:
- BODYJAM 37 Jazz Rock
 - BODYJAM 38 Latin Block
 - BODYJAM 39 Dance 4 Life
 - BODYJAM 40 Jive & Swing, Krump Club
 - BODYJAM 43 Disco Cardio
 - BODYJAM 46 Tribal Explosion
 - BODYJAM 49 Street Jazz

If you have a more advanced audience who you have taught these routines to over many years, then maybe you can pull out one of these blocks once every six months. But if, like me, you have a bunch of new people in each class you teach, then I strongly suggest you avoid these blocks with higher complexity.

However, there are some incredible older tracks, full of magic and simple, pure dance feel:

BODYJAM 41 La Bomba, BODYJAM 33 Hey Mama, BODYJAM 42 Jam De Podium, and who could forget the Battle from BODYJAM 32!

Pick and choose your tracks carefully and you will have the floor on fire every week.

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



01. WARMUP

TRACK FOCUS

Start simple with **Up All Night**, a synthpop banger so use your legs to keep it tight and coach the basic rhythm repetitively.

MUSIC		EXERCISE		REPS	LEVEL
0:05	(Steady beat)	4x8	Wide Tap, L, R	8	
Tap Jump Combo setup					
0:20	(Low synth)	4x8	Tap L (out/in), Jump L x3 "One Tap, three Jumps" Wide Tap R, L Repeat R "Out, in, 1, 2, 3"	2	
Up All Night setup					
0:35	_ Don't keep me	4x8	Wide Freeze with Diagonal Arm Reach O/H (4cts) "Arms up" Elbow Pull Down with Palms Up (4cts) "Elbows down" Contract the torso, Arm Roll In (face L) (4cts) "Collapse" Wide Freeze with Hand Roll Out (face F) (4cts) "Roll open" Repeat R		
0:50	_ Don't keep me	4x8	Add Double time "1, 2, drop, roll in"	2	
1:06	_ I'm up, I'm	2x8	Wide Jump OTS "Two feet off the ground"	16	
1:13	(B up)	2x8	Wide Tap L, R	4	
Tap Jump Combo setup continued					
1:21	(Heavy synth)	8x8	Tap Jump Combo (L, R, L) "Out, together, 1, 2, 3" Add Wide Jump OTS x8 "Jump" Tap Jump Combo (R, L, R) "Left side" Add Wide Jump OTS x8		
1:51	(Synth blast)	2x8	Wide Freeze with Body Roll (down/up)		
1:59	_ Don't keep me	4x8	Up All Night "Use your legs to get low"	2	
2:14	_ Don't keep me	4x8	Add Triple time with Slow (6cts) Hand Roll Out "1, 2, 3, 4"	2	
2:30	_ I'm up, I'm	2x8	Wide Jump OTS (Last 4cts: preview Wide Tap)	16	
2:37	(B up)	2x8	Wide Tap L, R	4	
2:45	(Heavy synth)	8x8	Tap Jump Combo "One Tap, Three jumps" (Last 2cts: preview Drag Step Touch)	2	
3:15	(Outro)	4x8	Drag Step Touch L, R "Slide your feet"	8	
3:31	(Quick fade)	1x8	Wide Freeze with Body Roll (down/up)		



01. UP ALL NIGHT 3:33mins

We're going to keep you **Up All Night** with this up-tempo synthpop song, so use your legs to get low and talk to the rhythm of the move.

TECHNIQUE AND COACHING

TAP JUMP COMBO

- Feet under hips, tap outside shoulder-width, knees super soft, bouncing down through the legs
- Weight on the balls of the feet, inside heels lift, weight shifts to the outside
- Arms long and relaxed, hands soft, palms in
- Tap outside shoulder-width, knee turns wide, weight shifts to the outside
- Lead foot is flat on floor, knee bent, inside heel releases
- Natural swing of the arms
- Feet under hips, 3 small Jumps, travel side, hips square to front, knees soft
- Jump OTS, feet outside shoulder-width, knees soft, freestyle arms



UP ALL NIGHT

- Feet outside shoulder-width, knees soft, chest lifted
- Unfold arms to the high diagonal, elbows lead, hands open, palms down
- Elbows pull down below chest height, palms up, fingers super relaxed
- Bend knees, drop into the legs, torso to corner, inside heel lifts
- Contract the torso, rounding out through the shoulders, chin to chest
- Arms roll in to the low diagonal, elbows lead, hands open, palms wide
- Hands roll out, elbows bent, thumbs lead, palms up, elbows to ribcage, chest square to front
- Double time
- Increase range of motion



COACHING

Up All Night makes a cameo in track 17, so take your time setting up this move using clean and simple Layer 1 cues.



02. ISOLATIONS

TRACK FOCUS

The music is hype so keep your movements crisp. Bring out the flavor by finding silence in the drops and keeping your isolations tight.

MUSIC		EXERCISE		REPS	LEVEL
0:01	(Claps)	1½x8	Wide Freeze with Double Chest Pop <i>"In your chest"</i>	6	Yellow
0:06	(Drum rhythm)	2x8	Add Slow transition to face L <i>"Slowly make your way to the corner"</i>	4	
0:12	(Low synth)	2x8	Wide Knee Bounce (face L) <i>"Knees bounce"</i>	16	
0:19	(Siren)	2x8	Add Double time <i>"Ba, ba, ba, ba, ba"</i> (Last ct: Jump wide to face F)	32	
0:25	(Fast beat)	2x8	Wide Freeze with Heavy Shoulder Bounce (face F) <i>"Heavy arms"</i>	16	
0:31	(B Up)	1x8	Add Elbow Bounce to O/H <i>"Now take it up, up, up, up"</i>	8	
0:34	_ We aren't	9x8	Wide Freeze with Elbow Bounce O/H x4 <i>"4, 3, 2, 1"</i> Jump Drop Swing F	9	Red
1:03	(Claps)	4x8	Wide Hip Circle L with Slow (8cts) Palm Drag (down) <i>"Hips right, up down"</i>	16	Yellow
1:16	(B up)	3x8	Wide Freeze with Fast Shoulder Roll B L, R <i>"Peel your arms back"</i>	12	
1:26	_ We aren't	5x8	Jump OTS, Hip Push B x4 <i>"4, 3, 2, 1"</i> Wide Bounce L x4 (travel to face L) <i>"Bounce, bounce, bounce, bounce"</i> Repeat R	2½	
1:42	up with it _	4x8	Wide Hip Circle R with Breath Arms (ascending/descending)	16	
1:55	(Claps)	4x8	Wide Walk L, R with Double Chest Pop	8	
2:07	(Fade)	1x8	Dynamic Freeze		



02. SHELLZ 2:11mins

The music is hype and the moves are crisp! Bring out the big flavor by finding silence in the big drops and letting your moves bring the feel.

TECHNIQUE AND COACHING

ELBOW BOUNCE WITH JUMP DROP SWING

- Feet outside shoulder-width, knees soft, heavy Shoulder Bounce, elbows bent, hands open
- Elbow Bounce transition to O/H
- Feet outside shoulder-width, knees soft, arms O/H, lean back
- Elbow bounce to chest height, heavy, hands relaxed, small Bounce through the legs
- Small Jump OTS, drop down into legs, knees bent, collapse the body, chest drops to hip height
- Swing the arms (down/back), at full extension, super soft elbows, eye gaze to floor



JUMP OTS, HIP PUSH B

- Feet under hips, knees bent, Hip Push B, slight Bounce through the heels, face side
- Jump Bounce transition, travel side, transition to face wide



FAST SHOULDER ROLL

- Feet outside shoulders, knees soft, roll the shoulders B
- Hands relaxed, elbows pulls B below chest height, chest turns wide



WIDE KNEE BOUNCE

- Feet outside shoulders, small knee bounce F OTS, weight centered
- Double time, holding super strong through the torso



WIDE HIP CIRCLE

- Feet outside shoulders, knees bent, step lead foot, hip roll wide, rise and fall through the legs





03. OLDSCHOOL

TRACK FOCUS

This track has plenty of choreography, so use simple repetitive cues to instigate success, then drop deep into the 90s funk.

MUSIC		EXERCISE		REPS	LEVEL
One Knee One Kick setup					
0:00	(Ah, push it)	4x8	Walk L (L, R, L), Knee Lift R with Elbow Grab "One knee" Back Kick L, Knee Lift R with Elbow Grab "One kick, one knee" Repeat R (Last ½ rep: preview Low Hand Grab)	2	
0:14	(Low synth)	8x8	Add Low Hand Grab "One knee, one grab, one knee"	4	
Serve It Up setup					
0:44	(Ah, push it)	4x8	Wide Walk with Hand Serve L, R (face L) "1, 2, triple step" 3 Steps L with Triple Hand Spear (transition to face R) Repeat R "Palms up" "Same arm, same leg"	4	
0:59	up on this!	4x8	Add Heel Lift "Pick up your heels"	4	
Wave Pop, Wind It Back, Bounce setup					
1:14	Salt and Pepa's	8x8	Wave Pop L, R x4 "Wave, pop" "Lead with the head" Walk B L, R x4 with Arm Wind to O/H "Wave back" Jump (under hips), Chest Bounce x3 "Feet together" Chest Pump with Palm Push F x4 "Bounce"	2	
1:43	and Pepa's here,	16x8	Triple Step (x2) "Now bring some flavor" One Knee One Kick Wave Pop (travel F) Wind It Back (travel B) "Milk this move" Pump	2	
Butterfly, Pop It setup					
2:43	good. (Ah, push it)	8x8	Knee Swivel (in/out) with Snap L, R x4 "Knees turn in, out" Slow Chest Pop R x3 (face R) "In your chest" Chest Pop with Hand Pop R x5 (face R) "Hand, pop"	2	
3:13	push it good _	3x8	Freestyle Walk L, R and pre-cue Routine	12	
3:24	p-push it real good _	24x8	Serve It Up One Knee One Kick Wave Pop Wind It Back Bounce Butterfly (x4) Pop It	2	
4:53	(Quick fade)	1x8	Dynamic Freeze		



03. PUSH IT 4:57mins

Get up on this! Banger **Push It** brings a touch of class to the hood and with an *uprock* feel! Your coaching and movements bring the soul and rhythm of the 90's to life.

TECHNIQUE AND COACHING

SERVE IT UP

- Feet outside shoulder-width, knees soft, slight bounce through the legs
- Step onto lead leg, release the back heel, knee bent, toes down
- Step onto back leg, front knee lifts, foot flexed at shin height
- Hands open, palms up, fingers long, thumbs in
- Elbows rock (F/B), top hand to head height, bottom hand to base of ribs
- Increase Heel Lift range
- Increase range



ONE KNEE ONE KICK

- Feet under shoulders, knees soft, 3 steps, travel side, crossing behind the lead leg
- Hips stay facing front, lift inside knee to below hip height, foot relaxed, lean back
- Double Elbow Bounce to chest height, elbows slightly wider than shoulders, hands relaxed
- Step onto lead leg, kick the outside foot B, toes down, Weight Shift F, bouncing down through the legs
- Slight drop of the chest, arms extend B, long, palms in slightly behind hips
- Double Grab to the low diagonal, forearms crossed, arms at full extension, elbows soft, soft fist
- Increase range



WAVE POP

- Feet super wide, step-tap the feet, knees bent, dropping low into the legs, Weight Shift side to side
- Wave the torso, lead with the side of the head, chest slightly F, slight bounce through the hips
- Elbows bounce outside shoulder-width, at chest height, hands snap at head height
- Increase range



WIND IT BACK

- Walk B, feet outside shoulder-width, knees super soft, unfold arms F, chest turns side to side
- Hands to the high diagonal, slight bend of the elbows, palms forward, fingers relaxed
- Increase range



PUMP

- Jump feet under hips, knees super soft, bouncing down through the legs
- Bounce the chest, arms long and relaxed
- Push the palms F, hands at front of chest, elbows bent slightly wider than shoulders
- Palms F, hands slightly splayed
- Increase range





03. PUSH IT 4:57mins

BUTTERFLY

- Feet under shoulders, knees bent, weight on balls of the feet, dropping down into the legs
- Swivel the knees (in/out), Weight Shift side to side, chest turns wide
- Inside hand snap forward below chest height, elbow bent, palms up, head turns wide
- Increase range



POP IT

- Feet outside shoulder-width, hips to corner, feet flat, knees soft
- Pop the chest, strong, arms long, elbows soft, hands open, palms in
- Outside hand pops at front of chest, elbow wide, palm back, fingers splayed
- Increase range





04. HIP HOP

UPROAR 3:03mins

Please note: This track contains explicit content. Alternative track 04 can be used in place of this track.

TRACK FOCUS

And now for something different... Jump the supporting leg under hips in the Back **Turn**, lifting onto on the ball of the foot and extending the leg low and straight. This is full Hip Hop hype, enjoy the feels.

MUSIC		EXERCISE		REPS	LEVEL
Turn, Jump, Bounce, Grab It setup					
0:09	gentlemen _	4x8	Wide Freeze with Shoulder Bounce "Both shoulders...1, 2" Slide R with Grab It Arms L "Grab super-fast" Repeat L	4	
0:29	_ What the	8x8	Low Kick F L, Jump Wide "Right leg forward" "Kick, jump" Bounce "Bounce" Grab It (R) "Grab it" Walk B L, R x2 (finish wide) (Last rep: preview Back Turn L) "On the balls of your feet"	8	
1:07	don't snore _	4x8	Add Back Turn L with Index Fingers O/H "Turn on your left leg" "Straighten your right leg for the turn"	4	
1:26	uproar _ what	16x8	Add Knee Lift L, R x2 with Hand Push R, L x2 (travel F) "4, 3, 2, 1" Add Single Hip Bounce with Freestyle Arms (4cts) Walk B L, R x2	8	
Wave It setup					
2:43	uproar _ what	4x8	Weight Shift with Double Arm Wave L "Right, right, left, left" Repeat R "On the balls of your feet"	8	
3:02	like a buffalo _	2x8	Add Hand Blow R with Heel Lift L "Wave it, then blow" Add Wide Hip Roll B L with Soft Hand Push R (Continues into next track)		



ALT

04. HIP HOP

UPROAR (INSTRUMENTAL) 3:03mins

MUSIC		EXERCISE		REPS	LEVEL
Turn, Jump, Bounce, Grab It setup					
0:09	(Heavy beat)	4x8	Wide Freeze with Shoulder Bounce "Two shoulders...1, 2" Slide R with Grab It Arms L "Grab super-fast" Repeat L	4	
0:28	(Silence)	8x8	Low Kick F L, Jump Wide "Right leg forward" "Kick, jump" Bounce "Bounce" Grab It (R) "Grab it" Walk B L, R x2 (Finish wide) (Last rep: preview Back Turn L) "On the balls of your feet"	8	
1:07	(Melodic synth)	4x8	Add Back Turn L with Index Fingers O/H "Turn on your left leg" "Straighten your right leg for the turn"	4	
1:26	(Silence)	16x8	Add Knee Lift L, R x2 with Hand Push R, L x2 (travel F) "4, 3, 2, 1" Add Single Hip Bounce with Freestyle Arms (4cts) Walk B L, R x2	8	
Wave It setup					
2:43	(Melodic synth)	4x8	Weight Shift with Double Arm Wave L "Right, right, left, left" Repeat R "On the balls of your feet"	8	
3:02	(Melodic synth)	2x8	Add Hand Blow R with Heel Lift L "Wave it, then blow" Add Wide Hip Roll B L with Soft Hand Push R (Continues into next track)		



05. HIP HOP

MUEVEL BOOTI 2:43mins

TRACK FOCUS

You need to embrace the changing feels in this track. Start by getting low and keeping the arms strong in **Dancehall**, then **Twisting** on the balls of the feet, then bam bam bam combine all five moves to **Muevel** your **Booti**.

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ Dale mue mue	4x8	(Continues from previous track) Wave It "One big hip roll to the right corner"	4	
Dancehall setup					
0:19	_ Dale mue mue	2x8	Heel Rock (out/in) "Weight on your heels" "Turn your toes out slightly"	8	
0:28	(B up)	2x8	Add Double Time "Get low"	16	
0:38	Whip it _	4x8	Add Low Six60 Hand Sweep F L, R "Sweep your arms to the front and keep your body low"	8	
Twist setup					
0:57	Whip it _	4x8	Twist R, L with Palms F x4 "Twist on the balls on your feet" Walk L, R x2 (travel B/F)	4	
1:16	(Light synth)	4x8	Freestyle Walk L, R (First 16cts: preview routine)	16	
1:35	Whip it _	4x8	Turn, Jump, Bounce, Grab It Knee Push Wave It Dancehall (x2) Twist Walk B L, R x2		
1:55	Whip it, whip _	4x8	Walk L, R	16	
2:14	(Instr)	4x8	Turn, Jump, Bounce, Grab It Knee Push Wave It Dancehall Twist Walk B L, R x2 (Reps continue into next track)		



06. HIP HOP

1 THING 2:43mins

TRACK FOCUS

Two new moves...

Use the diaphragm to **Punch** the chest open and closed, then use the reps to draw focus to the start and finish in each move.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Oh (oh), tryin'	16x8	(Reps continue from previous track) Turn, Jump, Bounce, Grab It Knee Push Wave It Dancehall Twist Walk B L, R x2	4	
Punch setup					
1:16	oh- oh-ohhh	4x8	Wide Freeze with Double Punch F R, L "Punch left, right" Forearm Roll B, Chest Pop with arms wide "Roll, chest"	4	
1:35	It's this one	4x8	Add Double Time "Use your diaphragm to punch"	8	
Knock Your Head setup					
1:55	oh- oh-ohhh	2x8	Wide Step Tap with Thigh Slap L, R "Feet wide, slap your thighs"	4	
2:04	ohhh (Instr)	8x8	Add Head Knock with Arm Throw O/H R, L "Knock your head" Punch "Punch" (Continues into next track)	8	



07. HIP HOP

TAKI TAKI 1:45mins

Please note: This track contains explicit content. Alternative track 07 can be used in place of this track.

TRACK FOCUS

Take your feet wide in **Push Your Hips** keeping the arms loose and at shoulder height. When it comes to **Sweep Your Butt**, first bend your legs to drop, then straighten and lift the hips to sass up the finish.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Bailame como	2x8	(Continues from previous track) Knock Your Head Punch	2	
Taki Taki setup					
0:09	Taki _ Taki taki	2x8	Double Punch Wide, Cross Punch R “Punch, cross” Repeat L	4	
0:19	booty sobresale	8x8	Add Wide Jump L x2 “Two Jumps to the right” Repeat R “Turn your shoulders to punch”	8	
Push Your Hips, Sweep Your Butt setup					
0:57	He said he	2x8	Slow Hip Push F x6 (face R corner) “Lean your hips forward” Sweep your butt R “Sweep your butt”	1	
1:07	Aye _ He said he	4x8	Push Your Hips x4 (Double time) “Release your right heel” Sweep Your Butt	4	
1:26	real. El _ booty	4x8	Freestyle Walk L, R (Use last 16cts to preview Hip Hop Routine)	16	



ALT

07. HIP HOP

TAKI TAKI (INSTRUMENTAL) 1:45mins

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Flute synth)	2x8	(Continues from previous track) Knock Your Head Punch	2	
Taki Taki setup					
0:09	(Low flute)	2x8	Double Punch Wide, Cross Punch R “Punch, cross” Repeat L	4	
0:19	(Flute synth)	8x8	Add Wide Jump L x2 “Two jumps to the right” Repeat R “Punch small and sharp”	8	
Push Your Hips, Sweep Your Butt setup					
0:57	(Low flute)	2x8	Slow Hip Push F x6 (face R corner) “Lean your hips forward” U Butt Swing R “Swing your butt”	1	
1:07	(Flute synth)	4x8	Push Your Hips x4 (Double time) “Release your right heel” Sweep Your Butt	4	
1:26	(High flute)	4x8	Freestyle Walk L, R (Use 16cts to preview Hip Hop Routine)	16	



08. HIP HOP

GANGSTA LUV 3:49mins

TRACK FOCUS

A sudden change in sound with full sing along banger **Gansta Luv**. Put the whole routine together and run it over and over to get the class comfortable.

MUSIC		EXERCISE		REPS	LEVEL
Hip Hop Routine setup					
0:00	_ Every time I	50x8	Turn, Jump, Bounce, Grab It Knee Push Wave It Dancehall Twist Walk B L, R x2 Knock Your Head, Punch (x2) Taki Taki Push Your Hips Sweep Your Butt Drag Step Touch L, R x4 (16cts) Heel Tap L, R x8 (16cts) Walk L, R x8 (travel B/F) (16cts) (Last rep: remove Drag Step Touch, Heel Tap, Walk)	4	



09. HIP HOP TWERK 3:21mins

TRACK FOCUS

Breakout to this brand new, old school feel. Dance harder, twerk lower, Hip Hop for life.

MUSIC		EXERCISE		REPS	LEVEL
0:00	I want a slim	1½x8	Freestyle Freeze (4cts) “Freeze”	3	
0:07	(Ay, ay , ay, ay)	½x8	Hip Push L with Freestyle Arms “Bounce” (Last ct: Clap)	4	
0:09	Do it baby	1x8	Freestyle Hip Push L “Fast”	8	
0:14	Watch big	1x8	Walk L, R (travel B/F)	4	
0:19	_ mad, l’mma	8x8	Hip Hop Routine		
0:57	Look _ This sound	1x8	Freestyle Hip Push L “Hips full of attitude”	8	
1:02	Cordi with the braids _	1x8	Walk L, R (travel B/F)	4	
1:07	my lifestyle	8x8	Hip Hop Routine		
1:45	Yeah, I see you	1x8	Freestyle Hip Push L	8	
1:49	Lil flexin’	1x8	Walk L, R (travel B/F)	4	
1:54	Too rude for	8x8	Hip Hop Routine		
2:32	(Lights off) _	½x8	Dynamic Freeze		
2:35	(Outro)	6x8	Freestyle Hip Push L (Optional Freestyle Walk L, R)		

HIP HOP

Always jump the supporting leg under hips in the back **Turn**, lifting up onto on the ball of the foot and extending the other leg low and straight. When it comes to **Wave It**, you need to keep your heel off the ground as you blow the hand and circle the hips big and slow. Embrace the changing feels in Track 5. Start by getting low in **Dancehall** and **Twisting** on the balls of the feet, then combine all five moves to **Muevel** your **Booti**.

1 Thing throws two new moves into the mix. Use the diaphragm to **Punch** the chest and the reps to draw focus to the start and finish of each move. Always take the feet wide in **Push Your Hips** keeping the arms loose and at shoulder height. When it comes to **Sweep Your Butt**, first bend your legs to drop, then straighten and lift the hips to curve the spine.

Track 8 brings a sudden change in sound and a touch of **Gansta Luv**. Put the whole routine together and run it over and over to get the class feeling super comfortable, before breaking out to the feverish snares guaranteed to bring out the best **Twerkers** in the room!

TECHNIQUE AND COACHING

TURN, JUMP, BOUNCE, GRAB IT

- Feet outside shoulder-width, knees soft, arms long, palms in
- Single Shoulder Bounce (up/down), step wide, travel side, drag the trailing toes
- Arms shoot to the high diagonal, grab the fists super-fast, eye gaze to hands
- Elbows draw down (in), slow, finish feet under shoulders
- Jump supporting leg under hips, weight on the ball of the foot, heel up
- L kick F, strong and low at full extension, foot flexed, toes up, hips square to front, arms long
- Jump wide, feet outside shoulder-width, knees soft, arms long, palms in
- Back Turn, L shoulder turns B, weight on the ball of the supporting foot
- Elbows wide and slightly below shoulder height, soft fists, index fingers extended at head height
- Increase range



KNEE PUSH

- Feet under shoulders, knee lifts slightly below hip height, travel F, slight lean B, natural flex of the foot
- Inside Hand Push slides down the thigh to knee, hand open, palm flat, fingers wide
- Chest turns to the outside, other arm swings wide to the low diagonal, hand open, palm in
- Feet under hips, Single Bounce through the legs, sharp Hip Push F, freestyle arms for style
- Increase range



WAVE IT

- Feet outside shoulder-width, weight on the balls of the feet, outside heel lifts, Weight Shift wide
- Double-wave the arms from head to hip height, rolling through the wrists
- Elbows bent, hands open, palms flat, fingers long, small freeze at the finish
- L heel lifts below knee height, head turns wide
- Blow into R hand, palm F of mouth, hand open, fingers soft, slightly splayed
- Other arm long, elbow super soft, hand open, palm in
- Backward Hip Roll L, big and super smooth, knees soft, heel lifted
- R hand extends wide, super soft, palm F, elbow bent
- Increase range



DANCEHALL

- Feet outside shoulder-width, weight on the heels, chest F, knees bent, dropping low into the legs
- Swivel the knees (out/in), toes turn wide, bouncing down, staying low in the legs
- Double time
- Weight shifts side to side, chest turns wide
- Inside arm sweeps F to the low diagonal, at full extension, wrist flexed, palm B, thumb and first two fingers extended
- Other arm long, hand behind the hips, elbow bent, slight flex of the wrist, palm F
- Increase range





HIP HOP

TWIST

- Feet under hips, weight on the balls of the feet, twist your heels and hips side, bouncing through the legs
- Freestyle Hands at chest height, palms F, elbows bent
- Increase range



KNOCK YOUR HEAD

- Feet outside shoulder-width, knees bent, wide step-tap the feet, weight shift wide
- Stay low, bouncing down through the legs, outside hand slaps the thigh, hand open, from above shoulder height, palm in
- Other arm long, hand open slightly behind the hip
- Outside arm sweeps across, O/H at full extension, tight fist, soft elbow
- Head knock to the inside as arm passes O/H
- Increase range



PUNCH

- Feet outside shoulder-width, knees bent, toes wide
- Double-punch arms F, top hand at shoulder height, bottom hand to base of ribs
- Tight fists, palms to center, elbows slightly soft
- Roll the fists B, elbows wide, hands at chest height
- Pop chest F, arms wide at full extension, tight fists at shoulder height
- Double time
- Increase range
- Bouncing down through the legs, open and close the chest
- Release the heels to wide-walk the feet



TAKI TAKI

- Feet outside shoulder-width, knees soft, slight bounce through the legs
- Double-punch arms wide, small and sharp, elbows bent, tight fists
- Inside arm punches across at shoulder height, small and sharp, elbow bent, tight fist, palm B, chest and head turn wide
- Wide Jump, feet outside shoulder-width, travel side, knees slightly bent, slight bounce through the legs



PUSH YOUR HIPS

- Feet outside shoulder-width, knees bent, hips to corner, lean B
- Hands at shoulder height, super soft fists, elbows down, palms F
- Tilt and push the hips F, slow, back heel releases, slight bounce through the legs
- Double time
- Increase range
- Bouncing down through the legs, slight pump of the chest
- Increase range



SWEEP YOUR BUTT

- Feet outside shoulder-width, knees soft, Butt Swing wide (down/up) into a U shape
- Chest drops F, dropping low into the legs, hands to hips, lift, leading with the outside hip
- Freestyle Arms for style





HIP HOP

COACHING

TURN, JUMP, BOUNCE, GRAB IT

Now the back **Turn** is a little different...so always set this move up really well using repetitive Layer 1 cues.

Tell your class to start wide, jumping the supporting leg under hips. To make the turn easier, highlight the need to keep your weight lifted and on the ball of the foot.

Finish by drawing focus to the arms. Say something like:

"Arms up for the turn"

"They're going to help you turn by lifting you up"

KNEE PUSH

Weight on the balls of the feet. To find the flava, tell your class to freeze at the top. Say something like:

"Right and stop, left and stop"

PUNCH

Clear and simple Layer 1 cues will get your classing **Punching** with success:

"Left, right, circle, chest"

"Punch, punch, roll, chest"

TRACK 8

Put your class on notice! When setting up for the **Hip Hop Routine**, use the Walk Back to cue the next move.

GANSTA LUV brings a sudden change in sound. Put the whole routine together and run it over and over to get the class feeling super comfortable.



10. RECOVERY

Please note: This track contains explicit content. Bonus track 10 Heads Up can be used in place of this track.

TRACK FOCUS

All of the movement is in the hips, so keep the arms strong and still in **Blam Blam**. Then let the tropical softness float through the room.

MUSIC			EXERCISE	REPS	LEVEL
Blam Blam Combo setup					
0:08	_ Se maquilla,	4x8	(First 16cts: pre-cue Salsa) Salsa L x8 "3 small steps" "1, 2, 3" Repeat R (transition to face L corner) "Lead on a flat foot"		
0:26	Te regalo chocolates	2x8	Add Salsa L x4 with hands at chest (face R corner) Repeat R "Your arms don't move"		
0:34	Le escribio un	2x8	Add Salsa L, R x2 "Singles" Add Walk L, R x2 (travel R), Hip Bounce R x4		
0:43	_ Blam, blam	4x8	Blam Blam Combo R, L		
Hip Swing R setup					
1:01	Quiere ganar plata	4x8	Wide Hip Rock R, L x2 (travel F/B) "Forward, forward, back, back" "Let your hips swing"	8	
1:18	Quiere ser intelectual	2x8	Salsa R x4 (face L) "Use your hips to rotate out and in" Repeat L		
1:27	_ No eres catolico	2x8	Salsa R, L x2 "Singles" Walk R, L x2 (travel L), Hip Bounce L x4		
1:36	_ Blam, blam	4x8	Blam Blam Combo L, R		
1:53	_ Queremos sexo,	4x8	Hip Swing L "Right leg"	8	
Lean Back setup					
2:10	_ Nos inventamos	4x8	Drop Bounce B L x16 "Fall into your back leg" Repeat R "Bounce"	1	
2:28	_ Blam, blam	8x8	Blam Blam Combo L, R	2	
3:03	_ Blam, blam	4x8	Hip Swing L	8	
3:20	ta-ta-ta _	½ x8	Dynamic Freeze		



10. SEXO 3:23mins

TECHNIQUE AND COACHING

BLAM BLAM

- Feet under hips, knees super soft, 3 small steps, lead on a flat foot
- Torso to corner, rotate the hips (out/in), natural swing of the arms
- Hands still at chest height, elbows wide, hands super soft, palms down
- Increase Hip Roll range
- 4 steps, travel side, knees soft, slight bounce through the legs, natural swing of the arms
- Hip push wide, torso square, outside foot flat, inside heel releases, arms loose



HIP SWING

- Feet outside shoulder-width, knees super soft, wide step the feet, travel (F/B)
- Slight bounce through the legs, hip swing side to side, natural swing of the arms



LEAN BACK

- Feet under hips, knees bent, fall into the back leg, front knee lifts below hip height
- Hips to corner, back toes wide, bouncing through the legs
- Arms long and loose





11. UP ALL NIGHT

BUSCANDO 4:35mins

TRACK FOCUS

Simple choreo mixed with spaced out coaching infused with Electro Latin house percussion equals perfect Jam for your body. Keep your focus clear and always coach the **Turn** out of the **Whack** using repetitive Layer 1 cues.

MUSIC		EXERCISE		REPS	LEVEL
Grab It setup					
0:03	(Low synth)	4x8	Slow Wide Walk L, R with Grab It Fist R, L "Grab your fist across your body"	8	
0:19	Ha ha ha _	4x8	Grab It (Double time) x4 "4, 3, 2, 1" "Turn your chest" Step Touch L, R (Last rep: preview Arm Push)	4	
Push Away setup					
0:35	(Buscando) _	12x8	Grab It Drop Step Touch L, R with Push Away Arms O/H R, L "Drop low and push away" Step Touch L, R x2 (Last 4cts: preview Tap) "Feet together, tap your right foot"	6	
Whack It setup					
1:23	_ Scream ayo	8x8	Double Tap L with Arm Whack, Double Tap L (x4) "Whack it" Repeat R "Circle your hands towards your body"	2	
1:55	(Buscando) _	6x8	Jump B with arms wide (face R) "Jump your feet together" Whack It R x2 (3 taps only) "Whack behind your head" Step Touch L, R x2 "Tap your back foot" (Last rep: preview double time)	3	
2:19	Yeah, yo ando	2x8	Add Double Time Add Step Touch L, R x3		
2:27	(Buscando) _	12x8	Add Breakout "Jump back and slice the arms strong"	6	
Turn setup					



11. UP ALL NIGHT

BUSCANDO 4:35mins

	MUSIC		EXERCISE	REPS	LEVEL
3:15	Scream ayo	8x8	Step Cross L, R (travel L) "Right leg, step, cross" Jump Wide with Hip Scoop R, L, R "Jump wide, scoop the hips" Repeat R (Last ½ rep: preview Back Turn)	4	
3:47	(Buscando) _	4x8	Add Back Turn R (travel L) "Left shoulder, turn back" Repeat L (travel R) "Back turn"	2	
4:03	Ha ha ha _	4x8	Step Touch L, R "You need to step into the turn"	8	
4:19	(Buscando) _	4x8	Grab It Push Away Whack It Turn (Last ½ rep: Hip Scoop L only) Step Touch L, R x2		



12. UP ALL NIGHT

CUTTING SHAPES 3:03mins

TRACK FOCUS

Step Up on the balls of the feet and find the extended feel in the arm reach. You need to talk to the rhythm and embrace the contrasting textures. The party just gets higher and higher.

MUSIC			EXERCISE	REPS	LEVEL
0:00	(Heavy synth)	4x8	Step Touch L, R with Freestyle Arms O/H	8	
0:15	(Dancin', dancin')	16x8	Grab It Push Away Whack It Turn Step Touch L, R x2	4	
Step Up setup					
1:16	_ Dancin' is what	4x8	Step B Wide L, R with Arm Sweep to O/H "Right leg, back step" Step F Together L, R "Feet together" Slow Chest Drop with Arm Swing B (Last 2cts: preview Wide Tap)	4	
Shoulder Roll setup					
1:31	(Heavy synth)	2x8	Wide Tap L, R	4	
1:39	(Dancin', dancin')	2x8	Add Shoulder Roll B x2	4	
1:46	_ Dancin' is what	4x8	Step Up (Double time) (4cts) Shoulder Roll (4cts) Wide Tap L, R x2 (8cts)	2	
2:01	(Heavy synth)	8x8	Add Breakout "Lift high and drop"	4	
2:32	(Dancin', dancin')	4x8	Step Up Shoulder Roll Grab It Push Away Whack It Turn		
2:47	(Heavy beat)	4x8	Step Touch L, R	8	



13. UP ALL NIGHT

BOOYAH 2:52mins

TRACK FOCUS

More Booyah?? ALWAYS MORE BOOYAH and this remix is humungous. Use the musical highs to dance hard and the lows to pull back the energy and reconnect the class.

MUSIC			EXERCISE	REPS	LEVEL
0:00	(Low synth)	4x8	Step Up Shoulder Roll Grab It Push Away Whack It Turn		
0:14	Yes _ all we	2x8	Step Touch L, R	4	
0:22	that rock in	4x8	Step Up Shoulder Roll Grab It Push Away Whack It Turn		
0:37	now. _ Put that	4x8	Step Touch L, R	8	
0:52	keep on rockin	4x8	Step Up Shoulder Roll Grab It Push Away Whack It Turn		
1:07	(Heavy synth)	2x8	Step Touch L, R with Freestyle Arms O/H (Last 4cts: preview Up Cross Out Down)	4	
Up Cross Out Down setup					
1:14	(Synth beat)	4x8	Step Touch L, R with Up Cross Out Down Arm Throw "Out, cross, out, down" (Last rep: remove arms)	8	
1:29	(Booyah!) _	8x8	Step Up Shoulder Roll Grab It Push Away Whack It Turn Step Touch L, R x4 Up Cross Out Down x4		



13. UP ALL NIGHT

BOOYAH 2:52mins

MUSIC		EXERCISE		REPS	LEVEL
2:00	(Quiet)	2x8	Slow Wide Walk L, R	4	
Sweep Back, Drop It Down setup					
2:07	that rock in	12x8	Toe Sweep B R, Ball Change R, L "Sweep, step-step" Repeat L, R, L "Toes on the floor" "Bend your knees" Step Heel Lift L, R x2 with Low Hand Throw x8 "Throw it up" Step Heel Lift L, R x2 with Hand Roll F to O/H x8 "Roll"	8	



14. UP ALL NIGHT

BOOYAH 1:00mins

TRACK FOCUS

Take your time setting up the **Sweep Back** with lots of rhythm cues, sweep Ba-Ba, sweep Ba-Ba, then talk to the changes in both levels and feel.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Rockin- n-n-n)	2x8	Step Touch L, R	4	
0:07	(Heavy synth)	4x8	Sweep Back (Double time) Drop It Down (Chop in half)	2	
0:22	(Single synth note)	2x8	Step Touch L, R	4	
0:29	(Booyah!) _	8x8	Sweep Back Drop It Down	4	



15. UP ALL NIGHT

BOOYAH 2:00mins

TRACK FOCUS

Start with clear, well-spaced Layer 1 cues to setup the move, then draw focus to the arm throw. Tell your class to throw across the body “super strong, using the top hand to wrap the head”. Here weeeeeeee goooo...

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Synth blast)	2x8	Step Touch L, R	4	
Drop Kick setup					
0:07	that rock in	8x8	Step Wide L, Drop Kick L “Step, kick” Wide Freeze with Double Grab Arms R “Grab both hands” Heel and Arm Throw L “Throw it to the side” Step B R (face L) and Wrap The Head L (transition to face R) Wave B with Palm Drag Down L (face R) Repeat R		
0:37	keep on rockin	4x8	Add Double time “Jump, kick, grab it, throw it”		
0:52	(Heavy synth)	4x8	Drop Kick L (Triple time) Add Step Touch R, L Repeat R “Other side, drop kick” “Rotate your torso”		
1:07	(B up)	2x8	Step Touch L, R	4	
1:14	(Booyah!) _	8x8	Drop Kick (L, R)	2	
1:44	(Steady beat)	4x8	Sweep Back Drop It Down Up Cross Out Down (x2) Step Touch L, R x2 Drop Kick (L, R) (Rep continues into next track)		



16. UP ALL NIGHT

GAME OVER 0:59mins

TRACK FOCUS

You have **59 seconds** to solidify the learning as the distorted bass battles with dramatic piano chords and manic riffs. *I can feel it building...*

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Steady beat)	4x8	(Rep continues from previous track)		
0:14	(Piano)	4x8	Step Touch L, R	8	
0:29	(Synth melody)	8x8	Sweep Back Drop It down Up Cross Out Down Step Touch L, R x2 Drop Kick	2	



17. UP ALL NIGHT PROMISES 2:12mins

TRACK FOCUS

But wait... **Promises** brings a beautiful softness to a massive house block before...

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Quiet)	2x8	Step Touch L, R	4	
0:07	Tonight _	2x8	Wide Walk L, R	4	
0:14	drunk enough?	8x8	Up All Night (slow) <i>“Remember this?”</i>		
0:43	_ I make no	8x8	Up All Night (Double time)	2	
1:13	(tonight). Tonight	8x8	Up All Night (Triple time) <i>“Make everything as long as you can”</i>	4	
1:42	Tonight	4x8	Step Touch L, R (Last 8cts: preview Wide Tap)	8	
1:57	(B up)	4x8	Wide Tap L, R	8	



17. UP ALL NIGHT PROMISES 2:12mins

UP ALL NIGHT

- Feet outside shoulder-width, knees soft, chest lifted
- Unfold arms to the high diagonal, elbows lead, hands open, palms down
- Elbows pull down below chest height, palms up, fingers super relaxed
- Bend knees, drop into the legs, torso to corner, inside heel lifts
- Contract the torso, rounding out through the shoulders, chin to chest
- Arms roll in to the low diagonal, elbows lead, hands open, palms wide
- Hands roll out, elbows bent, thumbs lead, palms up, elbows to ribcage, chest square to front
- Double time
- Increase range of motion





18. UP ALL NIGHT

GAME OVER 0:44mins

TRACK FOCUS

Game Over fills the room once more with power and huge energy. Use the unadulterated heavy to put the whole routine together and sweat.

MUSIC		EXERCISE		REPS	LEVEL
Up All Night Routine setup					
0:00	(Heavy synth)	12x8	Step Up Shoulder Roll Grab It Push Away Whack It Turn Sweep Back Drop It Down Up Cross Out Down Step Touch L, R x2 Drop Kick		



19. UP ALL NIGHT SHUTTIN IT DOWN 3:20mins

TRACK FOCUS

Find the biggest song in the world, put it at the end of 89, dance and repeat. BodyJam.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Steady beat)	4x8	Step Touch L, R (Last 4cts: preview Wide Tap)	8	
0:14	(Let’s go) _ Come	4x8	Wide Tap L, R	8	
0:29	_ Come and look	12x8	Up All Night Routine		
1:13	(Quiet)	2x8	Step Drag L, R (transition to Wide Walk)	4	
1:21	(Light synth)	4x8	Up All Night (Triple time)	2	
1:35	(Heavy synth)	4x8	Add Breakout	2	
1:50	(Let’s go) _ Come	4x8	Wide Tap L, R “One more time”	8	
2:05	_ Come and look	12x8	Up All Night Routine		
2:49	(Outro)	4x8	Step Touch L, R	8	
3:04	(Quick fade)	½x8	Wide Freeze with Breathe Arm (ascending to O/H)		



UP ALL NIGHT

Electro Latin mixed with tropical house percussion and some really hype vocals! Make your Track 11 focus clear, simple setups with lots of space for clarity, then coach the **Turn** out of the **Whack** using repetitive Layer 1 cues.

Step Up on the balls of the feet to find the extended feel in the arm reach, then use the musical highs to dance hard and lows to connect the class in the **Booyah** remix. Take your time setting up the **Sweep Back** with lots of rhythm cues, then talk to the changing levels and feels of this move.

Track 15 is all about the **Drop Kick**! Now it's super important to start with clear, well-spaced Layer 1 cues to setup, then draw focus to the arm throw and rotation for more feel.

Promises brings a beautiful softness to a massive house block before **Game Over** fills the room once more. An absolute riot of a track! Use the brash and funky synth sounds to put the whole routine together. Are you ready for a BIG HOUSE finish? You're welcome!

TECHNIQUE AND COACHING

STEP UP

- Feet under hips, knees soft, arms long
- Step B, feet outside shoulder-width, weight on the balls of the feet, heels lifted
- Arms sweep F to O/H, elbows super soft, hands open, palms F
- Step F, feet under hips, chest drops F to hip height, arms swing B, lead with a soft elbow, arms at full extension
- Double time
- Add Shoulder Roll
- Increase range



SHOULDER ROLL

- Wide bounce-tap the feet, outside shoulder-width, knees super soft, arms super loose
- Weight shifts to the outside, inside heel lift
- Backward Shoulder Roll, elbows bent, hands open at chest height, palms F



GRAB IT

- Slow wide walk the feet, outside shoulder-width, knees soft
- Grab fist to the high diagonal, chest turns wide, hand at head height, palm up
- Head turns wide, eyes follow the hand
- Double time
- Increase range, strong and sharp



PUSH AWAY

- Wide step touch the feet, outside shoulders, knees bent
- Drop down into the legs, leading knee wide, trailing leg long with a super soft knee
- The arm then pushes to a low diagonal, at full extension, wrist flexed, palm wide, fingers long
- Other arm long, wrist flexed, palm down, fingers wide
- Head turns wide, eyes follow the hand





UP ALL NIGHT

WHACK IT

- Feet under hips, torso to corner, knees super soft, bouncing down through the legs
- Lean B, tap back foot OTS, slightly forward of supporting leg, heel up
- Double-whack the hands (up/down), back of neck, circle the hands in, elbows wide
- Arms loose, hands open, palms F
- Add Jump B, feet under hips, torso to corner, knees soft
- Add Arm Slice wide, strong, at full extension, hands at shoulder height, palms down
- Tap the R foot x3, double-whack the arms (up/down/up) into a Step Touch L with single Arm Whack (down), push the hip forward as toe taps
- Step touch the feet, outside shoulder-width, knees super soft, bouncing down through the legs, arms loose
- Double time
- Increase range



TURN

- Feet outside shoulder-width, knees super soft, arms super loose
- 2 steps, travel side stepping behind the supporting leg
- Jump wide, feet outside shoulder-width, drop low into the legs, knees bent
- Hip Push F, hips to corner, rising up through the legs
- Back Turn, outside shoulder turns B, arms long and loose
- Arms super loose for style
- Single Hip Scoop L after second Back Turn



SWEEP BACK

- Feet under hips, knees super soft, arms long with natural swing
- Drop into supporting leg, knee bent, wide circle sweep opposite foot B
- Toes on the floor, weight F, slight drop of the chest, dropping low in the legs, travel B
- *Rhythm: Sweep, step-step, sweep, step-step*
- Double time
- *Rhythm: 1, 2&, 3, 4&, 5, 6&, 7, 8&*
- Increase range



DROP IT DOWN

- Feet under shoulders, knees super soft, bouncing down through the legs
- Step onto supporting leg, lift opposite heel below knee height, weight shifts side to side
- Hands throw wide from the wrist, above hip height, elbows in, soft fists, thumbs and first 2 fingers extended
- Hands roll F, elbows wide, from below chest height to O/H
- Increase range



UP CROSS OUT DOWN

- Step touch the feet, outside shoulder-width, knees bent, bouncing through the legs
- Arms throw O/H, wide, elbows lead, soft fists with first two fingers extended, palms F
- Arms throw down to full extension, elbows super soft, palms in, chin down, drop the chest





UP ALL NIGHT

DROP KICK

- Step wide, feet flat, outside shoulder-width, knee bent, toes/hips to corner, arms loose
- Jump inside leg under hips, bend and extend opposite foot to F diagonal
- Outside leg kicks to full extension, foot flexed below hip height, toes up, lean B
- Bend outside knee and replace the foot outside shoulder-width, heel up, weight centered
- Turn chest in, double-grab arms across the chest at full extension, palms down, eyes follow the hands
- Weight shifts wide, inside heel throws behind the supporting knee, toes down
- Arms throw wide, top arm at full extension, bottom elbow bent front of chest
- Hands open, palms face each other so top hand palm down, bottom hand palm up, head turns wide
- Inside leg steps B, chest wide, heel up, leaning into the back leg
- Top arm wraps the head, hand open, palm down, elbow wide
- Bottom arm sweeps across, hand at hip height, fingers splayed, chest rotates in
- Hips to corner, front knee bent, feet flat on floor, waving back through the chest
- Outside palm drag down the body from chest to hip height
- Double time
- Arm Swing F (B/F), elbows super soft, hands to O/H, soft fists, elbows wide
- Increase range



COACHING

TRACK 11

Don't over complicate things! Make your focus clear simple set ups with lots of space for clarity.

WHACK IT, TURN

You need to cue the **Turn** out of **Whack It**. Keep the coaching simple, clear and repetitive. Remember to step into the turn as you roll the hands down from the **Whack**. Ensure the class understands how to blend these two moves together.

Say something like:

"The step touch comes out of nowhere"

"Step straight into the turn"

STEP UP

Find the extended light feel in the double arm reach, then talk to the rhythm of this move. Say something like:

"Ba ba, ba ba"

"Right leg, back step"

"Feet wide, feet together"

SWEEP BACK, DROP IT LOW

Set the rhythm of the **Sweep** with lots of rhythmic cues, then talk to the changing levels and feel. Say something like:

"Sweep, step-step, sweep, step-step"

"Sweep low into the legs, then lift tall for the double step."

"Use your legs, keep your toe on the floor"

DROP KICK

It's all about weight distribution. Start with clear, well-spaced Layer 1 cues, then draw focus to the arm throw and chest rotation to nail the feel. When the tempo increases, say something like:

"Jump, kick, grab it, throw it"

CONNECTION

Booyah makes a comeback with this sick reggae remix! Use the musical highs to dance hard and the lows to pull back the energy and reconnect the class.

Track 16

An invigorating electro house tune that'll kick start you on the path to greatness! Use these 59 seconds to solidify the learning before the distorted bass battles with the dramatic piano chords and manic riffs.

Just a short interlude... **Promises** brings a beautiful softness to a massive house block. Fill the music with movement. You can say it all with your body!



20. GROOVEDOWN

TRACK FOCUS

Beautiful simple Groovedown. *Drop into the chill.*

MUSIC		EXERCISE		REPS	LEVEL
Thank you setup					
0:09	with Sean , but	4x8	Slow Palm Sweep R, Snap L (on ct8) "4, 3, 2, snap" Repeat L "Turn your palm to the outside" Repeat R Arm Wave R, L x2 (face R) "Back arm, front arm"		
0:26	taught me love ,	4x8	Add Double Time L (L, R, L) "A little quicker" Repeat R "Little bounce"		
0:44	say . Thank you,	4x8	Add 3 Steps (travel R, L, R) "To the corner" Repeat L "Back arm waves"		
1:02	with my friends	4x8	Lat Stretch R Lat Stretch L		
1:20	taught me love	3x8	Center Adductor Lunge "Knees out"		
1:34	what I found	1x8	Body Roll Up		
1:38	say . Thank you,	4x8	Thank you R, L "Left leg"		
1:56	my ex . Thank you	2x8	Drag Step Touch R, L	4	
2:05	the aisle , holding	2x8	Wide Freeze with Breathe Arms (ascending/ descending)		
2:14	Do it once	16x8	Freestyle to finish		



20. THANK U, NEXT 3:29mins

TECHNIQUE AND COACHING

THANK YOU

- Feet outside shoulder-width, knees soft, hips square
- Inside arm sweeps wide, at full extension, palm out at shoulder height, chest turns out
- Wave the arms (up/down), back hand leads, from head to above hip height
- Elbows bent, palms flat, fingers long
- Inside hand snaps above hip height, elbow bent
- Double time
- Knees super soft, step onto the lead leg, bouncing down through the legs
- Walk the heels (Arm Wave) shifting weight (F/B)
- 3 steps, feet shoulder-width apart, drag trailing toes behind lead leg, travel side





BONUS

Workout for Water:

RECOVERY

TRACK FOCUS

We are helping save lives with this beautiful Workout For Water track, so add a whole lot of Afro to your class and come fundraise with me!! <https://www.workoutforwater.org/>

MUSIC		EXERCISE		REPS	LEVEL
0:03	(Clap)	2x8	Wide Hip Rock L, R x4 with Clap O/H (on cts 1, 4, 5) "Clap, double clap"	2	
Afro setup					
0:10	Heads up for	8x8	Afro Knee Walk OTS L, R x4 with Palm Circle R "4, 3, 2, 1" Heel Tap F L, R x2 "Dig the heel to the floor"	4	
Hands Up setup					
0:40	Heads up all	4x8	Double Palm Push Up (O/H) "Push it up" Roll the Wrist (in) Double Hand Push Down with Palms Up "Push it down" Wrist Roll (in) "Roll your hands towards you"	4	
0:54	Time for me	4x8	Add Heel Tap F L, R (Double time) "Right heel" "Up, down, up, down"	8	
1:09	Heads up for	8x8	Afro "Right leg, 4, 3, 2, 1" Hands Up x2 "Take it up"	4	
Hip Bounce setup					
1:38	(Heads up on a)	4x8	Step R, Leg Lift L with Hip Push F/Elbow Bounce (face R) "Pick up your right leg" 3 Steps L, R, L (travel L) "3 steps" Repeat L "Find the bounce" (Last rep: preview Single Clap)	4	
1:52	Time for me	4x8	Add Single Clap (on ct4) "Clap"	4	
2:07	Heads up for	8x8	Afro Hands Up (x2) "Hands up and down" Hip Bounce (x2) "Bounce"	2	
2:36	(Let's see for)	4x8	Slow Wide Walk with Arm Sweep O/H L, R "Hands up high"	4	
2:50	Heads up for	8x8	Afro Hands Up Hip Bounce	2	
3:20	is for lovers _	2x8	Wide Hip Rock L, R x4 with Clap O/H (on cts 1, 4, 5)	2	
3:27	(Outro)	1x8	Jump together, Wave B with Breathe Arms (descending)	1	



BONUS Workout for Water:

HEADS UP 3:31mins

TECHNIQUE AND COACHING

AFRO

- Feet under hips, knees bent, weight on the balls of the feet, heels lifted
- Super soft knees clap F on the beat, slight weight shift side to side
- Opposite shoulder lifts, hands open, palms F, circling F from the elbows, super soft



HANDS UP

- Feet under hips, heel dig the floor F, leg to full extension, toes up, supporting knee soft
- Soft hand push O/H, at shoulder width, palms open, fingers slightly splayed
- Roll the wrist inwards, transition hands from O/H to hip height (and in reverse)
- Soft hands push down, palms up, fingers slightly splayed, knees bent, dropping down into the legs, slight drop of the chest



HIP BOUNCE

- Feet wide, knees super soft
- 3 steps, travel side, stepping behind supporting leg, torso transitions to the outside
- Release inside heel to knee height, knee F, toes down
- Hip push F bouncing through the legs
- Elbows bounce down, from full extension to chest height, elbows bent, palms in
- Hand clap front of chest on ct4





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 'Game Over', leave out Tracks 16-20 and go straight into Track 21 'Ole Ole' to continue with the MASHIT! Block.

21. OLÉ OLÉ 3:54mins

				REPS	LEVEL
0:00	(Spanish guitar)	4x8	Step Touch L, R	8	
0:14	Ole	24x8	Up All Night Routine	2	
1:42	(Tempo slowing)	4x8	Step Touch L, R (Last 4cts: transition to wide stance with Hands on Hips)	8	
1:59	Ole	2x8	Wide Hip Push L with Hands on Hips	16	
2:08	Ole	2x8	Freestyle Walk L, R	8	
2:17	Ole , ole, ole	16x8	Hip Hop Routine	2	
3:30	(Slow steady beat)	1x8	Slow Hip Push L with Freestyle Palm F	8	
3:35	(Beat slows)	2x8	Add L Hand on Hip with R Palm to High Diagonal x8 Add Repeat R		
3:47	(Distorted beat)	1x8	Freestyle Hip Push	8	



MASH IT!

22. MAGIC 3:50mins

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Steady beat)	4x8	Step Touch L, R (Last 4cts: preview Tap L, R)	8	
0:15	feel like _	4x8	Tap L, R	8	
0:30	Why does it	4x8	Up All Night (slow)		
0:45	Why does it	4x8	Up All Night (Double time)	2	
1:00	(too, too, too) _	4x8	Up All Night (Triple time)	2	
1:15	(Why does it)	4x8	Tap L, R	8	
1:30	magical too _	12x8	Up All Night Routine		
2:15	too. Magical too	4x8	Drag Step Touch L, R (Last 4cts: preview Tap L, R)	8	
2:30	(Why does it)	4x8	Tap L, R	8	
2:45	magical too _	12x8	Up All Night Routine		
3:30	feel like _	2x8	Step Touch L, R	4	
3:37	(Steady beat)	2x8	Wide Walk L, R	8	
3:45	(Fade)	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.

