

BODYJAM 91

MUSIC, CREDITS AND INFO

WARM-UP

ISOLATIONS

BANANA LATIN

HIP HOP

RECOVERY

STYLES, SASS, HIPS, FEELS

GROOVEDOWN

BODYJAM COACHING

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MUSIC

WARM-UP

01

SOS
(Laidback Luke Tribute Remix) (4:05)

Avicii feat. Aloe Blacc

Courtesy of the Universal Music Group.
Written by: Fogelmark, Nedler, Bergling, Briggs, Burruss, Cottle

ISOLATIONS

02

Change Your Mind (2:38)

Dillon Francis feat. lovelytheband

© 2019 IDGAFOS.
Written by: Stromstedt, Collins, Francis

BANANA LATIN

03

Bananeira (Banana Tree) (3:04)

Sergio Mendes feat. Mr. Vegas

© 2006 Concord Music Group, Inc.
Written by: Donato, Moreira

HIP HOP

04

Back (3:14)

Party Favor feat. OG Maco & Project Pat

© 2019 Area25.
Written by: Ragland, Houston, Ihesiaba

05

Company (2:53)

Justin Bieber

Courtesy of the Universal Music Group.
Written by: Schuller, Abrahart, Troelsen, Wong, Clampitt, Bieber

06

Soulmate (2:44)

Lizzo

© 2019 Nice Life Recording Company and Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside of the United States.
Written by: Felder, Douglas, Jefferson

07

Miénteme (Sak Noel Remix) (3:03)

GTA

© 2019 Mad Decent.
Written by: Tarez, Sotomayor, van Toth, Mejia

08

Due West (Skrillex Remix) (2:44)

Kelsey Lu

© 2019 Columbia Records, a Division of Sony Music Entertainment.
Written by: Aarons, Uzowuru, Boston, Lu, McDonald, Kleinman

09

Tempo (2:54)

Lizzo feat. Missy Elliott

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Written by: Thomas, Wincorn, Elliott, Farber, Cuna, Jefferson, Scott, Frederic

RECOVERY

10

No Negative Vibes (3:06)

Walshy Fire, Alkaline & Runtown

© 2019 Mad Decent.
Written by: Soko, Kigara, Bartley

STYLES, SASS, HIPS, FEELS

11

Telephone (Crookers Vocal Remix) (4:12)

Lady Gaga feat. Beyoncé

Courtesy of the Universal Music Group.
Written by: Germanotta, Jerkins

12

Clarity (Tiësto Remix) (2:03)

Zedd feat. Foxes

Courtesy of the Universal Music Group.
Written by: Robinson, Koma, Zaslavski, Hafferman

13

Flip The Beat (3:01)

Bassjackers & APEK

© 2019 SpinninRecords.com.
Written by: van Hilst, Flohr, Cooperman, Gilbert, Farca

14

Bounce (Sandro Silva Remix) (2:00)

Calvin Harris feat. Kelis

© 2011 Sony Music Entertainment UK Limited.
Written by: Harris

15

Bounce (R3hab Remix) (2:30)

Calvin Harris feat. Kelis

© 2011 Sony Music Entertainment UK Limited.
Written by: Harris

16

Bounce (Sandro Silva Remix) (1:45)

Calvin Harris feat. Kelis

© 2011 Sony Music Entertainment UK Limited.
Written by: Harris

17

Play It Cool (Quintino Remix) (4:03)

Steve Aoki & MONSTA X

© 2019 Ultra Records, LLC / Liberator Music.
Written by: Aoki, Sanders, Clarence Jr., Siversten, Mørup

GROOVEDOWN

18

Loco Contigo (3:02)

DJ Snake & J Balvin feat. Tyga

Courtesy of the Universal Music Group.
Written by: Osorio, Quiles, Stevenson, Grigahcine



L-R: Bianca Ikinofu (shadow),
Gandalf "G" Archer Mills, Maddy Barnett (shadow)

Are you ready for truly inspired innovation?! I
TOOK A CLEAN & PRESS AND MADE IT COOL!!!
BODYJAM 91 is here and I'm guessing you can
already feel the STYLES, SASS, HIPS, FEELS. Track
1 is a brand-new banger remixing those beautiful
sad sounds, RIP. This song is gorgeous.

Track 2 will have your chest very, very warm. Total
upper body isolation before Track 3 takes you
straight to Rio for A LATIN TRACK! DID YOU
HEAR ME – IT'S A LATIN TRACKKK!!

Then mucho Hip Hop-oh, and we go haaaard...
I mean listen to that first track *Back* (baby got a
back on her back – I mean what does that even
mean?), before we learn actual magic tricks. Then
the first of slay queen's two amazing songs makes
this release stunning – I love *Soulmate*, and
Tempo goes haaaard. And all the drums in the
middle@#\$.!

Bring the heart rate down with some authentic
Dancehall autotune – you're gonna love the
Reverse Hip Wave. Then we remix it up for
possibly the bounciest song of all time?? No, not
a ?? It should be a !!! STYLES.

A huge remix of the song *Clarity*, which you've
heard a million times at your favorite fast-fashion
stores, but you ain't never heard SASS like this.
Then get your grind on to the nasty nasty sound
of *Flip The Beat* – thank you HIPS. Followed by
over 6 minutes of stunning vocal top lines, flying-
sky synths and a thunderous drop FEELS to take
us home with a K-Pop super group remixed to
within an inch of its life. THEN YOU GET TO
PLAY LITTLE IMAGINARY BABY DRUMS LIKE A
DINOSAUR. Wait... what?

BODYJAM 91 has everything you need for a
successful life.

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CREDITS

Program Director – Gandalf Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings and
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.

*Special thanks to Bianca Ikinofu and Maddy
Barnett.*



EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warm-Up	Track 01	Warm-Up
Track 02	Isolations	Track 02	Isolations
Track 03	Banana Latin	Tracks 11-17	Styles, Sass, Hips, Feels
Tracks 04-09	Hip Hop	Total Time	26:17
Total Time	27:19		

45-MINUTE FORMAT	
Track 01	Warm-Up
Tracks 04-09	Hip Hop
Tracks 11-17	Styles, Sass, Hips, Feels
Total Time	41:11

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.

RELEASE FEEDBACK
Tell us what you think of this release.
Visit lesmills.com/release-feedback

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.



MASH IT! CHANGES

So listen up, I have some news to share with you. And it's not that I'm having any more children, cause apparently I do that aaaaallll the time.

As BODYJAM Program Director, I am always thinking about how to simplify every detail I can with BODYJAM, to make it easier for you guys to learn and teach, simultaneously making it easier for your class members to pick up, and hopefully get more people into your classes. So in keeping with simplicity, from the next BODYJAM Release 91, I will no longer be including a MASH IT block.

MASH IT was a super quirky and inventive addition to the program when I used to use a lot more House music. But as musical styles change, it's become more complicated to mash the two main routines together. I'm taking the program through a lot of new amazing sounds I've found around the world, and MASH IT is not going to work well with where I'm heading things choreographically.

So to keep things simple moving forwards, we're just going to have the main masterclass only. But I hear you cry " SAY WHAT G? I love spending extra time learning extra choreography that adds minimal amount of experience to my class! Why would you do this to me!"

OK so hear me out. Number one: you guys weren't even using it that much. I have seen the numbers through our Les Mills Releases app and the actual instructor PLAYS of MASH IT in clubs were not even close to that of the main Masterclass. So number one, it's not even that popular with most instructors.

Number two: it's good for your members. We know the key to people feeling successful in our programs is SIMPLICITY. In Jam it's this, times a thousand. Fewer class formats or structures mean that people know what to expect when they come to your class. That means that once they've mastered the release, they can just enjoy it. Rip it up, go wild, enjoy the space in the choreography they know and love.

And number three: it's good for you. Who wants to spend more time trying to learn a slightly altered version of the choreography? I think this is the main reason MASH IT wasn't being used much, spending a heap more time learning basically the same choreography. You guys ALREADY spend way more time learning a release than all other Les Mills Instructors, so by the way freaking thank you for that, I really appreciate the amount of effort you put into every release so you can teach an amazing Jam class. So with removing MASHIT I am giving you back the gift, of TIME. You are welcome.

So that's it! I know you guys are gonna love BODYJAM 91, STYLES, SASS, HIPS, FEELS, and PS I'm doing another Facebook Live soon, so if you're not already part of the BODYJAM group – you should join right this second and you can hit me with all your hardcore questions like "why don't you use more Jennifer Lopez songs" and "where did you get those REEBOKS from?!?"

Much love everybody

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01. WARM-UP

TRACK FOCUS

Find the beat with simple Layer 1 cues, then talk to the *flava* of the move. It's all **Styles, Sass, Hips and Feels, people!**

MUSIC		EXERCISE		REPS	LEVEL
Snap setup					
0:05	(Steady beat)	2x8	Step Tap B L, R (Last rep: Preview Snap)	4	Blue
0:12	(Steady beat)	6x8	Add Snap R, L "Snap your fingers"	12	
0:36	(Quiet melody)	4x8	Wide Tap L, R "Push off the balls of your feet"	8	Gold
Breathe Your Hands Up setup					
0:51	Can you hear	4x8	Wide Freeze with Breathe Arms (ascending) (8cts) Palm Drag (descending) (8cts) "Just drag it down"	2	Blue
Styles, Sass, Hips, Feels Combo setup					
1:07	_ I can feel	4x8	Walk B L, R x4 with Hands Pull Up, Catch (on ct8) "Pull your hands up and catch it underneath" Walk F L, R x4 with Wide Arm Circle "Walk forward"	2	Gold
1:22	part-time lovers _	2x8	Wide Tap L, R x2 "Put it together" "Tap 4, 3, 2..." Add Styles, Sass, Hips, Feels Combo "Walk backwards, catch it"		
1:30	hear me? S.O.S.	8x8	Add Breakout	4	Red
2:01	I get robbed	4x8	Snap "Back to the beginning, Snap"	8	
2:16	_ I can feel	4x8	Wide Tap L, R "Tap your feet"	8	Gold
Breathe Your Hands Up setup cont					
2:32	Can you hear	4x8	Breathe Your Hands Up with Hip Rock (Double Time) L, R x8 "You can move your hips side to side"	2	Gold
2:47	_ I can feel	8x8	Styles, Sass, Hips, Feels Combo "Tap your feet"	4	
3:18	hear me? S.O.S.	8x8	Add Breakout "Styles, Sass, Hips, Feels"	4	Red
3:49	(Outro)	4x8	Snap	8	



01. SOS (LAIDBACK LUKE TRIBUTE REMIX) 4:05mins

Welcome to BODYJAM 91... a banging mix of genres guaranteed to deliver a little something for everyone! Track 1 **SOS**; find the rhythm, find the beat... then shoulder your way into the **Feel**!

TECHNIQUE AND COACHING

SNAP

- Feet shoulder-width apart, knees soft, step tap, ball of the foot behind supporting leg
- Hips square to front, slight bounce through the legs
- Hand snap F, slightly below chest height, palm up, elbow in
- Slight turn of the chest, other arm long, elbow soft, bouncing down through the legs

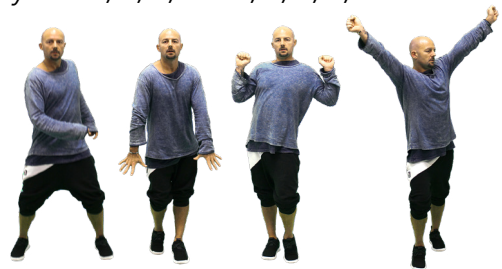


BREATHE YOUR HANDS UP

- Feet outside shoulder-width, knees soft, hips square to front
- Circle arms wide to O/H, hands open, palms down, chest up, chin lifted
- Hips rock side to side, small, range increasing
- Palms drag F from behind the head, elbows F, palms drag down front of torso
- Hands flat, fingers slightly splayed
- Double-time Hip Rock side to side, knees soft, bouncing through the legs

STYLES, SASS, HIPS, FEELS COMBO

- Walk B, feet under hips, knees soft, weight slightly F
- Hands drag up, outside hips, palms B, fingers slightly splayed, elbows wide
- Hand Grab (on ct8) at shoulder width, tight fists, palms F, elbows down
- Walk F, hands push O/H, circle wide, tight fists, palms to floor, slight flex of the wrists, slight weight shift side to side
- **Add** Wide Tap, feet outside shoulder-width, knees super soft, bouncing down through the legs, pushing off the balls of the feet
- Arms super loose, slight turn of the chest, soft elbows, Hand Grab (on ct4)
- Increase range
- *Rhythm: 1, 2, 3, catch, 5, 6, 7, 8*



COACHING

STYLES, SASS, HIPS, FEELS COMBO

Help your class find the **flava** in Track 1. Start with basic Layer 1 cues:

"Walk back"

"Pull your hands up"

"Catch it"

Then talk to the **Feel** of the move:

"Same shoulder, same leg"



02. ISOLATIONS

TRACK FOCUS

A smooth piano intro and a fresh new beat. Use your ribcage to wind your upper body. You need to hit all 4 sides, then make it smooth.

MUSIC		EXERCISE		REPS	LEVEL
Wind Your Chest setup					
0:00	(Intro)	2x8	Wide Freeze with Super Slow Chest Circle L "Wind your chest"	2	
0:08	_ A million colors	4x8	Step Tap R with Double Chest Pop "Tap your feet wide" Repeat L "Pump your chest"	8	
0:27	All over town	2x8	Wide Freeze with Slow Chest Isolation (R, F, L, B) "4 corners" "Use your ribcage to find movement through the chest" (Last 2cts: Preview Chest Pump)	2	
0:36	(Vocal effect)	4x8	Wide Freeze with Chest Pump F x4 "Pump it" Chest Isolation R (R, F, L, B) "4 corners" Wide Freeze with Chest Pump F x4 Chest Circle R to L x2 "Now 2 smooth"	2	
0:54	_ A million sorrows	½x8	Slow Hip Rock L, R "Just your hips"		
0:57	from you-ou	1½x8	Add Double Time "Double time"	6	
1:03	_ You put yourself	2x8	Add Hands on hips "Feel your hip bones slide across"	8	
1:13	All over town	2x8	Wide Freeze with Chest Isolation (L, F, R, B) "4 corners"	4	
1:22	(Vocal effect)	4x8	Wide Freeze with Chest Pump F x4 "Make it pop" Chest Isolation L (L, F, R, B) "4 sides" Wide Freeze with Chest Pump F x4 Chest Circle L to R "From the left to the right"	2	
1:40	(Synth blast)	12x8	Step Tap L, R with Double Chest Pop x2 "Tap" Step Tap L, R with Chest Circle L, R "Circle your chest from left to right"	12	
2:35	(Quick fade)	½x8	Dynamic Freeze with Feet Together "Feet together, freeze"		



02. CHANGE YOUR MIND 2:38mins

A smooth piano intro and a fresh new beat. Track 2 is all about **Isolations**. You need to get comfortable circling your chest. Use your ribcage to hit all four corners, and keep your Toe Tap wide.

TECHNIQUE AND COACHING

STEP TAP WITH DOUBLE CHEST POP

- Step tap the feet wide, knees super soft, bouncing down through the legs, arms long, elbows soft, double pump the chest F



WIND YOUR CHEST

- Feet outside shoulder-width, knees super soft, slight rise and fall through the legs
- Circle chest F from R to L, slow, arms long, soft fists
- Step feet outside shoulder-width, tap balls of the feet under shoulders
- Double Chest Pump, open and close the chest, knees bent, bouncing down through the legs
- Arms long, hands open, palms in
- Wide freeze outside shoulder-width, knees slightly bent
- Isolate and push the ribcage (side, F, side, B)
- Wide freeze with Chest Pump x4, knees bent, bouncing down through the legs
- **Add** Double time (Chest Isolation)
- **Add** Circle the chest F from R to L (Double Time)



HIP ROCK

- Feet outside shoulders, knees super soft, hip rock side-to-side, weight shift to the outside
- Double time
- Hands on hips, elbows wide, fingers F



STEP TAP WITH CHEST CIRCLE

- Step feet outside shoulder width, tap ball of the foot under shoulders
- Double chest pump F, open and close the chest, knees bent, bouncing down through the legs
- Arms long, hands open, palms in
- Circle the chest F from R to L & L to R





03. BANANA LATIN

TRACK FOCUS

Banana Latin. Wait what?! Setup the footwork with repetitive, well-spaced layer 1 cues. When the tempo increases, you make it spicy!

MUSIC		EXERCISE		REPS	LEVEL
Salsa, Push Turn setup					
0:00	(Piano intro)	6x8	Mambo L x2 (face R) Push Turn L x3 (transition from R to L) "Push turn, 2 turns" Repeat R (face L) "Push turn off your left leg" Repeat L	1½	
0:28	(Steady rhythm)	6x8	Salsa R x3 (face L) "Salsa 3, 2, 1" Repeat L (face R) "Push turn, 2 turns" Repeat R (face L) Push Turn L x3 (transition from R to L) "Turn on top of yourself"	3	
Roll Your Hips setup					
0:57	Sera no fundo	2x8	Stomp R, Hip Roll B with F Chest Roll (face L) "Roll your hips"	8	
And You Bounce setup					
1:06	Well, a me the	6x8	Walk L (L, R x2) "Walk" F Hip Bounce x4 with Backwards Hand Roll x4 to O/H (face L) Repeat R "Bring your feet together" "Bounce your legs" (1st rep: Lead off on the R leg)	3	
1:35	Bananeira nao sei	4x8	Salsa (L, R, L) (face R, L, R) "Salsa, right leg" Push Turn R (transition from L to R) "Push turn, left leg"	2	
1:54	Sera no fundo	2x8	Roll Your Hips L (face R) "Hip roll"	8	
2:04	Me say anywhere	6x8	And You Bounce R	3	
2:32	Bananeira nao sei	4x8	Salsa (R, L, R) (face L, R, L) Push Turn L (transition from R to L)	2	
2:52	Sera no fundo	2x8	Roll Your Hips R (face L)	8	
3:01	(Quick fade)	½x8	Dynamic Freeze "Freeze feet together"		



03. BANANEIRA (BANANA TREE) 3:04mins

Wait what?! Our beautiful Latin Track 3 has you working up on the balls of your feet. You need to keep it tight. Setup the footwork with repetitive, well-spaced Layer 1 language and ALWAYS cue the double turn. Then, when the tempo increases, *you make it spicy!*

TECHNIQUE AND COACHING

SALSA

- Walk feet to hip width (F/B), weight on toes, face corner, knees bent, slight turn of the hips
- Elbows bent, hands super relaxed, palms down, natural swing of the arms (F/B)
- Double time, transition corner to corner
- Increase range



PUSH TURN

- Step F to corner, weight on the balls of the feet, push off the lead toe, turn B
- Small freeze to finish facing opposite corner, outside foot F, heels slightly lifted, weight centered
- Double time
- Increase range



ROLL YOUR HIPS

- Feet under shoulders, knees bent, face side, stomp the front leg
- Backwards Hip Roll towards lead leg, arms long, elbows soft, circling F through the chest



AND YOU BOUNCE

- Walk the feet to hip width, travel side, bouncing through the legs, arms super loose
- Feet together under hips, face side, knees bent, Hip Push F, strong bounce through the legs
- Forearms roll B, arms lifting to O/H, lean B, tight fists



COACHING

SALSA

Take your time setting up the footwork with clear, repetitive and well-spaced Layer 1 cues. Say something like:

"Your right leg"

"4, 3, 2..."

"Push turn off your right leg"

"Two turns"

"Hold"

When the tempo increases, use rhythmic cues to bring the rhythm to the move:

"3, 2, 1"

"Right, right, right"



04. HIP HOP BACK 3:14mins

TRACK FOCUS

Hip Hop Forever! Find the feel. You need to bend your knees and go low. When it comes to the **Quick Turn**, clear directional cues will get your class moving.

MUSIC		EXERCISE		REPS	LEVEL
Cross Jump, 2 Taps setup					
0:04	(Light synth)	3x8	Arm Cross (In/Out) x2 Slow Wide Tap L, R	3	
0:19	(Fast claps)	4x8	Add Wide Jump L, R x2 "Bend your knees and go low" (Last rep: Preview Double Elbow Slice)	4	
0:38	_ Baby got some	6x8	Add Double Elbow Slice R, L "Left arm, right arm" "Elbows into your body"	6	
Quick Turn setup					
1:07	_ Twerk twerk	6x8	Step F L, Wide Walk R, L "1, 2, 3" Wide Freeze (2cts) Back Kick with Elbow to Hip L "Kick your right leg behind you" Jump to Wide Freeze (3cts) (Last ct: Preview Clap)	6	
1:35	_ (Vocal effect)	6x8	Add Double Time and Push Turn R (remove Freeze) "With a turn" Add Freestyle Shoulder Bounce x3 Add Clap (ct8)	6	
2:04	(What)	1½x8	Freestyle Walk L, R	2	
2:07	_ That's a	14x8	Cross Jump 2 Taps Quick Turn (Last 2cts: Preview Knee Lift)	7	



05. HIP HOP

COMPANY 2:53mins

TRACK FOCUS

Now switch it up with some mellow vibes! Tell your class to brace their abs to lean more in the **Swim**, then use clear, repetitive, Layer 1 cues to setup **Magic**.

MUSIC		EXERCISE		REPS	LEVEL	
Swim setup						
0:00	we, we keep	3x8	Knee Lift R, L "Pick your knees up"	12		
0:14	other's company	1x8	Knee Lift R, L x4 (turn to Face L) "Slowly turn to the side"			
0:18	lonely nights	6x8	Knee Lift R, L with Swim Snap Arms x2 "Swim and snap" Knee Lift R, L x2 "Brace your abs so you can lean more"	6		
Magic setup						
0:47	Can we, we	4x8	Wide Freeze with Diagonal Grab R (face L) "Grab it" Drop, Hand Slap R (on ct4) (face L), Wrist Toss (on 5ct) "Slap" Slow Head Roll (transition L to R) (4cts) "Keep your eyes on it" Run L, R (travel R) to Catch Freeze (face R) "Right, left" Freestyle Walk B L, R x2	2		
1:07	(Ooooh)	8x8	Add Half Time Add Tap L with F Shoulder Roll, Palm F (face R) "Shoulders" Freestyle Walk B R, L x2	4		
1:45	ain't gotta be	6x8	Add Double Time "1&2... &4, 5, 6, 7, 8" Freestyle Walk B R, L x4	3		
2:14	(Ooooh)	8x8	Swim "Lean for me" Magic Add Freestyle Walk B R, L x2	4		



06. HIP HOP

SOULMATE 2:44mins

TRACK FOCUS

Bring on the swaggy facial expressions and fuse all 5 moves together to this confident, self-love dance anthem.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	True story _	1x8	(Preview routine)		
0:04	the old me	4x8	Cross Jump 2 Taps "2 taps" Quick Turn "Quick turn" Swim "Swim" Magic "Magic" Freestyle Walk B (4cts)		
0:23	own soul mate	4x8	Dynamic Freeze into Freestyle Walk		
0:41	she the one	8x8	Cross Jump 2 Taps Quick Turn Swim Magic Freestyle Walk B (4cts)	2	
1:17	own soul mate	4x8	Dynamic Freeze into Freestyle Walk		
1:35	she the one	8x8	Cross Jump 2 Taps Quick Turn Swim Magic Freestyle Walk B (4cts)	2	
2:12	I'm in love	2x8	Dynamic Freeze into Freestyle Walk		
2:21	own soul mate	4x8	Cross Jump 2 Taps Quick Turn Swim Magic Freestyle Walk B (4cts)		
2:39	she the one	1x8	Dynamic Freeze "Freeze"		



07. HIP HOP

MIÉNTEME (SAK NOEL REMIX) 3:03mins

TRACK FOCUS

Setup 3 new moves with clear and repetitive Layer 1 cues to this slightly surprising remix. **Cake** anyone?

MUSIC		EXERCISE		REPS	LEVEL
Thump It setup					
0:00	(Intro)	4x8	Slow Diagonal Chest Pop R x2 "This is from your chest" Hand Weave into Chest Pop Repeat L "Strong diagonal lines"	2	
0:18	(Steady beat)	4x8	Add Double Time Add Jump to Wide Free (3cts) "Now jump the feet" Add Jump Together "Together"	4	
Hammer setup					
0:36	Mienteme	6x8	Slow Tap B with Fist Pump L x3 (face L) "Back step, 3, 2, 1" Freeze Together with hands on hips (face F) "Feet together" Slow Shoulder Bounce x2 "Shoulders" Wide Walk L, R with Head Tilt L to Freeze x2 "Step your right leg"	3	
1:03	(B up)	10x8	Add Double Time "3, 2, 1" Add Double Time with Shoulder Bounce x3 Add Wide Walk L, R with Slow Chest Circle L x4	5	
Cake setup					
1:49	(Quiet)	4x8	Stomp L with Elbow Swing B "Stomp your right leg"	16	
2:07	Mienteme	8x8	Stomp L with Elbow Swing x4 (turn R to face B) "4, 3..." Add Torso Twist L to face F with L palm up "Twist your body" Add Triple Jump Turn R (finish facing L) with L palm up "Jump back around"	4	
2:44	(B up)	4x8	Add Double Time "4, 3, 2, 1" Add Freestyle Walk L, R x4 (travel B/F) (face B/F) "Walk to the back of the room, then walk back to front"	2	



08. HIP HOP

DUE WEST (SKRILLEX REMIX) 2:44mins

TRACK FOCUS

Tap into soulful R’n’B moods to combine the whole routine. The haunting synths and steamy, down-tempo House rhythms make it dark and danceable!

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Worship the	12x8	Thump It Hammer Cake Freestyle Walk L, R x4 (travel B/F) (face B/F)	3	
0:54	you (ou _ ou)	4x8	Freestyle Walk (Preview Hip Hop Routine)		
Hip Hop Routine setup					
1:12	(Distorted vocal)	8x8	Cross Jump 2 Taps Quick Turn Swim Magic Freestyle Walk B (4cts) Thump It Hammer Cake Freestyle Walk (B/F) (8cts)		
1:49	Due west , I'm	4x8	Dynamic Freeze into Freestyle Walk		
2:07	(Distorted vocal)	8x8	Hip Hop Routine		



09. HIP HOP

TEMPO 2:54mins

TRACK FOCUS

Breakout to a new sound. This Trap-tinged track is your straight-up ‘come ‘n’ get it’ banger.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	_ (Guitar)	2x8	Dynamic Freeze		
0:09	Slow songs	16x8	Hip Hop Routine (Last 2cts: Preview Head Wave)	2	
1:19	Slow songs	4x8	Head Wave L, R with Freeze “Drop your head” “Stop at the top”	8	
1:37	_ Let’s go, let’s	1x8	Dynamic Freeze into Freestyle Walk		
1:41	Kitty cat, kitty	16x8	Hip Hop Routine	2	
2:52	that right back _	½x8	Dynamic Freeze		



HIP HOP

Embrace the changing textures and feels in this block. Jump your body side to side using your legs to get low and elbow-slice tight. When it comes to the **Quick Turn**, clear directional cues will get your class moving with speed, before we switch up the vibe in Track 5. Remind your class to brace their abs and lean into the **Swim**, finding straight elbows at the bottom of the move. We always finish this one with clear, repetitive Layer 1 cues to lay the foundations in **Magic**.

Track 7 **Mienteme** throws 3 new moves into the **Cake** mix. **Thump It** from your ribcage, then **Hammer** back, smashing your elbow at shoulder height. When it comes to the Head Tilt, you need to take it to the left only. Finish by tapping into soulful R'n'B moods in **Due West**. The haunting synths and steamy, down-tempo House rhythms make it dark and danceable... before breaking out to a Trap-tinged, straight-up 'come 'n' get it' banger in **Tempo**.

TECHNIQUE AND COACHING

CROSS JUMP

- Feet under hips, knees soft, hips square to front
- Cross the wrists, tight fists, hands slightly above shoulder height, elbows down
- Hands open wide, tight fists just outside shoulder width
- Wide Jump, knees bent, travel side to side, Chest Turn wide, bouncing low through the legs
- Increase range, head turning side to side



2 TAPS

- Wide-tap the feet outside shoulder-width, hips turn wide, arms long
- Increase range
- Double-slice inside hand F, elbows in tightly, hands open, palms to floor, chest transitions from wide to face F



QUICK TURN

- Step F L, small, feet under hips, B heel lifts, knee bent, weight slightly F, slight drop into the legs
- Wide-walk feet under shoulders, small, knees soft
- Push kick B to full extension, knee super soft, toes down, elbow to hip, tight fist slightly below shoulder height, lean F, head turns wide
- Jump wide to finish, feet outside shoulder-width, hips square to front
- Double time
- Fast Push Turn R, pushing F off the L toes, arms super loose, elbows bent
- Shoulder Bounce x3, elbows bent, arms super loose, slight weight shift side to side
- Hand Clap (8ct)
- Rhythm: 1&2&3&4, 5, 6, 7, 8



SWIM

- Feet outside shoulder-width, knees soft, Wide Knee Lift below hip height
- Weight Shift side to side, chest turns wide, bouncing down through the legs
- Transition to face side
- Increase range
- Cross-swim hands front of chest, fingers lead, hands open, palms down, chest F
- Hands reach up O/H, palms in, elbows bent at front of shoulders
- Arms finish long, snap at shoulder width, chest drops F
- Increase range, F knee lift slightly above hip height, abs braced, lean the upper body (B/F)





HIP HOP

MAGIC

- Feet outside shoulder-width, torso turns wide, back heel lifted, slight Weight Shift to the outside
- R arm grab across, tight fist to the high diagonal, other arm long
- Drop down into the legs, L elbow bent, hand wide, palm up, R hand slaps L palm, elbow super soft
- Palm toss up, from the wrist, fingers soft, Head Roll up, transition from L to R
- Eyes follow O/H from L to R, chest turns
- Cross-step L to corner, jump onto the R leg, inside heel lifts to knee height, knee bent, toes down, weight F, supporting knee soft, torso turns wide
- L hand catch at shoulder height, tight fist, elbow down, weight F
- Half time
- Tap B toes to floor, heel lifted, knees bent, palms roll F, hands open, elbows bent, bouncing through the legs
- Double time
- *Rhythm: 1&2, 3, &4, 5, 6, 7, 8*
- Increase range



THUMP IT

- Feet under hips, knees soft, hips square to front, tight fists to the diagonal, arms to full extension, double pump the chest
- Cross-swim the hands front of chest, hands open, fingers lead, elbows wide
- Single pump the chest, elbows pull B wide, hands open, palms F, fingers slightly splayed
- Double time
- Increase range
- F jump wide, outside shoulder-width, knees bent, dropping down into the legs, bouncing down through the legs
- Jump feet together under hips on the off-count
- *Rhythm: &1 &2, 3&4*



HAMMER

- Feet under shoulders, hips to corner, stomp the B leg, knees bent
- Hammer B fist from O/H to chest height, elbow wide, finish with tight fist at front of chest
- F hand to hip, elbow wide
- B leg steps F, hips square to face front, feet together under hips, knees soft
- Hands cross and draw wide to hips, elbows wide, fingers F
- Double-shrug the shoulders
- Walk the feet wide under shoulders, Head Tilts L and back to erect
- Wide-walk the feet outside shoulder-width, knees bent, dropping lower into the legs
- Double time
- Double-bounce hammer fist, open and close the ribcage
- Fast Shoulder Shrug x3
- Wide-walk feet outside shoulder-width, knees bent, low in the legs
- Forward Chest Roll from R to L, hands on hips, fingers F
- Increase range
- *Rhythm: 1&2&3&4, 5&6&7&8*





HIP HOP

CAKE

- Feet outside shoulder-width, knees bent, hips square, L leg stomp, Weight Shift side to side
- Elbow Swing B, small, tight fists, elbows in
- Slow stomp turn R, transition to face B, twist upper torso L to face front, eyes F
- Right hand to hip, palm out, fingers down, L hand slightly above shoulder height, elbow bent, palm up, fingers slightly splayed
- Triple Jump OTS, feet under hips, left shoulder turns B, finish facing L with feet under shoulders
- Double time
- Freestyle Walk, travel (B/F), facing the direction of travel, arms super loose
- Increase range
- *Rhythm: 1, 2, 3, 4, 5, 6, 7&8*



CONNECTION

QUICK TURN

Start with clear, well-spaced, directional cues to set up the move:

"3 steps, back kick"

"Kick your right leg behind you"

"Right elbow to hip"

Then, when the tempo increases, talk to the rhythm of the move:

"1, 2, 3 & kick & jump"

Remind your class to take *"small steps"*.

MAGIC

Hit the key points repeatedly using clean, simple language. Say something like:

"Grab it"

"Slap"

"Keep your eyes on it"

"Right, left"

Repetition is key!

THUMP IT

Using rhythmic cues will set up your class for success. Say something like:

"Thump it from your ribcage"

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

HAMMER

This move will become over-complicated if we say too much. You need to keep it simple with well-spaced Layer 1 and 2 coaching cues. Say something like:

"Back step, right leg"

"3, 2, 1"

"Feet together"

"Shoulders"

"Step your right leg"

"Tilt your head"

CONNECTION

TRACK 6

Use the first 8cts to recap the building routine, and each Freestyle Walk to reconnect and build hype.



10. RECOVERY

TRACK FOCUS

No Negative Vibes is a song that will give you just that: *no negative vibes!* Super ‘chilled’, find the slow and explore working **From The Floor**.

MUSIC		EXERCISE		REPS	LEVEL
Push Your Hips setup					
0:00	_ Yo Alkaline	2x8	Step, Hip Push L x4 "Just your hips" Repeat R "4, 3, 2, 1"	2	
0:09	Dance and	2x8	Add Slow Hand Slide R (4cts) "Hand slides across your body" Repeat L	2	
0:19	a carnival (eh) _	4x8	Add Step, Hip Push L, R x2 (travel F) "Come to me" Add Repeat (travel B) "Walk backwards"		
From The Floor setup					
0:38	_ Me wake up in	4x8	Step L, Ripple Up L "Step the foot, then push your hips" Repeat R "Head goes last"	4	
0:57	_ So mi light	4x8	Step Ripple L, R Add Heel-Toe L x4 (transition from L, to R) "Turn your R heel" Step Ripple R, L Add Heel-Toe R x4 (transition from R, to L) "Wind it"		
1:16	Tonight, to tonight	4x8	Push Your Hips "Push your hips, come to me"		
1:36	Tonight	2x8	From The Floor (L only) "Slow from the floor"	½	
1:45	annuh lelele thing	8x8	Add Double Time (R, L) (Last 2 reps: Freestyle Arms) "You can style it up with your hips and arms"	4	
2:24	Tonight, to tonight	4x8	Push Your Hips (R, L) (Chop it in half) "Left leg come to me, 2"	2	
2:43	Tonight (no negative)	4x8	From The Floor (R, L) "From the floor"	2	
3:02	(Quick fade)	½x8	Dynamic Freeze		



10. NO NEGATIVE VIBES 3:06mins

No Negative Vibes is a song that will give you just that: *no negative vibes*! Super 'chilled', find the slow and explore working **From The Floor**. *The head goes last, people!*

TECHNIQUE AND COACHING

PUSH YOUR HIPS

- Feet outside shoulder-width, knees super soft, step lead leg, hips push wide
- Arms loose, elbow bent, hands super relaxed
- Grab the inside fist, elbow bent, forearm slides forward below chest height to F diagonal
- Other arm swings B long, elbow soft, chest turns wide
- Travel (F/B)
- Increase range
- Chop it in half



FROM THE FLOOR

- Feet just outside shoulder-width, knees soft, hips square to front
- Step the lead leg, knees bent, hips push wide, ripple up torso, slow, shifting one vertebrae at a time, head moves last
- Arms stay long and relaxed, elbows soft
- **Add** Heel-toe the outside foot to the supporting heel, turning from the hips
- Hips turning side to side, natural swing of the arms, elbows bent
- Double time
- Style it up with freestyle hips and arms
- Increase range, small freeze at the top (Ripple Up)





11. STYLES, SASS, HIPS, FEELS

TELEPHONE (CROOKERS VOCAL REMIX) 4:12mins

TRACK FOCUS

Sweet... with a dash of ferocity! We kick this one off simply, melodically and slowly, so take your time setting up the **Whack**. Then, when the Stutter Rap kicks in, bring in the 'girl power' element.

MUSIC		EXERCISE		REPS	LEVEL
Whack setup					
0:00	(Steady beat)	2x8	Wide Hip Rock L, R “Feet hip-width apart”	8	
0:07	Hello, hello	4x8	Hip Rock L, R x2 with Open and Whack Arms “Open your arms” Hip Rock L, R x2 with elbows wide	4	
0:23	K-kinda busy	2x8	Hip Rock L, R x2 with Hand Switch R, L, R, Freeze “L hand 3, 2, 1” Hip Rock L, R x2 with Sweep Snap L, Freeze “Sweep, snap”	2	
Whack setup cont					
0:31	Just a second	10x8	Hip Rock L, R x4 with Whack, Switch (Double Time), Snap Arms Hip Rock L, R x4 with L arm extended “Stay here” “Find the freeze before you sweep”	5	
Double Jump setup					
1:10	floor _ (Eh, eh, eh)	4x8	Double Jump L, R “2 jumps” “Keep your knees super soft”	8	
1:26	_ (Eh, eh, eh)	8x8	Add Double Jump L, R x4 (Double Time) (travel B) “Take it back” Whack “Whack” Wide Hip Rock L, R x4 with L arm extended “Stay here like this” Walk F L, R x4 (Last 2cts: Step Touch L, R)	2	
1:57	(Vocal effect)	2x8	Step Touch L, R	4	
2:05	the way your	16x8	Double Jump “Travel back as far as you like” Whack Wide Hip Rock with L arm extended Walk F L, R x4 (Last 4cts: Preview Step Touch)	4	
3:08	floor (calling)	4x8	Step Touch L, R	8	
3:24	eh _ (Eh, eh, eh)	8x8	Double Jump Whack Wide Hip Rock with L arm extended Walk F L, R x4 (Last 4cts: Preview Wide Hip Rock)	2	



11. STYLES, SASS, HIPS, FEELS

TELEPHONE (CROOKERS VOCAL REMIX) 4:12mins

MUSIC		EXERCISE		REPS	LEVEL
Hips setup					
3:55	(Outro)	3x8	Wide Hip Rock L, R with Double Chest Pump F “Pump your chest to the front”	24	
4:07	(Outro)	1x8	Add (transition to face L)	8	



12. STYLES, SASS, HIPS, FEELS

CLARITY (TIËSTO REMIX) 2:03mins

TRACK FOCUS

High-dive into 3 new moves with emotive vocals and a jaw-dropping sense of epic-ness. Talk to the levels in **Hips** and create length in the **Sweep**, before fusing together both moves with a **Back Turn**. *There's a little something for everyone in this track!*

MUSIC		EXERCISE		REPS	LEVEL
Hips setup (continued from previous track)					
0:00	_ High dive	8x8	Wide Hip Rock L, R x2 with Arm Swing Combo (face L) "3 levels" Wide Hip Rock L, R x2 "Use your hips"	8	
Sweep setup					
0:31	_ 'Cause you are	4x8	Slow Wide Walk with Arm Sweep L "Outside arm long" Repeat R "Bend your outside knee"	4	
0:46	_ If our love	4x8	Add Double Time "As long as you can make it"	8	
1:02	my clarity? _	16x8	Hips "Hips" Add Back Turn L "Back turn" Sweep R, L "Sweep" Add Back Turn R with hands O/H "Turn back" Step Touch L, R x4	4	



13. STYLES, SASS, HIPS, FEELS

FLIP THE BEAT 3:01mins

TRACK FOCUS

An Electro monster with big-room sounds and an epic drop. You need to fill the room with flava in **Whip Your Head**. Use simple Layer 2 cues to extend and evolve the move.

MUSIC			EXERCISE	REPS	LEVEL
0:00	(Low synth)	16x8	Hips Back Turn L Sweep "Rotate" Back Turn R Double Jump Whack Add Whip Your Head (with Heel Push) L, R x4 "Watch, new move" Step Touch L, R x4 (travel F)	2	
Sway setup					
1:00	(Light synth)	4x8	Whip Your Head x2 "Tilt forward from your hips" "Eyes to the floor" Wide Hip Rock L, R with Sway Arms R, L x4 (Last rep: Preview Sway Arms to O/H)	2	
1:15	(Heavy synth)	8x8	Add Sway Arms to O/H "Let your arms rock side to side"	4	
1:45	(Single blast)	4x8	Step Touch L, R	8	
2:00	_ (Low synth)	16x8	Hips Back Turn L Sweep Back Turn R Double Jump Whack Whip Your Head x2 "Drop" Sway "Sway" Step Touch L, R x4 (travel F)	2	



14. STYLES, SASS, HIPS, FEELS

BOUNCE (SANDRO SILVA REMIX) 2:00mins

TRACK FOCUS

I dare you to **Smash** your feet wider and **Jump** higher to this epic remix. *It's hot, it's loud and it's wild!*

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Steady beat)	4x8	Step Touch L, R (Last 8cts: Preview Wrist Circle) <i>“Right hand”</i>	8	
Smash setup					
0:14	Well it’s hot ,	4x8	Wide Freeze with Wrist Circle L x4 <i>“Freeze”</i> Arm Throw L with Front Kick R (4cts) <i>“Throw your hand”</i> Add Double Time (Wrist Circle x2 only) Repeat R	2	
0:29	I can love	4x8	Add Double Time (Wrist Circle x2) <i>“Turn your hips”</i> Add Jump Wide with Double Bounce <i>“Jump your feet wider”</i>	4	
Jump setup					
0:44	(Long blast)	4x8	Step Up to Wide Freeze with Arm Throw to O/H (face L) Drop Low with Arm Sweep Repeat (face R) <i>“Throw your hands high”</i>	2	
Smash, Jump setup cont					
0:59	(Light synth)	12x8	Smash L, R x2 (Single Wrist Circle only) <i>“4 times”</i> Jump (Double Time with a Jump) <i>“We’re going to add a jump”</i>	6	
1:44	(Steady beat)	4x8	Add (travel F)	2	



15. STYLES, SASS, HIPS, FEELS BOUNCE (R3HAB REMIX) 2:30mins

TRACK FOCUS

The whole routine... *need I say more?* Tap into the musical highs and lows and let the intensity linger.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Light synth)	8x8	Step Touch or Freestyle Tick Option "Put it together"	16	
Styles, Sass, Hips, Feels Routine setup					
0:29	(Heavy beat)	8x8	Smash Jump Hips Back Turn L Sweep Back Turn R Double Jump Whack Whip Your Head Sway		
0:59	(Synth rhythm)	4x8	Step Touch L, R	8	
1:14	(High synth)	8x8	Styles, Sass, Hips, Feels Routine		
1:44	(Building synth)	4x8	Step Touch L, R	8	
1:59	(High synth)	8x8	Styles, Sass, Hips, Feels Routine		



16. STYLES, SASS, HIPS, FEELS BOUNCE (SANDRO SILVA REMIX) 1:45mins

TRACK FOCUS

Breathe Your Hands Up and prepare yourself for back-to-back reps. *This is what you came here for!*

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ I can't believe	4x8	Step Touch L, R (Last 4cts: Preview Wide Hip Rock)	8	
0:14	the weekend	4x8	Breathe Your Hands Up	2	
0:29	(Long blast)	4x8	Step Touch L, R "2 times"	8	
0:44	(Heavy beat)	16x8	Styles, Sass, Hips, Feels Routine	2	



17. STYLES, SASS, HIPS, FEELS

PLAY IT COOL (QUINTINO REMIX) 4:03mins

TRACK FOCUS

Hold tight for this buzzy (yet *slightly 'chilled'*) K-Pop dance anthem. Use each **Step Touch** to reconnect with your class and generate hype. *Are you still breathing?!*

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ Hold tight	8x8	Step Touch L, R (Last 4cts: Preview Wide Hip Rock)	16	
0:29	Baby , I like	4x8	Breathe Your Hands Up	2	
0:44	it cool _	4x8	Step Touch L, R	8	
0:59	(Light beat)	8x8	Styles, Sass, Hips, Feels Routine		
1:29	(Fast build)	2x8	Step Touch L, R	4	
1:36	(Heavy synth)	8x8	Styles, Sass, Hips, Feels Routine		
2:05	(Quiet siren)	5x8	Freestyle Step Touch L, R	10	
2:24	(Light beat)	8x8	Styles, Sass, Hips, Feels Routine		
2:53	(Slow build)	6x8	Step Touch L, R	12	
3:15	(Heavy synth)	8x8	Styles, Sass, Hips, Feels Routine		
3:44	(Steady beat)	4x8	Step Touch L, R	8	
3:59	(Quick fade)	1x8	Wide Freeze with Breathe Arms (ascending)		

STYLES, SASS, HIPS, FEELS

Second half...here it comes! We kick this one off simply, melodically and slowly... so take your time setting up the **Whack** with plenty of chest to create feel and a pause for style. Then, when the Stutter Rap kicks in, bring in the 'girl power' element.

Now something you'll notice about this routine... **Styles, Sass, Hips, Feels** is all about taking the movements further! We talk to the levels in **Hips** and create length in the **Sweep**, before fusing together both moves with a **Back Turn** to emotive vocals and a jaw-dropping sense of epic-ness.

Track 13's **Flip The Beat** is an Electro monster with big-room sounds and an epic drop. **Whip Your Head**, bending your knees and pushing your heels out, using Layer 2 cues to extend and evolve the move. Track 14... and I dare you to **Smash** your feet wider and **Jump** higher to this epic remix! *It's hot, it's loud and it's wild!* Then tap into the musical highs and lows and let the intensity linger before a buzzy (yet *slightly 'chilled'*) K-Pop dance anthem takes us to Dance Utopia. *Are you ready?!*

TECHNIQUE AND COACHING

SMASH

- Feet under shoulders, knees soft, circle the outside wrist in, elbow down, slight lean to the outside
- Hand Throw F, at shoulder height, elbow stays wide, hand finishing front of opposite shoulder, hand relaxed, palm down
- Inside leg kicks F to full extension, knee soft, foot at knee height, toes up
- Jump super wide, knees bent, dropping down into the legs, hips to corner
- Single Wrist Circle only
- Increase range



JUMP

- Feet under shoulders, stepping up onto the balls of the feet to freeze, hips to corner, arms long, hands O/H, palms F
- Drop down into the legs, feet flat on floor, knees bent, collapse the chest F, hands sweep to floor, chin to chest
- Jump OTS, powering off the floor to create momentum, feet stay wide



HIPS

- Feet outside hip-width, knees bent, walk the feet small, hips rock side to side
- Double-pump the chest F, hands front of chest, elbows B, palms F, open and close the chest, fingers slightly splayed
- Walk the feet wide, transition to face L diagonal, Hip Rock (F/B)
- Arms swing down and back at full extension, slight flex at the wrists, hips push F, palms to floor
- Hands swing up to front of chest, elbows wide, palms F, fingers slightly splayed
- Hands swing up to O/H, ribcage opens, chest lifts, rising up through the legs, stepping onto the ball of the front foot to create height, elbows wide, palms F, fingers splayed
- Hands swing down to finish front of chest, knees bent, dropping back down into the legs, elbows wide, palms F, fingers slightly splayed
- Increase range



BACK TURN L

- Feet under hips, knees super soft, Back Turn, travel L, R shoulder turns B, arms super loose, elbows bent





STYLES, SASS, HIPS, FEELS

SWEEP

- Feet super wide, inside knee bent, outside leg long, leaning into the B leg
- Sweep the outside arm across, at full extension, hand open, palm down
- Chest turns side to side, eyes follow the hand, other elbow pulls B, palm up
- Double time
- Increase range



BACK TURN R

- Feet under hips, knees super soft, Back Turn, travel R, L shoulder turns B
- Hands swing up to O/H, elbows wide, palms F, hands soft, fingers slightly splayed



DOUBLE JUMP

- Feet hip-distance apart, knees super soft, arms super loose
- Double Jump, small and fast, weight on the balls of the feet, travel side to side
- Double time, travel B, arms loose, elbows bent, head turning side to side, eyes to the low diagonal
- Increase range



WHACK

- Feet super wide, knees bent, Hip Rock side to side, inside leg lengthens, inside toes release, arms long and relaxed
- Hands front of shoulders, elbows wide, palms down
- Arms open wide to full extension, at shoulder height, chest opens, palms to floor, fingers long
- Double-whack hands and back of neck, rolling up through the wrists, elbows wide
- Switch hands O/H, palms F, lead hand front of face, elbows wide, freeze before Sweep
- Sweep L arm in, circling from the elbow, eyes turn wide to the low diagonal, snap finish to the low diagonal, other hand to hip
- Double time (switch hands)
- Increase range



WHIP YOUR HEAD

- Feet outside shoulder-width, knees bent, hinge F from the hips, chest and eyes to floor
- Step onto lead leg, upper torso swings side to side, push inside heel out to floor, slight bounce through the legs
- R hand to hip, elbow wide, L arm extends B at shoulder height
- Increase range





STYLES, SASS, HIPS, FEELS

SWAY

- Feet super wide, knees super soft, hips rock side to side
- Arms swing side to side, long, at full extension to low diagonal, elbows soft, weight shifts side to side, head rocks side to side
- Increase range
- Arms swing to O/H, elbows bent, palms F, upper body rocking side to side



COACHING

WHACK

Hit the key points early on and take your time setting up this move. Say something like:

"Open your arms"

"Whack"

"Left hand in front"

"3, 2, 1... sweep snap"

HIPS

This move is all about **range**. So, ask your class:

"Can you go higher?"

You need to role-model the changes in levels and talk Layer 2 cues. Try something like:

"Open your ribcage"

"Low, middle, high"

"Lift onto the balls of your feet"

WHIP YOUR HEAD

Here's something different...

A few key cues will help your class to learn this move. Say something like:

"Tilt forward from the hips"

"Keep your eyes on the floors"

"Push your heel out"

"Stretch out your hamstrings"

JUMP

It's all about range. Tell your class to take their fingertips to the sky.

BACK TURN

Keep it simple, people! This new move will sneak up on you, so use clear Layer 1 cues as you put the building combo together.

CONNECTION

TRACK 11

Bring **Breakout** to the **Double Jump**. Tell your class to travel back as far as they can; then, when the last reps hit the floor, you say nothing at all!

SWEEP

Fluid, smooth and as wide as you can make it. Connect with the space around you and fill the music with movement.

TRACK 13

Here comes the heavy synth and your cue to **Breakout**. Don't interrupt the experience. Set the floor... then say nothing at all.



18. GROOVEDOWN

TRACK FOCUS

Here comes your summertime banger, complete with a Reggaeton feel... so grab yourself a Caipirinha cocktail and have fun with your **Baby Drums**!

MUSIC		EXERCISE		REPS	LEVEL
0:01	(hu-uh, hu , hu)	2x8	Feet Together with Freestyle Hip Rock (Last 2cts: Preview Wide Walk with Hip Rock)	8	
Baby Drums setup					
0:11	tiene s loco	2x8	Wide Walk with Hip Rock L, R "Feet wide" (Last 2cts: Preview Baby Drum L)	8	
0:21	tiene s loco	2x8	Wide Hip Rock L, R with Baby Drum L x2 "Baby drums"	8	
0:31	Mami, tu ere	1x8	Wide Hip Rock with Double Baby Drum R (on cts 2&, 6&) "Left side hold"	4	
0:36	Una cin tura chiquita	3x8	Add Double Drum R (Double Time) "Double time" (Last 4cts: L Arm Sweep F) "Right hand"	12	
0:50	Oh, ma ma	4x8	Wide Hip Rock with Baby Drums "Baby drums, small" (Last ½ ct: Clap) "Bang" Add: Both hands	16	
Bang setup					
1:10	tiene s loco	4x8	Clap, Mambo L x2 with Slow Arm Circle Wide "Both hands" "Before the beat"	4	
1:29	_ Ooh, I make	4x8	Wide Lat Stretch R "Stretch" Repeat L "Open up the side of your body"		
1:49	Cute face	4x8	Baby Drums (Hip Rock R, L with L hand lead in drums) "Baby drums, right hand" (Last ½ ct: Clap)	16	
2:09	tiene s loco	4x8	Bang R "Left leg, Bang"	4	
2:28	que qu ieras, lo	4x8	Walk OTS R, L x4 with Breathe Arms (ascending) (8cts) Walk OTS R, L x4 with Palm Drag (descending) (8cts)	2	
2:48	(hu-uh, hu , hu)	1x8	Dynamic Freeze		



18. LOCO CONTIGO 3:02mins

Here comes your summertime banger, complete with a Reggaeton feel!... *and you might need to practise this one a few times, people...* So, grab yourself a Caipirinha cocktail and have fun with your **Baby Drums!**

TECHNIQUE AND COACHING

BABY DRUMS

- Feet outside shoulder-width, knees super soft, wide-walk the feet, hips square to front
- Hips shift side to side, natural swing of the arms, elbows soft
- L elbow in, soft fist F below chest height, Baby Drum beat, flexing/extending the wrist on the beat, palm down, other arm long, elbow soft
- R double drumbeat with the rhythm of the music
- Double drumbeat with the rhythm of the music, small, elbows in, hands below chest height



BANG

- Feet under hips, knees super soft, hips square to front
- Hand clap front of chest on the off-count, arms circle to wide from O/H, palms F, fingers slightly splayed
- Mambo-walk the feet (F/B), knees super soft, hips shifting side to side





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.

