

BODYJAM 90

MUSIC, CREDITS AND INFO

WARM UP

ISOLATIONS

90'S ROCK

90'S HIP HOP

RECOVERY

NINETY 90

GROOVEDOWN

MASH IT!

BODYJAM COACHING

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MUSIC

WARM UP

01

Motownphilly (4:01)
Boyz II Men
Courtesy of the Universal Music Group.
Written by: Austin, Bivens, Morris, Stockman

ISOLATIONS

02

Sicko Mode (Skrillex Remix) (4:57)
Travis Scott feat. Drake
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Written by: Webster, Graham, Brown, Hawkins, Hollis, Yildirim, Young, T. Gomerling, K.Gomerling, Dervic, Chahayed, Chambers, Dean, Campbell Casey, Finch, Wallace, Harvey, Higgins, Smith, Jackson, Taylor, Elam, Martin, Fareed, Jones-Muhammad, Taylor, Scruggs, Jones, Parker

90’S ROCK

03

Come Out And Play (3:30)
The Offspring
© 1994 Epitaph.
Written by: Holland

90’S HIP HOP

04

Go Off (2:54)
M.I.A
Courtesy of the Universal Music Group.
Written by: Moore, Arulpragasam

05

Shahar (Extended Mix) (2:29)
FTampa & 22Bullets
© 2018 Dharma / under exclusive license to SpinninRecords.com.
Written by: Ramos, Sony

06

Hypnotize (2:11)
The Notorious B.I.G
© 2007 Bad Boy Records LLC for the United States and WEA International Inc. for the world excluding the United States, South America and Central America.
Written by: Badazz, Armer, Wallace, Combs, Angelettie, Lawrence

07

Nice For What (2:35)
Drake
Courtesy of the Universal Music Group.
Written by: Hill, A. Bergman, M. Bergman, Hamlisch, Graham, Diggs, Woods, Hunter, Smith, Hawkins, Coles, Grice, Jones, Williams, Thomas, Hall, Price, Cosey, Lindstrom, Shebib, Pigott

08

Si Si Si (2:47)
Clips X Ahoy feat. Godwonder
© 2018 Americano Label / EMPIRE.
Written by: Unknown

09

Moombah Number 5 (3:25)
Archer M_Ils
© 2019 DAM Music.
Written by: Archer Mills

10

Demasiado Loca (2:52)
Sak Noel & Lil Jon feat. El Chevo & Aarpa
Courtesy of the Universal Music Group.
Written by: Garibay, Sabate, Coto

RECOVERY

11

Passionfruit (2:54)
Drake
Courtesy of the Universal Music Group.
Written by: Rogues, Graham, Shebib

NINETY 90

12

Ratata (Extended Mix) (2:00)
TV Noise
© 2019 STMPD RCRDS B.V.
Written by: Gelderblom, ten Hoeve

13

IGD (Extended Mix) (0:59)
Wuki
© 2019 SpinninRecords.com.
Written by: Barman

14

Ratata (Extended Mix) (1:59)
TV Noise
© 2019 STMPD RCRDS B.V.
Written by: Gelderblom, ten Hoeve

15

IGD (Extended Mix) (1:29)
Wuki
© 2019 SpinninRecords.com.
Written by: Barman

16

Nobody’s Supposed To Be Here (Hex Hector Dance Mix) (4:08)
Deborah Cox
© 1998 Arista Records LLC
Under license from Sony Music Commercial Group, a division of Sony Music Entertainment.
Written by: Crawford, Jordan

17

Lifting You Higher (ASOT 900 Anthem) [Extended Mix] (0:58)
Armin van Buuren
© 2018 Armin Audio B.V under exclusive license to Armada Music B.V.
Written by: van Buuren, de Goeij

18

This Ain’t Techno (Extended Mix) (3:09)
David Guetta & Tom Staar
© 2019 SpinninRecords.com.
Written by: Guetta, Ingamells

19

Lifting You Higher (ASOT 900 Anthem) [Blasterjaxx Extended Remix] (1:02)
Armin van Buuren
© 2018 Armin Audio B.V under exclusive license to Armada Music B.V.
Written by: van Buuren, de Goeij



MUSIC

20

Lifting You Higher (ASOT 900 Anthem)
[Extended Mix] (2:58)

Armin van Buuren

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Written by: van Buuren, de Goeij

21

Lifting You Higher (ASOT 900 Anthem)
[Blasterjaxx Extended Remix] (1:38)

Armin van Buuren

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Written by: van Buuren, de Goeij

GROOVEDOWN

22

Put You On (3:36)

Amber Mark & DRAM

Courtesy of the Universal Music Group.
Written by: Bunetta, Mark, Massenburg-Smith Shelley

MASH IT!

23

Let’s Get This Thing Started (2:47)

John Christian

© 2018 Musical Freedom Label Ltd.
Written by: Dirne

24

Wow. (2:23)

Post Malone

Courtesy of the Universal Music Group.
Written by: Post, Rosen, Bell, Feeney, Walsh

25

Hard (Extended Mix) (3:41)

Jewelz & Sparks

© 2019 SpinninRecords.com.
Written by: Voigtländer, Brechmann

ALTERNATIVE TRACKS

ALT
03

Count Your Luck (3:30)

Tenterhooks

© Black Lotus 2019.
Written by: Hill-Hayr, van de Geer

ALT
10

Con Calma (3:02)

Daddy Yankee feat. Snow

Courtesy of the Universal Music Group.
Written by: S. Moltke, Grier, Leary, T. Moltke, J. Salinas, O'Brien, Ayala



L–R: Gandalf “G” Archer Mills, Alex Sánchez

This is BODYJAM Ninety 90 and because it’s the first release of our 90’s, I thought why not get all the best tracks from the 90’s and put them in our first 90’s release! Ninety 90 baby! Let me list them now for you so you can get appropriately excited:

Motownphilly

Come Out And Play

Hypnotize

Nobody’s Supposed To Be Here

Put You On

OK, full disclosure... that last song is from 2019 (which has a 19 in it and, let’s be honest, it’s very, very close) and sounds like the most 90’s song ever, even though it’s brand new.

Motownphilly begins the class with full 90’s, before *Sicko Mode (Skrillex Remix)* really changes the direction to something so freakin’ bouncy, your local trampoline park will be jealous.

Track 3 is this massive Rock anthem that the whole world knows, called *Come Out And Play*. It’s simple, sassy and aggressive and everything you want in a Track 3.

Our Hip Hop block is full of style with *Go Off*, this weird banger called *Shahar* that I found on a random website, and *Hypnotize*! Other bangers are *Nice For What* then this huge, droppy drop called *Si Si Si*.

You’re going to need to practise the Stomp section quite a few times so you can nail the rhythms, which I should add, are completely bangin’. I wanted it to sound percussive to match the moves, so I MADE A SONG. It’s called *Moombah Number 5* (ladies and gentlemen, pun intended) and I added all the drums to match the choreographic rhythms of the Stomps. You’re going to love it.

Bring the heart rate down with *Passionfruit*, before the second half gets bonkers. *Ratata* has such a cool drop with fancy, swizzly hand-lines to match, and then *IGD*, which possibly has the biggest drop ever. Have a listen, fling your arms around and feel it.

Then, the most 90’s thing I could think of doing, instructors - you go to the floor with your members and you dance the room down using the whole space to *NOBODY’S SUPPOSED TO BE HERE*!

A massive combination of Blasterjazz and the song *This Ain’t Techno* brings the class to a glorious end in true Jam fashion.

BODYJAM Ninety 90 is going to smash it in your studio.

G

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 – Ashlee Young

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.

Alex Sánchez (Spain) is a BODYJAM, BODYATTACK™, BODYCOMBAT™, BODYPUMP™, LES MILLS GRIT™ and SH’BAM™ Trainer and a LES MILLS TONE™ Instructor. He is based in Malaga.



EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warm Up	Track 01	Warm Up
Track 03	90's Rock	Track 02	Isolations
Tracks 04-10	90's Hip Hop	Tracks 12-21	Ninety 90
Total Time	26:44	Total Time	29:18

45-MINUTE FORMAT	
Track 01	Warm Up
Tracks 04-10	90's Hip Hop
Tracks 12-21	Ninety 90
Total Time	43:34

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.



01. WARM UP

TRACK FOCUS

Bringing the Motown sound to BodyJam! Bounce your hips on the beat for that ‘old school’ feel, then talk to the rhythm of the **Ball Change**.

MUSIC		EXERCISE		REPS	LEVEL
0:09	_ (Yo fellas)	2x8	Step Touch L, R	4	
0:18	(Low synth note)	2½x8	Add Double Elbow Bounce x2 “Bend your elbows on the beat”	5	
Ball Change setup					
0:28	_ Motownphilly’s	8x8	Ball Change Walk L (R, L x2) “Ball change” Repeat to R Add Step Touch Elbow Bounce x2 “Step touch 4, 3, 2, 1”	4	
1:02	_ Back in school	8x8	Add (travel F on Step Touch Elbow Bounce) “Bring it forward” Add (travel B on Step Touch Elbow Bounce) “Take it back”	2	
1:35	_ (Boyz, boyz, boyz)	½x8	Wide Freeze with Chest Isolation x4 (L, F, R, B) “Make a square with your chest”		
1:38	_ Yo these four	6x8	Chest Pop x8 “Chest pop” “Isolate your upper body” Add Chest Isolation x2 “Right, front, left, back”	3	
2:03	_ Back in school	4x8	Shoulder Pop L x2 “Double shoulder to the side” Repeat to R	8	
2:20	_ Motownphilly’s	4x8	Ball Change		
Jump Cross setup					
2:37	_ Everybody, Boyz	4x8	Jump Cross L, R, L (travel L), Wide Freeze “Jump cross” Cross Jump R, L, R (travel R), Together “Cross your feet back”	2	
2:53	_ (Go, go)	½x8	Dynamic Freeze “A little faster”		
2:55	Now check this	4x8	Jump Cross (Double time x2 only) “3 & 2 &” Add Clap (on ct8) “Keep it small”	4	
Shuffle setup					
3:12	_ (Doom doom)	4x8	Shuffle Knee L, R, L, Freeze “Shuffle” Repeat to R	4	
3:29	_ Motownphilly’s	4x8	Ball Change		
3:46	soft _ (Go, go, go)	½x8	Freestyle Performance Option		
3:48	Boyz II men	2x8	Jump Cross	2	
3:56	Boyz II men, A B C	1x8	Freestyle Performance Option		



01. MOTOWNPHILLY 4:01mins

Bringing the Motown sound to BodyJam! Bounce your hips on the beat for that 'old school' feel, then talk to the rhythm of the **Ball Change**.

TECHNIQUE AND COACHING

BALL CHANGE

- Step-touch feet outside shoulder-width, knees super soft, bouncing down through the legs, slight turn of the hips side to side
- Bounce elbows on the beat, above hip height, from full extension, soft fists, elbows wide, slight roll of the wrists, bouncing through the hips
- Ball-change feet, walk side, knees bent, bouncing through the legs, natural swing of the arms
- Travel F/B



JUMP CROSS

- Slow Jump Cross, alternate feet outside shoulder-width, small; knees bent, arms loose
- Travel Left, jump wide, cross lead leg F, finish in Wide Freeze, knees bent
- Travel R, cross-jump lead leg F, finish feet together
- Double time
- Increase range, natural swing of the arms
- *Rhythm: 3&2&*



SHUFFLE

- Feet under shoulders, knees super soft, freestyle arm bounce outside chest
- Small Knee Lift F, below hip height, front foot drags B
- Hips corner to corner, bouncing through the legs



DOUBLE SHOULDER POP

- Wide Freeze, feet outside shoulder-width, knees super soft, arms long, elbows bent
- Double Shoulder Pop wide, Weight Shift to the outside, bouncing through the legs, hands open, slight flex of the wrists



WIDE FREEZE WITH CHEST ISOLATION

- Wide Freeze, feet outside shoulder-width, knees soft, arms long, elbows soft, palms in
- Expand and contract the chest in isolation (L, F, R, B), natural swing of the arms
- Pop the chest F/B, feet flat on floor, slight bounce through the legs
- Increase range



COACHING

JUMP CROSS

Set up this move with clear, simple cues. When the tempo increases, tell your class to "keep it small".

Watch how Alex coaches the **Ball Change**. Always talk to the rhythm of the move.



02. ISOLATIONS

TRACK FOCUS

With three abrupt beat change-ups, this track is like a roller coaster ride! Keep your shoulders moving in the **Cross Bounce** and rebound the arms BIG when the Flava hits.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Light synth)	8x8	Wave L x4, Drag Together L "Upper body" Repeat to R "From the top of the chest"	2	
0:25	Sun is down	4x8	Wide Freeze with Breathe Arms (ascending/ descending) Body Roll (down/up) "Chest up"		
Cross Bounce setup					
0:38	to show 'em _	4x8	Wide Freeze with Shoulder Cross Bounce x2 (in/out) "Bounce your shoulders"	8	
0:51	_ Gone on you	1x8	Cross Bounce (x1) L with Low Kick R, L arm F "Bounce right" Repeat to R		
0:54	(Descending synth)	½x8	Dynamic Freeze		
0:56	(Low synth note)	1x8	Knee Lift R, L "Left leg"	2	
Cross Bounce setup continued					
0:59	_ Made this here	12x8	Cross Bounce "Take your arm over the top" Add Knee Lift R, L x2 "Left leg" "Pick your knees up on the beat"	6	
1:35	(To win the retreat)	4x8	Wide Freeze with Breathe Arms (ascending/ descending) Body Roll (down/up) (Last 4cts: preview Cross Bounce with Jump R)		
Cross Bounce setup continued					
1:47	_ way too formal	8x8	Cross Bounce Add Jump Wide "Land on both feet" Add (travel F/B on Knee Lift) "Travel forward"	2	
2:11	I'm Uncle Luke	4x8	Hip Push R, L with hands on hips "Hips side to side"	16	
2:23	just the pool	2x8	Drum Rhythm Hip Push (R, L) "Rhythm ba ba ba-ba ba" (Last 4cts: Freeze)	5	
2:29	(B up)	2x8	Knee Lift R, L with Smack It L, R "Smack it, opposite hand"	4	
Cross Bounce setup continued					
2:35	don't stop _	8x8	Cross Bounce Add Knee Lift R, L x2 with Smack It L, R x2	2	



02. ISOLATIONS

MUSIC		EXERCISE		REPS	LEVEL
2:59	(Synth blast)	2x8	Body Wave (down/up)	5	
3:05	_ She's in love	20x8	Wave L x3 "Wave your chest" Jump Together L x4 with Freestyle Arms "4, 3, 2, 1" Repeat R "Jump your feet together"		
4:05	_ She's in love	2x8	Body Wave (down/up)		
4:11	Now I hit that	10x8	Cross Bounce	2½	
4:41	(oh my God)	4x8	Wide Freeze with Breathe Arms (ascending/ descending) Body Roll (down/up)		
4:53	(Yeah echo)	1x8	Dynamic Freeze		



02. SICKO MODE (SKRILLEX REMIX) 4:57mins

Something monumental is about to happen... With three abrupt beat change-ups, this track is like a roller coaster ride! Slow-moving at first, teasing, before building to an instrumental that is hard and funky.

Keep your shoulders moving in the **Cross Bounce** and rebound the arms BIG when the Flava hits. This frantic track rounds out with an energetic verse, leaving you with a feeling where all you want to do is catch your breath and go for another spin.

TECHNIQUE AND COACHING

WAVE

- Feet shoulder-width apart, hips to corner, knees bent
- Body Wave to corner, chest leads, arms long, elbows soft, bouncing through the legs



CROSS BOUNCE

- Wide Freeze outside shoulder-width, knees soft, toes wide
- Double-shoulder Cross Bounce, from shoulder height, soft fists with thumbs and index fingers extended
- Single Cross Bounce, weight shifts B, inside leg kicks F to the low diagonal, below knee height, hips turn in
- Outside arm sweeps O/H to front, chest turns in, weight shifts B, sharp bounce through the arms at the end of the move
- Other hand pulls B at shoulder height, elbow down, palm in
- Rhythm: 1&2, 3&4
- Knee lifts to hip height, foot relaxed, chest turns out
- Arms long and loose, hands open, palms in
- Jump side, feet outside shoulder-width, landing on both feet
- Knees super soft, bouncing through the legs
- Travel F/B
- Increase range
- Hand smacks the thigh, opposite hand inside knee, palm flat, elbow wide, slight flex of the wrist, fingers splayed, chest turns side to side
- Other arm swings B, elbow bent, hand open, palm down





03. 90’S ROCK

Please note: This track contains explicit content. Alternative Track 03 can be used in place of this track.

TRACK FOCUS

Buzzsaw guitars and caffeinated rhythms take 90’s *Punk* to new melodic heights. Start by hitting the key points in **Split Drag**, then talk to the rhythm of the move. When it comes to the **Cross Step**, work up on the balls of the feet.

MUSIC		EXERCISE		REPS	LEVEL
Split Drag setup					
0:00	(Intro)	8x8	Slow Split Drag R x8 (face L) "Right leg back" Repeat to L (face R) "Split and drag together"		
0:24	'em separated _	8x8	Split Drag L x4 (double time) (travel L) "4, 3, 2, 1" Jump OTS with Arm Throw O/H x8 "Jump on the spot" Repeat to R (travel R) Jump OTS with Arm Throw O/H x8 (Last 4cts: Wide Freeze with head tilted)	2	
Cross Step setup					
0:48	_ Like the latest	4x8	Cross Step R (L, R, L), Walk L (R, L) "Slow, slow, slow, quick, quick" Repeat to L	2	
1:00	The gangs stake	4x8	Add 4ct Head Wrap R, L "From the back to the front"	2	
Split Drag setup cont					
1:13	Hey, man you	8x8	Split Drag L "Split drag" Add Jump OTS x4, Wave L "4, 3, 2, 1" Split Drag R Add Jump OTS x4, Wide Freeze with Head Knock R (on ct5) "Knock your head"	2	
1:37	(Egyptian riff)	4x8	Cross Step "Cross"	2	
1:49	_ By the time	8x8	Add Head Wrap "Use the whole room"	4	
2:13	Hey, man you	8x8	Split Drag	2	
2:38	(Egyptian riff)	4x8	Cross Step	2	
2:50	It goes down	4x8	Add Head Wrap	2	
3:02	Hey, man you	8x8	Split Drag (Last 4cts: Freestyle Freeze)	2	



03. COME OUT AND PLAY 3:30mins

Buzzsaw guitars and caffeinated rhythms take 90's *Punk* to new melodic heights. The back leg holds all the supporting weight in **Split Drag**, but don't go too crazy with the arms – you need to keep them small and tight! When it comes to the **Cross Step**, you need to find the rhythm, working up on the balls of the feet.

TECHNIQUE AND COACHING

SPLIT DRAG

- Jump-split the feet wide, landing both feet at the same time, front knee bent, hips to corner, weight F, back heel lifts
- Jump supporting leg under hips, back toes drag F, on the tip of the toes to the supporting leg, chest lifts, shift weight B
- Arms long and relaxed with natural bounce
- Double time
- Natural swing of the arms, small and tight
- Jump OTS, feet under hips, knees super soft, hands shake O/H, outside shoulder-width, circling F from elbows, hands super loose, fingers slightly splayed
- Increase range
- Body Wave L, feet outside shoulder-width, knees bent, dropping down into legs, rolling up through the chest
- Wide Freeze, feet outside shoulder-width, knees soft, Head Knock R, small and sharp, arms long



CROSS STEP

- Cross-step at shoulder-width, knees soft, weight on the balls of the feet, natural swing of the arms, hips turning side to side
- Inside leg crosses in front, hips turn to the outside, outside leg steps B, hips square to front
- Inside leg steps B to inside corner, hips transition to face in
- Fast walk across, slight travel F, hips to corner
- *Rhythm: 1, 2, 3, 4&5, 6, 7, 8&*
- *Rhythm: Slow, slow, slow, quick-quick*
- Opposite hand wraps from behind the head and down the body, from B to front, palm flat, elbow wide, fingers splayed
- Palm drags down the inside cheek, chest and torso to opposite hip
- Other arm long and relaxed with natural swing
- Increase range



COACHING

SPLIT DRAG

Use simple language to hit the key points:

"Left leg back"

"Split, together"

"Drag your back leg to the front"

When the tempo increases, count the 1st rep to get your class jumping on the beat.

CROSS STEP

Start with simple, rhythmic cues. Say something like:

"Cross, step-step"

"Slow, quick-quick"

Then invite your class to breakout *"using the whole room"*.



04. 90'S HIP HOP

GO OFF 2:54mins

TRACK FOCUS

Go Off is all big drops, synth sounds and a breezy dalliance with dancehall. Talk to the rhythm in **Heels**, embrace the changing textures in **Drag Clap** and find your grind in **Wind Back**. *It's all textures and feels people!*

MUSIC			EXERCISE	REPS	LEVEL
Wind Back setup					
0:00	(Clap)	4x8	Wide Freeze with Chest Circle L "Circle your chest left to right"	8	
0:10	got it wrong _	4x8	Add Double time "Wind your upper body" "Walk your feet wide" Add Wide Walk L, R with Chest Circle L x2	8	
Heels setup					
0:21	wrong. People	4x8	Jump Wide with Heel Tap x3 (face R), Freeze x2 "3 Heels" Step Cross F L, R x2 (face R) to Freeze (transition to face F) "Step forward" Walk B L, R x2		
0:32	on ten like	4x8	Jump Wide with Heel Tap x3 "1 & 2" Walk F L, R x2 (transition to face F) "& 3, & 4" Walk B L, R x2 "5, 6, 7, 8"	2	
0:42	so strong _	8x8	Add Hands O/H "Bend your knees to lift the heels"	4	
Drag Clap setup					
1:04	Yeah I'm pressing	8x8	Drag F R with R hand to O/H "Left leg, left arm" Knee Lift R with Double Hand Smack, Freeze (4cts) "Ba ba" Walk B L, R x2	4	
1:26	so strong _	12x8	Add Wide Walk L, R with Stab It R, L "Stab it, left, right"	6	
1:58	(Synth blast)	1x8	Freeze "Drag, add on the Heels"		
2:01	(Distorted vocal)	12x8	Drag Clap "Left leg, left arm" Heels "Add on the Heels" Wind Back L, R x2 (travel B) "Arms up wind back" Walk B L, R x2	3	
2:33	(Tempo increasing)	8x8	Add Breakout	2	



05. 90’S HIP HOP

SHAHAR (EXTENDED MIX) 2:29mins

TRACK FOCUS

Set up **Wind Around** with simple Layer 1 language, then add rhythmic cues to nail the timing. When adding the Backwards Turn, a well-spaced script will draw more focus and increase success.

MUSIC		EXERCISE		REPS	LEVEL
Wind Around, Cross setup					
0:00	(High vocal)	8x8	Heel Pump with Hand Circle L x4 (face R) "Feet wide, right hand" Cross Ball Change R, L x2 "Cross your left leg, freeze the rhythm" Walk B R, L x2	4	
0:38	(B up)	12x8	Drag Clap Heels Wind Back "Chest, wind it back" Wind Around with Backwards Turn L "Wind around" Cross Ball Change R, L x2 Freestyle Walk R, L x4	3	
1:35	(Quiet)	8x8	Add Half time "Slow it from the top" Add Freestyle Walk R, L x8		
2:14	(B up)	3x8	Drag Clap "Speed it up from the top" Heels Wind Back Wind Around Cross		



06. 90’S HIP HOP

HYPNOTIZE 2:11mins

TRACK FOCUS

Find your flow amidst the heavy beats and gangsta riffs, then take your time setting up the **Double Turn**.

MUSIC	EXERCISE	REPS	LEVEL
0:00 _ (Uhhh, uhhh)	1x8 Freestyle Walk R, L	4	
0:04 _ Hah, sicka than	12x8 Drag Clap Heels Wind Back Wind Around Cross Freestyle Walk R, L x4	3	
Double Turn setup			
1:02 And I just love	10x8 Note: This section starts during the last 8 counts of the chorus Double Jump to Wide Freeze L x2 “Jump, jump, open” Elbow Freeze R (4cts) “Freeze” Turn R (travel R) “Turn”	5	
1:51 Biggie Biggie	4x8 Add Double time Freestyle Walk L, R x4	2	



07. 90’S HIP HOP

NICE FOR WHAT 2:35mins

TRACK FOCUS

Talk to the rhythm of the **Double Turn**, then use 16cts to connect with your class and preview the building combination.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Roll on	18x8	Add Jump Turn B R x2 “Now add a back turn” “1 & 2, 3 & 4, 5, 6, 7 & 8” Freestyle Walk L, R x4	9	
1:27	Uh- huh! (oh yeah)	2x8	Preview Routine		
1:36	the breakdown _	12x8	Drag Clap Heels Wind Back Wind Around Cross Double Turn “Add the Double Turn” Freestyle Walk L, R x8 (continues into next track)	2	



08. 90'S HIP HOP

SI SI SI 2:47mins

TRACK FOCUS

We switch up the music in Track 8! Make your **Wave** as windy and grindy as you can, then power the Arm Circles to fuse the upper and lower body together.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Ando con tu jeva	6x8	(continues from previous track) Drag Clap Heels Wind Back Wind Around Cross Double Turn Freestyle Walk L, R x8		
0:28	(B up)	2x8	Freestyle Walk L, R	8	
0:37	(High synth)	4x8	Drag Clap Heels Wind Back Wind Around Cross Double Turn		
Wave setup					
0:55	Ya va un par de	4x8	Tap F L, R "Use your heels and toes" Step Touch L, R "Down in your legs"	4	
1:14	(Steady rhythm)	4x8	Elbow Swim Down x4 "Open your hands" Arm Circle R, L "Left hand, right hand"	4	
1:32	(High synth)	3x8	Add Tap F L, R "Same thing, tap" Add Step Touch L, R (travel F) "Come to us"	3	
1:46	(B up)	1x8	Wide Walk B L, R x2 "Feet back 4, 3, 2, 1" Fast Wide Jump B x7 "Jump"		
Wave setup continued					
1:51	(High synth)	12x8	Wave x3 (travel F) "Throw it harder" Add Wide Walk B L, R x2 "Lift your hips up, walk back" Add Fast Wide Jump B x7 "Hips up"	3	



09. 90'S HIP HOP

MOOMBAH NUMBER 5 3:25mins

TRACK FOCUS

Stomp... (need I say more?) Start with simple, repetitive, rhythmic cues. You need to immerse yourself in this move so check out Dance School to be sure you can lead with confidence!

MUSIC		EXERCISE		REPS	LEVEL
Full Stomp setup					
0:00	(Long synth)	4x8	Stomp Drag L with Clap x2 (on cts 2 & 4) "Stomp, right leg" Stomp L, R to Wide Freeze Clap x2 (on cts 6 & 8) "2 Stomps"	4	Blue
0:17	(Soft synth blast)	8x8	Add Fast Drum Rhythm Stomp L, R	8	
0:53	(Drum roll)	4x8	Tap Your Chest L, R x2 (2cts) "Right, left, right, left" Wide Freeze (6cts), Clap on ct8 "Clap"	4	Blue
1:11	(Drum roll)	2x8	Tap Your Chest (2cts), Clap on ct4 "Ba ba ba ba"	4	Gold
1:20	(B up)	2x8	Tap Your Chest L, R x2 (2cts) "Find the rhythm"	4	
1:29	(High synth)	8x8	Full Stomp "Full Stomp" Add Tap Your Chest "Listen to the rhythm" "Gaga gaga boom boom"	8	Red
2:04	(Ascending synth)	4x8	Wave (x1) Full Stomp Wave (x1) Add Wide Walk B L, R x2 Add Fast Jump B x7		
2:22	(Single synth note)	4x8	Walk L, R (Preview 90s Hip Hop Routine)	16	Gold
90s Hip Hop Routine setup					
2:40	(Synth melody)	8x8	Drag Clap Heels Wind Back Wind Around Cross Double Turn Wave (x1) Full Stomp Wave (x1) Wide Walk B L, R x2 Fast Jump B x7		Red
3:16	(Steady beat)	2x8	Step Touch L, R	4	



10. 90’S HIP HOP

DEMASIADO LOCA 2:52mins

Please note: This track contains explicit content. Alternative Track 10 can be used in place of this track.

TRACK FOCUS

A bevy of Moombahton-inspired sounds to send you *loco*. **90’s Hip Hop**... you’re welcome!

	MUSIC		EXERCISE	REPS	LEVEL
0:00	_ Man, my girls	2x8	Freestyle Walk L, R	8	
0:08	Quiere que la	24x8	90s Hip Hop Routine	3	
1:54	Tiene tremendo	4x8	Freestyle Walk L, R	16	
2:12	que ella lo	8x8	90s Hip Hop Routine		
2:47	(Loca, loca, loca)	1x8	Dynamic Freeze		



90'S HIP HOP

Go Off is all big drops, synth sounds and a breezy dalliance with Dancehall. Talk to the rhythm in **Heels**, embrace the changing textures in **Drag Clap** and find your grind in **Wind Back**. *It's all textures and feels people!* Set up **Wind Around** with simple Layer 1 language, then add rhythmic cues to nail the timing. When adding the Backwards Turn, a well-spaced script will draw more focus and increase success. Find your flow amidst the heavy beats and gangster riffs in **Hypnotize**, then take your time setting up the **Double Turn**.

We switch up the music in Track 8! Heel-toe the feet and make your **Wave** as windy and grindy as you can, then bring the power to fuse the upper and lower body together. Next comes **Stomp**... (need I say more?) Start with simple, repetitive, rhythmic cues. You need to immerse yourself in this move people, so check out Dance School to be sure you can lead with confidence! We finish this one with a bevy of Moombahton-inspired sounds to send you loco. **90's Hip Hop**... you're welcome!

TECHNIQUE AND COACHING

DRAW CLAP

- Step drag F, knees super soft, hips to L corner, R arm sweeps hip O/H, elbow bent, hand open, palm F, chest lifted
- Other arm sweeps down, long, soft elbow, palm in
- R knee lifts to hip height, hips to corner, chest drops F, supporting knee soft, slight drop into the legs
- Double slap hands to front of chest, elbows bent, palms in
- Finish feet under hips, elbows bent, hips to L corner, R hand at shoulder height, L hand below chest, palms in
- Walk B, feet under hips
- Wide-walk feet outside shoulder-width, knees super soft, weight shifts side to side
- Palms stab wide, at shoulder height, crossing the chest to the front diagonal, Blade Hands, palms up, thumbs in, short and sharp
- Walk B with Blade Hands outside chest, elbows in, palms up
- Increase range
- Rhythm: 1, 2 & 3, 4



HEELS

- Jump wide to face R, feet outside shoulder-width, knees soft, arms long
- Double-tap the heels, weight in the balls of the feet, Wide Freeze to finish
- 4-step transition to face front (L, R, L, R), lean F into the lead leg, cross behind, finish in Wide Freeze outside shoulder-width, hips square to front
- Walk B, feet under hips
- Increase range (remove Freeze), chest drops F into lead leg
- Rhythm: 1 & 2 & 3 & 4
- Hands O/H, elbows wide, hands super soft, palms F
- Increase range
- Rhythm: 5 & 6 & 7 & 8



WIND BACK

- Feet outside shoulder-width, knees super soft, chest circles front from R to L, arms long and relaxed
- Double time
- Walk feet outside shoulder-width, knees bent, bouncing down into the legs
- Hands at chest height outside shoulder-width, elbows down, soft fists, palms F
- Increase range



WIND AROUND

- Feet super wide, hips to R corner, knees bent, feet flat on floor
- Heel-pump back foot x4, weight F, R hand to thigh, palm flat, fingers in
- Wind L arm, circling in from elbow at shoulder height, hand open, fingers soft, palm F
- Increase range
- Backwards turn, L shoulder turns B, weight on the ball of the R foot, knees bent, low in the legs



90'S HIP HOP

CROSS

- Cross ball-change the feet, travel side, lead leg crosses F, bouncing through the legs
- Hips corner to corner, weight on the balls of the feet
- *Rhythm: 5, 6 & 7, & 8*
- Increase range, dropping low into the legs



DOUBLE TURN

- Double-jump feet under hips, knees super soft, travel L
- Jump to Wide Freeze, knees bent, dropping down into the legs, chest slightly F, weight over L knee, arms long and loose
- Wide Freeze, Weight Shift R, front heel lifts, R elbow at shoulder height, palm down at front of chest, head turns R
- Other arm long, hand behind hip, palm open, elbow soft
- Slow 3-Step Turn, travel R, feet under hips, finish wide, hips square to front
- Double time
- Jump-turn B, travel L, R shoulder turns B, feet under hips, knees super soft, hands loose below chest height, elbows bent
- *Rhythm: 1 & 2, 3 & 4, 5, 6, 7 & 8*
- Increase range



WAVE

- Feet hip-width apart, knees super soft, bouncing down through the legs
- Tap F, working through the whole foot from heel to toe, torso turns wide, knees bent, back heel lifts, winding and grinding through the lower body
- Arms long and loose, transition feet together, hips square to front
- Wide step-touch feet, lead knee turns wide, knees bent, bouncing down in the legs
- Feet together under hips, swim hands down from chest to hip height, small, elbows bent, palms flat, thumbs in, pushing wide from the wrist at the bottom of the move
- Arm Circle wide, hands open, palms out, fingers splayed; chest leans in, eyes follow the hands
- Increase range, combining upper and lower body combinations
- Wide Walk B, hips up, knees bent; hands outside chest, palms down, fingers slightly splayed
- Wide Jump x7, travel B, bouncing the butt; soft palms down, outside chest, head turns B
- Increase range



FULL STOMP

- Stomp L outside shoulder-width, knees bent, dropping down into the legs, weight shifting to the outside
- Hands throw B to the low diagonal, elbows soft, palms in
- Drag L foot to the supporting heel, clap front of chest, finish feet under hips
- Double Stomp (L, R), feet under shoulders, hips square to front, hands clap at front of chest
- *Clap rhythm: 2, 4, 6, 8*
- **Add** Fast Double Stomp on the 'off' count
- *Rhythm: 1, 2, 3, 4, 5 & 6, 7 & 8*
- Beat the torso (L, R x2) from shoulder to hip height, super-fast, elbows bent, hands open





90'S HIP HOP

WIDE WALK BACK

- Wide walk B, feet outside shoulder-width, knees soft, hips lifted, slight arch through the back
- Elbows bent, hands open at chest height, fingers soft, palms down, eyes turn B over lead leg
- Increase range



FAST WIDE JUMP

- Feet under shoulders, knees super soft, hips lifted, weight on the balls of the feet
- Jump B, small, leading with the hips, elbows bent, hands open at chest height, palms down



CONNECTION

DRAG CLAP

You need to embrace the changing textures and feels

Start by creating expansion through the ribcage
Say something like:

"Drag your chest to the sky"

Then talk to the feel of the Stab It arm-line:

"You can make it short"

TRACK 7

Use the 16cts at the start of this track to connect with your class and preview the building combination

We switch up the music in **Track 8!** This is your opportunity to connect with your class and build hype

Use the Freestyle Walk to connect with your class and preview the building combinations

COACHING

HEELS

Use Layer 1 cues to nail the rhythm of this move.
Say something like: "1 & 2 & 3 & 4"

Help your class find the *feel* in **Wind Back**. Say something like:

"You need to wind your upper body"

WIND AROUND

You have plenty of reps to nail this move!

Set up using language that is clean and simple, before adding rhythmic cues to help master the timing. Say something like:

"Find the freeze"

"5, 6 & 7, & 8"

When adding the Backwards Turn, a well-spaced script will draw more focus and create success.

Take your time setting up the **Double Turn**. Start with simple Layer 1 cues:

"Jump, jump, open, jump, jump, open"

"Freeze to the side, turn"

Then talk to the rhythm of the move:

"1&2, 3&4, 5, 6, 7 & 8"

When the tempo increases, tell your class to wait for the "7". Say something like:

"You need to freeze for 2 full counts"

Talk to the feel in **Wave**. Tell your class to *"grind their lower body using their heels and toes"*.

Full Stomp is all about nailing the rhythm!

Start with simple repetitive rhythmic cues, then invite your class to *"listen to the music"*.

Tip: Tell your class *"you're always going to clap"*

You need to immerse yourself in this move, people! So check out Dance School where G breaks down the rhythm to enable you to lead with confidence.



11. RECOVERY

TRACK FOCUS

Passionfruit hits the sweet spot! Jamaican sounds with soft drums, practically begging to be paired with a bit of *Dirty-Dancing*. Find the ultimate chill here with a little feel and bounce. *Margaritaville!*

MUSIC		EXERCISE		REPS	LEVEL
Knee Bounce setup					
0:00	(Instr)	4x8	Knee Bounce "Find the bounce in your knees"	16	
0:16	Listen	8x8	Knee Bounce x4 with Chest Turn L, Snap (ct8) "Hands up" Repeat to R "Turn your chest" "Slow everything down"	4	
0:51	Passionate from	8x8	Add Slow Step Touch with Knee Bounce x2 L, Snap (ct4) Repeat to R "Same little bounce"	8	
Cross Step setup					
1:25	(Instr)	4x8	Cross Step R (L, R, L) (travel R/B) "Cross your right leg" Repeat to L "Step back" Repeat to R Repeat to L Cross Step R (L, R only) to Wide Freeze "Freeze" Step Jump Together L "Jump together"		
1:42	Listen	16x8	Knee Bounce F (L, R x2) with Snap x2 "Bring it forward" Cross Step B (double time) "Right, left, right"	4	

11. PASSIONFRUIT 2:54mins

Passionfruit hits the sweet spot! Jamaican sounds, contemporary undertones and soft drums, practically begging to be paired with a bit of *Dirty-Dancing*. Find the ultimate chill with a little feel and bounce. This track is easily consumed and endlessly repeatable - intoxicating, like a frozen Margarita!

TECHNIQUE AND COACHING

KNEE BOUNCE

- Feet under hips, slow Knee Bounce F, dropping down into the legs on cts 2, 4, 6, 8
- Chest turns side to side, slow, hands outside shoulder-width, soft fists, elbows down
- Roll the wrists in on the 'off' count, snap fingers (ct8)
- *Rhythm: 2, 4, 6, & 8*
- **Add** Slow Step Touch, feet outside shoulder-width, hips shifting F on the Knee Bounce
- Travel F with feet hip-width apart
- **Add** Cross Step



CROSS STEP

- Cross-step feet at shoulder-width, travel B, knees soft with natural swing of the arms
- Inside leg crosses in front, hips turn to the outside, outside leg steps B, hips square to front
- Inside leg steps B to inside corner, hips transition to opposite corner
- Step R to Wide Freeze, knees soft, hips square to front
- Jump-step the feet together (L, R), knee lifts below hip height, finish feet under hips
- Double time
- Increase range



CONNECTION

Time to find some ultimate chill with a little feel and bounce. Tell your class *"we're going to slow everything down"*.



12. NINETY 90 RATATA 2:00mins

TRACK FOCUS

Nail the lower body twist in **Scoop the Beat**, then make the **Drop** super sharp.

MUSIC		EXERCISE		REPS	LEVEL
Scoop The Beat setup					
0:00	(Cowbell)	4x8	Wide Walk L, R x2 with Arm Scoop to O/H "Scoop your hands" Knee Lift L with Elbow Pull (on ct8) "Pull into your sides"	4	
0:14	(Heavy beat)	4x8	Add Fast Wide Walk L (L, R, L) with Arm Scoop "3, 2, 1" Knee Lift R with Elbow Pull Repeat to R "Use your knees to turn your hips"	4	
Drop, Double Tap setup					
0:29	Wicked , wicked	8x8	Slow Heel Drop L, R x2 (8cts) "Drop into your heels" Repeat with Double Tap Freeze arm-line "2 taps"	4	
1:00	(Ratata-ta-ta) _	4x8	Scoop The Beat "3, 2, 1" Drop L, R "Drop sharp" Add Fast Drop L, R x2 with Double Tap , Knee Lift L (on ct8) Step Touch L, R x4		
1:14	(Heavy synth)	12x8	Add Breakout (continues into next track)	3	



13. NINETY 90

IGD (EXTENDED MIX) 0:59mins

TRACK FOCUS

Time for a hard-hitting Electro House club-shaker! Plant your feet to the floor in **Punch**, staying low in the legs and using your hips to create the dynamic feel... then punch, cross, swivel and rotate the arms to the sky. *Boom!*

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Ratata-ta-ta) _	10x8	(continues from previous track) Scoop The Beat Drop Double Tap Step Touch L, R x4 (Last rep: remove Step Touch) Preview Hip Rock	3	
Punch It setup					
0:36	(Fast taps)	2x8	Hip Rock L (L, R, L), Together L (face F) “3 steps” Repeat to R “Plant your feet”	2	
0:44	_ (Ya, ya, ya)	4x8	Add Punch Your Hips (on cts 1 & 5) “Punch your hips”	4	



14. NINETY 90

RATATA 1:59mins

TRACK FOCUS

Bring the flava and combine all four moves to a wicked beat and these heavy synth sounds.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Wicked, wicked	8x8	Feet Wide with Cross Squeeze Throw Combo “Squeeze and rotate your elbows” (Last 4 reps: transition to Hip Rock L, R)	8	
0:29	(Ratata-ta-ta) _	4x8	Punch It with Cross Squeeze Throw Combo (double time) Add Heel Throw Wide R, L (on cts 4 & 8) Step Touch L, R Back Step L, R x2 (travel B/F) “Back step”	2	
0:44	(Heavy synth)	8x8	Add Breakout	4	
1:14	Wicked, wicked	4x8	Scoop the Beat Drop Double Tap Punch It Step Touch L, R Back Step L, R x2 (travel B/F)	8	
1:29	Wicked, wicked	4x8	Step Touch L, R		
1:44	(Ratata-ta-ta) _	4x8	Scoop The Beat Drop Double Tap Punch It Step Touch L, R Back Step L, R x2 (travel B/F)		



15. NINETY 90

IGD (EXTENDED MIX) 1:29mins

TRACK FOCUS

Time to **Fly**... because it's the 90's and that's what we do! Start by rolling out the safety cues, then talk to the feel. Tell your class to "use the ribcage to create expansion in the torso".

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Fast taps)	12x8	Add Breakout	3	
Fly setup					
0:44	(Ascending synth)	4x8	Feet Together with L Arm Sweep O/H "Right hand" Repeat to R "Lift the center of your chest"	2	
0:59	is going _	8x8	Add Wide Knee Lift R "Opposite leg" Repeat to L "Toes close to your body"	4	



16. NINETY 90

NOBODY’S SUPPOSED TO BE HERE (HEX HECTOR DANCE MIX) 4:08mins

TRACK FOCUS

A huge opportunity to connect and be one with your class on the floor. Remember to move *WITH* your class rather than *TO* your class!

MUSIC		EXERCISE		REPS	LEVEL
0:00	is going _	4x8	Cross L, Knee Lift R (face R), Walk R, L (transition to face L) <i>“Right knee”</i> Repeat to L <i>“Step left knee” “Cross knee”</i>	4	
0:14	(Light synth)	4x8	Add (travel B) <i>“Get ready to fly down the room”</i>	4	
<i>Fly setup continued</i>					
0:28	spent all my	20x8	Cross Knee Jump R with L Arm Sweep, Walk R, L <i>“Jump”</i> Repeat to L, R, L <i>“Lead with your outside knee”</i> Step Touch L, R x2 <i>“Step touch 4, 3, 2, 1”</i> Walk B L, R x4 <i>“Walk back”</i>	5	
1:41	I swear I’m	8x8	Step Touch L, R (Option: Transition to teach from the floor)	16	
2:10	So I placed my	4x8	Fly (Option: Teach from the floor)		
2:25	(here). How did	3x8	Wide Freeze with Breathe Arms (ascending/ descending) <i>“Freeze”</i> (Last 8cts: optional Performance)		
2:36	(Low synth)	24x8	Fly <i>“Sweep from the center of the chest”</i>	6	
4:03	(Quick fade)	1x8	Wide Freeze with Breathe Arms (ascending)		



17. NINETY 90

LIFTING YOU HIGHER (ASOT 900 ANTHEM)

(EXTENDED MIX) 0:58mins

TRACK FOCUS

Throw the fingertips away, creating power by lifting your chest after each throw. It’s all about the feel!

MUSIC			EXERCISE	REPS	LEVEL
0:00	(Steady beat)	8x8	Walk L, R (Option: Return to stage) (Last ct: Wide Freeze face R)	32	
Throw setup					
0:28	(Heavy beat)	8x8	L Knee Lift with Arm Sweep F x2 (face R) “Pick up right leg” Switch Jump L into Body Wave F, Switch Jump R (face R) “Switch wave, jump” (Reps continue into next track)	4	



18. NINETY 90

THIS AIN'T TECHNO (EXTENDED MIX) 3:09mins

TRACK FOCUS

This ironic beat-pounder with heavy Tech-House feels is bound to go off! Remember, when putting the three moves together, always count the Shoulder Roll into **Whack It**. You need to keep calm and “slow everything down”.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Low synth)	4x8	(Reps continue from previous track) L Knee Lift with Arm Sweep F x2 (face R) <i>“Use your ribcage”</i> Switch Jump L into Body Wave F, Switch Jump R (face R)	2	
0:14	(Melodic synth)	12x8	Add Double time <i>“Throw it”</i> Add Switch Jump L into Whip Turn R <i>“Turn to the back”</i> Add Jump Wide (face F), Slow R Shoulder Roll B (8cts)	6	
Whack It setup					
0:57	(Fast light drums)	4x8	Single-Arm Whack to O/H L, R to Wide Freeze <i>“Right hand”</i> Contract with Low Arm Whack F to Wide Freeze x2 <i>“Use your torso to contract”</i>	2	
1:12	(Surging synth)	4x8	Add Slow Arm Whack (remove Freeze) <i>“Slow”</i>	2	
1:26	(Heavy beat)	4x8	Add Double time <i>“Extend through the side of the body”</i>	4	
1:41	(Cymbal synth)	4x8	Step Touch L, R	8	
1:56	(Slow B up)	4x8	Fly <i>“Jump”</i> Throw (Double-time Shoulder Roll) <i>“4, 3, 2, 1”</i> Whack It Wide Freeze (4cts)		
2:10	(Steady beat)	4x8	Step Touch L, R	8	
2:25	_ (Well, hell no)	4x8	Fly <i>“Control and extension”</i> Throw <i>“Now let it go”</i> Whack It Wide Freeze (4cts)		
2:39	_ (Well, hell no)	8x8	Step Touch L, R (Preview Ninety 90 Routine)	16	



19. NINETY 90

LIFTING YOU HIGHER (ASOT 900 ANTHEM)

(BLASTERJAXX EXTENDED REMIX) 1:02mins

TRACK FOCUS

You and BODYJAM... When the dramatic synth drops, you say nothing at all!

MUSIC		EXERCISE		REPS	LEVEL
Ninety 90 Routine setup					
0:00	(Heavy synth)	8x8	Scoop The Beat Drop Double Tap Punch It Add Step Touch L, R (4cts) Add Fast Walk B L, R x2 (4cts) Fly Throw Whack It Wide Freeze (4cts)		
0:28	(Synth blast)	1x8	Step Walk L, R	2	
You and BODYJAM setup					
0:32	(Light synth)	8x8	Slow Wide Walk L, R x4 with You and BODYJAM Arm Combo "Left hand" "This is you inside the BODYJAM"	4	



20. NINETY 90

LIFTING YOU HIGHER (ASOT 900 ANTHEM)

(EXTENDED MIX) 2:58mins

TRACK FOCUS

Make space to create the drama. Find the fast and feel the slow... *that’s how you create magic!*

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Dramatic synth)	8x8	Add Breakout	4	
0:29	_ (Higher, higher)	2x8	Step Touch L, R	4	
0:36	(Fast synth)	8x8	Ninety 90 Routine		
1:05	(B up)	4x8	Freestyle Walk L, R	16	
1:19	(Heavy synth)	16x8	Ninety 90 Routine (Last 4cts: preview Step Back Tap)	2	
2:18	(Descending synth)	8x8	Step Back Tap L, R x4 with You and BODYJAM Arm Combo “Tap your toes”	4	
2:46	_ (Higher, higher)	3x8	Freestyle Walk L, R	12	



21. NINETY 90

LIFTING YOU HIGHER (ASOT 900 ANTHEM)

(BLASTERJAXX EXTENDED REMIX) 1:38mins

TRACK FOCUS

Big synth sounds. No words, just dance. *BOOM!*

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Heavy synth)	8x8	Ninety 90 Routine		
0:28	(B up)	4x8	Freestyle Walk L, R	16	
0:43	(Heavy synth)	8x8	Ninety 90 Routine		
1:12	(Steady beat)	4x8	Step Touch L, R	8	
1:27	(Quick fade)	1x8	Wide Freeze with Breathe Arms (ascending)		



NINETY 90

Nail the lower body twist in **Scoop The Beat**, then make the **Drop** super sharp. Track 13 (**IGD**) is a hard-hitting Electro House club-shaker! You need to plant your feet to the floor in **Punch It** and use the hips to create the feel. Track 15 and it's time to **Fly**...*because it's the 90's and that's what we do!* Start by rolling out the safety cues, then talk to the feel before connecting with your class on the floor. *Remember to move WITH your class rather than TO your class!*

Track 17 and you need to **Throw** your fingertips away, creating power by lifting your chest before beat-pounder, **This Ain't Techno**, hits with its heavy Tech-House feel! Remember, when putting the 3 moves together, always count the Shoulder Roll into **Whack It**. Tell your class to keep calm and "slow everything down". The back half is all about making space to create the drama. Find the fast and feel the slow... that's how you create magic!

TECHNIQUE AND COACHING

SCOOP THE BEAT

- Wide-walk feet outside shoulder-width, knees bent, hips turn in, twisting through the lower body
- Arm Scoop to O/H, at full extension, flex wrists at base of the move, palms out
- Elbows pull down/in, soft fists, outside knee lifts, super small with a relaxed foot
- Double time
- Increase range, using knees to turn the hips



DROP

- Feet under shoulders, knees bent, arms long and relaxed
- Drop heavy into heels, super sharp, knee out, hips turn wide, outside heel lifts
- **Add** Double Tap



DOUBLE TAP

- Feet under shoulders, knees bent, arms long and relaxed
- Drop heavy into heels, sharp, knee out, hips turn wide, outside heel lifts
- Double cross-tap shoulders, elbows down, hands open
- Double-flick wide from the wrists, hands open outside shoulder, palms up
- **Add** Double time with L Knee Lift below hip height
- Increase range



PUNCH IT

- Feet outside shoulder-width, knees bent, arms long and loose
- Wide walk the feet, hips to corner, feet flat on floor, hips rocking F/B, staying low in the legs
- Finish feet together, face front
- Hip punch, tight fists, palms up, elbows bent, finish in Wide Freeze, elbows in
- Wide Freeze, feet outside shoulder-width, cross-tap shoulders, elbows down
- Roll fingers in to squeeze above shoulder height, elbows pull in
- Roll F, rotating wide from the elbows, throw hands O/H, soft fists at shoulder-width
- Heel throw behind knee, relaxed foot at knee height, knees together, slight flex of the ankle
- Increase range





NINETY 90

FLY

- Feet under hips, knees soft
- Inside arm sweeps wide to O/H, at full extension, hand open, palm flat, chest lifted
- Other arm to the low diagonal, palm in
- Opposite knee lifts wide, foot to knee, toes down
- Step-cross lead leg F, knee lifts at hip height, hips to corner, toes down
- 2-step transition, feet under shoulders, hips turning corner to corner
- Increase range with jump, travel F, lifting from chest, head turns wide
- Other hands lifts to shoulder height (jump)



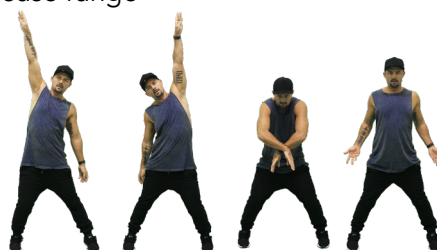
THROW

- Feet super wide, knees bent, hips to R corner, heels flat to floor
- L knee lifts F, to hip height, contract the chest, arms sweep F/B, leading from the elbows to full extension, hands open at shoulder height, palms to floor, chin to chest
- Replace L foot B, hands sweep B, elbows lead, hands open to the low diagonal, palms F, chest lifts
- Jump-switch feet under hips, back heel lifts, wave the torso down/up, lifting through the chest
- Double time
- Turn, R shoulder turns B, knees bent, dropping super low into the legs, arms extend B
- Head whip leading with the right temple, slight drop of the chin
- Jump wide to freeze facing front, feet outside shoulder-width, slow R Shoulder Roll B, arms long, soft fists



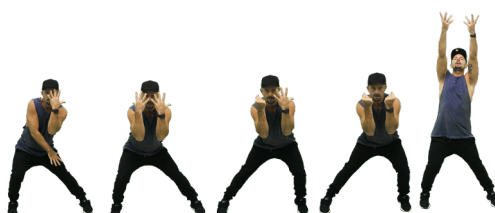
WHACK IT

- Wide Freeze outside shoulder-width, knees soft
- Single whack arm to O/H, rolling through the wrist to full extension at shoulder-width, elbow wide, extending through the side of the body, opposite ear drops towards shoulder
- Double-arm whack F, rotating in front and low, elbows bent, chest contracts F, chin to chest, hands open, palms finish in
- Rotate arms wide, elbows pull B to finish, chest expands, hands open, palms F
- Double time
- Increase range



YOU AND BODYJAM

- Wide-walk feet outside shoulder-width, knees super soft, Weight Shift side to side
- Palms push to the diagonal at full extension, soft elbows, slight flex of the wrists, fingers slightly splayed
- R hand cross to low diagonal, L hand to high diagonal, head turns wide
- R hand opens to high diagonal, L hand crosses to low diagonal
- Hands front of face, elbows down, dropping low into the legs, fingers gather into tight fists
- Hands push up to O/H, lifting up out of the legs, eyes up, arms open wide at the top with Breathe Arms descending at full extension, hands open, palms up
- Increase range
- Step-tap the toes B, feet outside shoulder-width, knees bent, heels up, bouncing through the legs





NINETY 90

COACHING

SCOOP THE BEAT

To help your class nail the feel, say something like *“use your knees to turn your hips”*.

PUNCH IT

Tell your class to keep their feet planted to the floor and use the hips to create the dynamic feel.

You need to roll out your safety cues every time you **Fly!**

Say something like:

“Control”

“Brace”

“Keep the toes tucked under”

Then talk to the feel. Tell your class to *“use the ribcage to create expansion in the torso”*.

The **Throw** is all about *feel*. Tell your class to:

“Let the energy flow out of your fingertips”

“Find the lift in your chest”

“Use your ribcage for power”

When it comes to the Shoulder Roll, you need to *“slow everything down”*.

TRACK 18

When putting the 3 moves together, always count the Shoulder Roll into **Whack It**. You want the class to slow everything down here!

CONNECTION

TRACK 16

Hello **Fly**... cause it's the 90's and that's what we do!

This is a huge opportunity to connect and be one with your class on the floor. **Tip:** Remember to move *WITH* your class rather than *TO* your class!

PERFORMANCE

YOU AND BODYJAM

When the dramatic synth drops, you say nothing at all!

TRACK 19... Boom!

Big synth sounds. No words, just dance.



22. GROOVEDOWN

TRACK FOCUS

Wash Your...? You can have some fun with this move!

MUSIC		EXERCISE		REPS	LEVEL
Wash Your... setup					
0:04	I ain't seen you	4x8	Step Together L with Double Hip Bounce (F/B) (face L corner) Repeat to R "Wash your butt"	4	
Step It Up setup					
0:25	Soon as the	8x8	Step Drop L x4 (travel L) "Step it up" Hip Roll B with Snap R, L x2 "Roll your hips 4, 3, 2, 1" Repeat to R "Lean back"	2	
1:05	(oh) Boy, let me put	4x8	Wash Your... "Lean back and put it out"	4	
1:25	looking for-or	1x8	Wide Freeze with Breathe Arms (ascending/ descending)		
1:30	way back in the	4x8	Lat Stretch R "Left hand" Repeat to L		
1:50	I know _ we don't	3x8	Center Adductor Lunge "Knees out over toes"		
2:05	thing _ that's been	1x8	Body Roll Up		
2:10	_ Boy, let me put	6x8	Step It Up L (remove Hip Roll) Wash Your... R, L Step It Up R (remove Hip Roll) Wash Your... L, R	1½	
2:40	From LE.S way to	2x8	Freestyle Walk L, R	8	



22. PUT YOU ON 3:36mins

Wash Your...? This one is just for fun. Connect with your class and get creative with your vocals.

TECHNIQUE AND COACHING

WASH YOUR...

- Feet step together, hips to corner, knees super soft, Hip Push F, lean B, small bounce through the legs
- Hip Push B, Chest Drop F, wiggle the butt from side to side, super small
- Arms super loose



STEP IT UP

- Step-drag feet at shoulder-width, weight shifting F/B, face side, travel wide
- Back toes drag F to supporting leg, weight shifts B dropping heavy into back foot, front heel lifts
- Feet outside shoulder-width, knees super soft, hips roll B, finish with small Hip Push F
- Snap outside hand F below chest height, elbow in, palm up, chest turns side to side
- **Add** Wash Your... (remove Hip Roll)



PERFORMANCE

WASH YOUR...

You can have some fun with this move!



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 18 'This Ain't Techno', leave out Tracks 19 to 22 and go straight into Track 23 'Let's Get This Thing Started' to continue with the MASHIT! Block.

23. LET'S GET THIS THING STARTED 2:47mins

MUSIC		EXERCISE		REPS	LEVEL
Ninety 90 Routine setup					
0:00	(Heavy synth)	8x8	Scoop The Beat Drop Double Tap Punch It Add Step Touch L, R (4cts) Add Fast Walk B L, R x2 (4cts) Fly Throw Whack It Wide Freeze (4cts)		
0.28	(Synth blast)	1x8	Slow Wide Walk L, R	2	
0:32	(Distorted synth)	4x8	Slow Step Drag L, R	8	
0:48	(Heavy synth)	8x8	Ninety 90 Routine		
1:17	(Surging synth)	4x8	Step Touch L, R	8	
1:31	thing started _	16x8	Ninety 90 Routine	2	
2:30	(Tempo decreasing)	4x8	Step Touch L, R	8	



MASH IT!

24. WOW. 2:23mins

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Quiet synth)	4x8	Freestyle Walk L, R (travel B)	16	
0:18	_ G-Wagon, G	8x8	90's Hip Hop Routine		
0:56	_ Everywhere I go	2x8	Freestyle Walk L, R (travel B)	8	
1:06	_ Cut the roof off	8x8	90's Hip Hop Routine		
1:44	wow _ Hunnid	2x8	Step Drag L, R	4	
1:54	wow _	1x8	Feet Together with Hip Rock R, L	4	
1:59	(Distorted synth)	1x8	Freestyle Walk L, R (travel B)	4	
2:03	(Cymbals)	4x8	90's Hip Hop Routine (Rep continues into next track)		

25. HARD (EXTENDED MIX) 3:41mins

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Heavy beat)	4x8	(Rep continues from previous track) 90's Hip Hop Routine		
0:16	(Slow B up)	4x8	Step Touch L, R	8	
0:32	(Fast B up)	16x8	Ninety 90 Routine	2	
1:31	(Descending synth)	2x8	Wide Walk L, R	4	
1:37	(3 drumbeats)	8x8	You and BODYJAM	4	
2:07	(Slow B up)	4x8	Step Touch L, R	8	
2:21	(Fast B up)	16x8	Ninety 90 Routine	2	
3:19	(Steady beat)	4x8	Step Touch L, R	8	
3:34	(Synth blast)	1x8	Wide Freeze with Breathe Arms (ascending)		



ALT

03. 90’S ROCK

COUNT YOUR LUCK 3:30mins

MUSIC		EXERCISE		REPS	LEVEL
Split Drag setup					
0:00	(Guitar)	8x8	Slow Split Drag R x8 (face L) “Right leg back” Repeat to L (face R) “Split and drag together”		
0:24	(Heavy drums)	8x8	Split Drag L x4 (double time) (travel L) “4, 3, 2, 1” Jump OTS with Arm Throw O/H x8 “Jump on the spot” Repeat to R (travel R) Jump OTS with Arm Throw O/H x8 (Last 4cts: Wide Freeze)	2	
Cross Step/Head Wrap setup					
0:48	_ Like a penitentiary	4x8	Cross Step R (L, R, L), Walk L (R, L) “Cross” “Slow, quick, quick” Repeat to L	2	
1:00	was fall _ Look	4x8	Add 4ct Head Wrap R, L “From the back to the front”	2	
Split Drag setup continued					
1:13	Let’s go	8x8	Split Drag L “Split drag” Add Jump OTS x4, Wave L “4, 3, 2, 1” Split Drag R Add Jump OTS x4, Wide Freeze with Head Knock R (on ct5) “Knock your head”	2	
1:37	(Guitar)	4x8	Cross Step “Cross”	2	
1:49	_ You can’t keep	8x8	Add Head Wrap “Use the whole room”	4	
2:13	Let’s go	8x8	Split Drag	2	
2:38	(Guitar)	4x8	Cross Step	2	
2:50	_ You try to kick	4x8	Add Head Wrap	2	
3:02	Let’s go	8x8	Split Drag (Last 4cts: Freestyle Freeze)	2	



ALT

10. 90S HIP HOP

CON CALMA 3:02mins

	MUSIC		EXERCISE	REPS	LEVEL
0:00	_ (Wep, wep, wep)	2x8	Freestyle Walk L, R	8	
0:09	Como te llamas	16x8	90s Hip Hop Routine	2	
1:26	Con calma	2x8	Freestyle Walk L, R	8	
1:36	tiene' candela y	8x8	90s Hip Hop Routine		
2:15	Tiene adrenalina	1x8	Freestyle Walk L, R	4	
2:19	Come with a	8x8	90s Hip Hop Routine (Last ct: Dynamic Freeze)		



BODYJAM COACHING

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 and 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 e.g. forward, back, side
- **Placement** – tell them where their feet should be e.g. feet under hips

The key is to keep it simple. You won't need to say all parts of the Setup every time. Watch the 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 and 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 – e.g. 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 basics 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

- 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. E.g. “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, Les Mills UK, BODYJAM, BODYCOMBAT and 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.

