



BODYJAM 94

MUSIC, CREDITS AND INFO

WARM-UP / ISOLATIONS

HYPE

NOT LOOKING BACK

RECOVERY

HOW LOW CAN YOU GO

GROOVEDOWN

BODYJAM COACHING

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MUSIC

WARM-UP/ ISOLATIONS

01

Volar (Valentino Khan Remix) (3:45)

Lele Pons feat. Susan Díaz & Victor Cardenas

Courtesy of the Universal Music Group.
Written by: Diaz, Pons, Alonso C

HYPE

02

Wanna Go Dancin' (4:52)

Fisher

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Written by: Fisher, Lake

NOT LOOKING BACK

03

Rack City (2:25)

Tyga

Courtesy of the Universal Music Group.
Written by: Stevenson, Mustard

04

Fuego Del Calor (2:17)

Scott Storch feat. Ozuna & Tyga

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Written by: Jackson, Ozuna, Gotay, Stevenson, Storch, van den Ende, Yampi

05

Headsprung (4:13)

LL Cool J

Courtesy of the Universal Music Group.
Written by: Mosley, Smith

06

Bruk It Down (3:11)

KSHMR x Sak Noel feat. TxTHEWAY

© 2020 Dharma / under exclusive license to SpinninRecords.com.
Written by: Hollowell-Dhar, Fender, Noell, Carreras, Gnecco, Boldini

07

Tap In (3:34)

Saweetie

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Written by: Gottwald, Lewis, Harper, Jefferson, Love, Phillips, Shaw, Smith, Thomas

08

Not Looking Back (4:52)

Archer M_lls

© DAM Music.
Written by: Archer Mills

RECOVERY

09

Baila Conmigo (2:34)

Yellow Claw feat. Saweetie, INNA & Jenn Morel

Courtesy of the Universal Music Group.
Written by: Harper, Diaz, Morel, Riley, Rhondhuis, Taihuttu, van der Bruggen

HOW LOW CAN YOU GO

10

Panini (DaBaby Remix) (2:28)

Lil Nas X

© 2019 Columbia Records, a Division of Sony Music Entertainment.
Written by: Cobain, Omishore, Baptiste, Biral, Hill, Kirk

11

Conch Shell (4:21)

Skinny Fabulous x Machel Montano x Iwer George

© 2020 Monk Music.
Written by: Doyle, Montano, George, Lawrence

12

How Low (3:13)

Ludacris

Courtesy of the Universal Music Group.
Written by: Bridges, Boxley, Ridenhour, Williams, Sadler

13

Illuminate (Extended Remix) (4:28)

Sub Focus, Wilkinson

Courtesy of the Universal Music Group.
Written by: Wilkinson, Havelock, Varrall, Douwma

14

Trust Nobody (2:56)

DJ Snake

Courtesy of the Universal Music Group.
Written by: Warbrick, Grigahcine, Audino, Hughes, Sheran

15

Bad Girls (3:46)

M.I.A

Courtesy of the Universal Music Group.
Written by: Araica, Arulpragasam, Hills

GROOVEDOWN

16

Work Out (3:53)

J. Cole

Courtesy of the Universal Music Group.
Written by: Cole, Ben, Wolff, West, Rainey, Stephens



L-R: Bianca Ikinofu & Gandalf Archer Mills

BODYJAM 94 tis the perfect occasion to brace that core harder than ever before, soften the knees, and over toes of course, cause we’re really gonna push and stretch and test the literal gravity around you to the limit, because this release, labeled 100% correct, is HOW LOW CAN YOU GO.

Track one is that gorgeous new chill drop style of our new format, followed by the sassiest sass pants HYPE track, whacking and cross stepping through stunning deep house.

Then our first block hits with mega bounce, *Rack city city rack rack city city*, where you set up the style of the whole block. Track 5 is like a Afro Fire 2020 remix of *Candy Shop* (I think because it is literally an Afro Fire 2020 remix of *Candy Shop*) before the banger that is *Headsprung* will have you feeling Timberland up with the tick in your butt.

Track 6 brings in some viral Horn action to make everybody smile, then *Tap In* brings us all sorts of other delightful bottom delights. Plenty of space to wiggle.

Then the last song is called *Not Looking Back* and the drop will hit you hard in your dance pants (you have have have to pronounce that last phrase full Australian, the pants should rhyme with the dance, or, of course take it full Queen Elizabeth and say Dahhhnce Pahhhnts so whatever you like you do you boo.

A cacophony of pineapples slides us through the recovery track with more bouncy bottom action, before the second block HOW LOW CAN YOU GO goes 2020 Hip Hop into a million bpm soca to a song LITERALLY CALLED HOW LOW CAN YOU GO. Illuminate answers the question on everyones lips “what if G took a combat song from last round and made everybody Cat Daddy to it”

Trust Nobody goes hard, but *Bad Girls* goes HAAAAAAAAAARD.

Then calm your face with the greatest Groovedown of all time *Work Out*.

Shout out to Bianca for rapping the mic this round, we all love dancing and working with you B.

Till the next one, sending you worldwide love!! Hope you’re getting some dance in your life where ever you are.

CREDITS

Program Director – Gandalf Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings and Andrew Newmarch

Production Coordinator – Lily Roelofs

PRESENTER

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.

Bianca Ikinofu (New Zealand) is an award-winning urban/hip-hop dancer who has performed all around the globe. She has worked on a TV show and commercials and is a choreographer for BODYJAM and SH’BAM. She is based in Auckland.



EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warm-up/ Isolations	Track 01	Warm-up/ Isolations
Track 02	Hype	Track 02	Hype
Track 03-08	Not Looking Back	Tracks 10-15	How Low Can You Go
Total Time	29:09	Total Time	29:49

45-MINUTE FORMAT

Track 09	Recovery
Tracks 03-08	Not Looking Back
Tracks 10-15	How Low Can You Go
Total Time	44:18

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-minute 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.



01. WARM-UP / ISOLATIONS

VOLAR 3:45mins

TRACK FOCUS

Display complete control of the technique from the smooth calm of the Salsa/Chest Wave, into the powerful feel of the chorus drop, keeping the voice chill to create welcome.

MUSIC		EXERCISE		REPS	LEVEL
0:09	Intro	3x8	Double Back Tap L, R	3x	Blue
0:23		2x8	Add Salsa Back Arms	4x	
0:32	Yesss saaah	6x8	Double Salsa B L, R Add L Tap F with chest wave x2	3x	Yellow
0:59	Lie lie lie	4x8	Wide Step B, B, F, F Start on L leg, roll shoulders B on F, F Progressively lift elbows	8x	
1:18	Beat Drop	4x8	Add Breakout Shoulder	8x	Red
1:36	Hey hey hey	2x8	Double Jump R, L Chest Pump x4	2x	
1:45	Drums	2x8	Cut It Chest Pump x2	4x	
1:55	Horns	4x8	Double Salsa B R, L	4x	Yellow
2:13	Eeeehh vo laaaaaa	8x8	Double Salsa B R, L Add R Tap F with chest wave	4x	
2:50	Lie lie lie lie	4x8	Wide Step B, B, F, F Start on R leg, roll shoulders B on F, F Progressively lift elbows	8x	
3:08	Beat Drop	4x8	Add Breakout Shoulder	8x	Red
3:26	Hey hey hey	2x8	Double Jump L, R Chest Pump x4	2x	
3:35	Drums	2x8	Cut It Chest Pump x2	4x	



02. HYPE

WANNA GO DANCIN' 4:52mins

TRACK FOCUS

Repetitive rhythmic and direction cues are a must, dada, dada, da as you whack forwards, Cross Step L, Taps Right, Mambo left, to create that glorious sass feel and success.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	4x8	Walk OTS L, R, Slow Wrist Flick side L, R	16x	Blue
0:16	More intro	4x8	Fast Wrist Flick L, R Up Hit on ct 1	8x	
0:30	My feet wanna go dancin	8x8	Wrist Flick Add Walk F and O/H Whack Add Cross Step L Walk B 8cts	4x	Gold
1:01	Break	4x8	Twist Tap R Head follows foot, arms twist away	16x	
1:17	Build	4x8	Step Mambo L, R Travel B x3 Add Turn L OTS Walk 12cts	1x	Blue
1:32	Drop	20x8	Wrist Whack Combo L Wrist Flick F Cross Step L Twist Tap R x4 Step Mambo L, R x2 Turn L OTS Walk 8cts	5x	Red
2:49	Bass	4x8	Step Touch R, L	8x	
3:04	Build	4x8	Wrist Whack Combo R Walk OTS R, L, Fast Wrist Flick R, L Up Hit on cts 1 & 5	8x	Blue
3:20	My feet wanna go dancin'	20x8	Wrist Whack Combo R Wrist Flick F Cross Step R Twist Tap L x4 Step Mambo R, L x2 Turn R OTS Walk 8cts	5x	Red
4:37	Outro	4x8	Step Touch L, R	8x	Gold



03. NOT LOOKING BACK

RACK CITY 2:25mins

TRACK FOCUS

Practice and practice the bounce from the knees, pushing the hips forwards, and the chest back, arms small, then convey that importance to the class.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Intro	2x8	Slow Lower Body Bounce F	8x	Blue
0:10	Rack City	2x8	Add Tap Together L, R	4x	
0:19	Got my other chick	8x8	Fast Lower Body Bounce F L, R Add Walk B 8cts	4x	Gold
0:58	I’m a star	12x8	Add Quick Turn L on ct 5	6x	
1:57	Throwin hunnids	4x8	Freeze Jump Set-up Jump L x2, R x3 Tap Front L, R	4x	Red
0:00	Outro	2x8	Repeat Freeze Jump Add Double Hand Shake L, R with B arm high	2x	Gold



04. NOT LOOKING BACK

FUEGO DEL CALOR 2:17mins

TRACK FOCUS

A lot going on in this track, simple rhythm cues “Jump, out, tap tap front” to teach the footwork, layering in the aggression of the Swizzle Throw, then full power of arms over head and the hands twist, butt ticking side to side to go full cardio.

MUSIC		EXERCISE		REPS	LEVEL
0:10	Cuando salgo no	4x8	Freeze Jump With Double Hand Shake	4x	
0:28	Dale Mammy	2x8	Slow Double Hand Swizz R Slow Double Arm Throw R, L	2x	
0:38	Dale Mammy	12x8	Freeze Jump Add Double Hand Swizz Throw Add Wide Knee lift R, L	6x	
1:36	Bridge	½ x 8	Slow Hand Twist Down Up	2x	
1:28	Mi problema es que siempre	8x8	Wide Knee Lift R, L Add Fast Hand Twist Down Up Add Fast Butt Push L, R	8x	
2:16	Outro	2x8	Step Touch L, R	4x	



05. NOT LOOKING BACK

HEADSPRUNG 4:13mins

TRACK FOCUS

Straight energy in this track from beginning to the end, we run the choreo over and over, layering in even more hype. Get your class dropping deeper in the Afro Arms, then set up the Look Away with simple repetitive cues.

MUSIC		EXERCISE		REPS	LEVEL
0:00	They Call me Big LA	8x8	Freeze Jump Tap Front Shake L, R Wide Knee R, L Hand Twist Fast Butt Push L, R Add Two Step F, B with Wrist Flick x4	2x	
0:37	Cause we be up in the	24x8	Freeze Jump Tap Front Shake L, R Wide Knee R, L Hand Twist Fast Butt Push L, R Two Step F, B with Wrist Flick x4 Add Low Afro Arms R, L on Back Step	6x	
2:29	Hey ladies	8x8	Look Away Set-up Double Arm Wave R, Tap and look L Slow Knee Lift L, R Drop Slice Fast Knee L, R x2 Walk 4cts	4x	
3:07	Cause we be up in the	12x8	Look Away x2 Add Back Turn L, R, arms O/H Drop Slice Walk 4cts	6x	
4:04	Instr	2x8	Step Touch L, R	4x	



06. NOT LOOKING BACK

BRUK IT DOWN 3:11mins

TRACK FOCUS

Your most important cue is we are adding Look Away, then Bounce from the top, to get your class feeling the combo, feeling the horns, feeling the drums.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	2x8	Step Touch		
0:08	I can't live this way	32x8	Freeze Jump Tap Front Shake L, R Wide Knee R, L Hand Twist Fast Butt Push L, R Two Step F B with Wrist Flick x3 & Afro B x2 Add Look Away Back Turn L, R & Drop Slice Add Lower Body Bounce 4cts Walk Back with L Turn on ct 5 Step Touch L, R 16cts	4x	
2:34	(Drums)	4x8	Double Jump Combo Set-up Slow Double Jump B face L Slow Double Jump F face	4x	
2:53	(Drums)	4x8	Slow Double Jump B F Add OTS Full Turn L Jump together ct 4 Hold 4cts	2x	



07. NOT LOOKING BACK

TAP IN 3:34mins

TRACK FOCUS

This song really changes the feels - you're gonna feel cool Double Jumping back and around, and set up the Knee Drop Shoulder Pop with full slay. Put the whole block together and ride it out to that incredible instrumental.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Lil' waist	12x8	Fast Double Jump B F OTS Full Turn L Jump together ct 8 Bounce, hold OTS 8cts	6x	
0:55	Lil' waist	4x8	Drop Knee Bounce R x4 Shoulder Sass R x4	4x	
1:13	Itty-bitty waist	6x8	Drop Knee Bounce R x4 Shoulder Sass R x4 Add Double Jump Combo	3x	
1:43	Tap In	4x8	Step Touch L, R	4x	
2:01	(Drums)	8x8	Not Looking Back Routine Freeze Jump Tap Front Shake L, R Wide Knee R, L Hand Twist Fast Butt Push L, R Two Step F B with Wrist Flick x3 & Afro B x2 Look Away Back Turn L, R Drop Slice Lower Body Bounce 4cts Walk Back with L Turn on ct 5 Drop Knee Bounce R x4 Shoulder Sass R x4 Double Jump Combo	1x	
2:37	(Quiet)	4x8	Step Touch L, R	8x	
2:55	Beat drop	8x8	Not Looking Back Routine	1x	



08. NOT LOOKING BACK

NOT LOOKING BACK 4:52mins

TRACK FOCUS

The contrast of this one is stunning, long drawn out beauty for your arms, then stomping kicks and high energy to dance and dance and dance. Every time 100 GO.

MUSIC		EXERCISE		REPS	LEVEL
0:00	So far to go now	8x8	Slow Chest Hip Wave L, R	2x	
0:17	Thinking about	4x8	Arm Wave O/H L, R x2 Add Fast Chest Hip Wave L, R	4x	
0:54	We can ride the	4x8	Step Touch L, R 8cts Wide Jump L, R 24cts	1x	
1:12	(Instrumental drop)	8x8	Not Looking Back Routine	1x	
1:48	(Bassline drops)	4x8	Step Touch L, R 8cts Wide Jump L, R 24cts	1x	
2:07	(Synth build)	8x8	Not Looking Back Routine	1x	
2:44	Thinking about where	4x8	Step Touch L, R 8cts Arm Wave O/H L, Rx2 Fast Chest Hip Wave L, R Arm Wave O/H L, Rx2	1x	
3:02	We can ride the	4x8	Repeat Fast Chest Hip Wave L, R Arm Wave O/H L, R x2	2x	
3:20	We can ride the	4x8	Step Touch L, R 8cts Wide Jump L, R 24cts	1x	
3:38	(Instrumental drop)	8x8	Not Looking Back Routine	1x	
4:15	(Synth outro)	4x8	Step Touch L, R O/H Breathe	8x	



09. RECOVERY

BAILA CONMIGO 2:34mins

TRACK FOCUS

This song makes everyone smile, keep the hips chill with control, then find the ripply rhythm of the Shuffle Cross. Everything is awesome!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	2x8	Hip Bounce x3 Jump together Face L, R	2x	Blue
0:10	All the days and nights	2x8	Repeat Hip Bounce	2x	
0:20	Put your hands	4x8	Add Double Time Hip Bounce x6	4x	Gold
0:41	Bum bum one more shot	8x8	Shuffle R & 1cts x4 Cross Step L, R Repeat L	4x	
1:22	Chorus	2x8	Repeat Shuffle Add Body Wave on ct 1	1x	Red
1:32	See bah bah mammi	4x8	Fast Hip Bounce L, R x6	4x	
1:53	All the days and nights	8x8	Repeat Shuffle with Body Wave L, R	4x	
			Transition to next track		



10. HOW LOW CAN YOU GO

PANINI 2:28mins

TRACK FOCUS

Some wild new movements coming at your class here, coach the simplicity of the Shoulder Bounce, weight in the heels, feet close together, shoulders bounce. Fresh fresh Hip Hop.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Whistle	4x8	Slow walk OTS L, R Heels down, knees turned out	8x	
0:12	Hey Panini	8x8	Add Travel L, R and Shoulder Bounce	4x	
0:37	Say to me	4x8	Bounce Heel R, L	8x	
0:50	Ok this song right here	20x8	Shoulder Bounce L, R Add Travel Back Bounce Heel R, L Add Travel forwards	5x	
1:52	When it's all done	4x8	Step Touch		
2:04	Say to me	4x8	Shoulder Bounce B Bounce Heel F	1x	
2:17	Whistle	4x8	Slow Arm Combo set-up Arm Cross x2 R, L, out, down	4x	



11. HOW LOW CAN YOU GO

CONCH SHELL 4:21mins

TRACK FOCUS

OKAAAAAYYY HYPE YAAAAA - we add two new moves, demoing correct placement of the arms in the Arm Combo, then full depth in the legs to Cat Daddy. Put it together and shell it down.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Time to shell de place	4x8	Continue Slow Arm Combo Set-up	4x	
0:13	Give	2x8	Jump feet together with arm throw O/H x2	4x	
0:19	Conch	12x8	Fast Arm Combo Add Jump Throw O/H fast x2 Repeat Fast Arm Combo slow x1	3x	
0:56	Give	2x8	Step Touch		
1:01	Conch	8x8	Repeat Arm Combo Fast/Slow	2x	
1:27	When I come to work	8x8	Cat Daddy L, R	4x	
1:50	Give	2x8	Step Touch R, L	4x	
1:56	Conch	1x8	Cat Daddy		
2:21	Fussin' and fighting	8x8	Shoulder Bounce B Bounce Heel F Arm Combo x2 Cat Daddy	1x	
2:45	Give	2x8	Step Touch R, L	2x8	
2:51	Conch	8x8	Shoulder bounce B Bounce Heel F Arm Combo x2 Cat Daddy	1x	
3:15	Give	2x8	Step Touch R, L	4x	
3:21	Conch	8x8	Shoulder Bounce B Bounce Heel F Arm Combo x2 Cat Daddy	1x	
3:46	Give	2x8	Step Touch R, L	4x	
3:52	Conch	8x8	Shoulder Bounce B Bounce Hell F Arm Combo x2 Cat Daddy	1x	
4:16			Freeze		



12. HOW LOW CAN YOU GO

HOW LOW 3:13mins

TRACK FOCUS

And more crazy!! Tiny controlled Quick Steps and say it over and over “right left right left right left right”, floss your hips (your left hip goes forwards) then Hands Up like you’re having a classic adult Tantrum, brace the abs and bounce the heels.

MUSIC		EXERCISE		REPS	LEVEL
0:00	How Low can you go	4x8	Double Back Step L, R Hold OTS 4cts Repeat R	2x	Blue
0:12	How low can you go	4x8	Slow Double Back Step L, R	2x	
0:25	Lower than I ever really	12x8	Double Back Step L, R with Hold	6x	Gold
1:04	How low can you go	4x8	Fast Hip Swizzle L, arms twist L, R	32x	
1:17	Go low, lower than you know	4x8	Butt bounce, feet wide, chest up x16 Chest drop x16	32x	Blue
1:30	Knick Knack paddy	8x8	Butt Bounce, hands up x8 Butt Bounce, hands back, chest down x8	4x	Gold
1:56	Asian persuasion	4x8	Step touch L, R	8x	
2:09	How low can you go	12x8	Double Back Step L, R Hip Swizzle L Repeat R Butt Bounce, hands up/down	3x	Red
2:47	How low can you go	4x8	Step touch L, R	8x	
3:00	Go low, lower than you know	4x8	Double Back Step L, R Hip Swizzle L Repeat R Butt Bounce, hands up/down	1x	



13. HOW LOW CAN YOU GO

ILLUMINATE 4:28mins

TRACK FOCUS

Simple movements to heavy heavy sounds, so cue your class all the time of when to Cut It. It's the energy, that we make.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Synth Intro)		Slow Shoulder Drop R x3 Throw R Repeat L	2x	
0:23	Energy, that we make	24x8	Fast Shoulder Drop Throw x3 R, L 32cts Cut It 16cts Throw only 16cts	3x	
1:33	Energy, that we make	8x8	Step Touch	16x	
1:56	(Synth drop)	8x8	Shoulder Drop x3 R, L 16cts Cut It 8cts Throw only 8cts	2x	
2:19	(Synth break)	4x8	Wide Walk	8x	
2:32	Energy, that we make	4x8	Wide Chest Groove, quick, quick, slow L, R Arms down	4x	
2:54	(Synth)	8x8	Wide Chest Groove L, R Add Elbow Whip L, R	8x	
3:06	(Synth build)	4x8	Double Bounce L, R	16x	
3:17	(Synth drop)	16x8	How Low Can You Go Routine Shoulder Bounce B Bounce Heel F Arm Combo x2 Cat Daddy Double Back Step L, R Hip Swizzle L Repeat R Butt Bounce, hands up/down Drop Shoulder x3 R, L 16cts Cut It 8cts Throw only 8cts	1x	
4:04	Outro	2x8	Step Touch x4 Transition to Wide Chest Groove x2	1x	



14. HOW LOW CAN YOU GO

TRUST NOBODY 2:56mins

TRACK FOCUS

WAHAHAHAHA this is HUUUUUGE so go hard, go ham, push yourself 100. Turn the chest heaps as you sway side to side with the freeze, then add that aggressive elbow and drop even lower.

MUSIC		EXERCISE		REPS	LEVEL
0:00	I can't trust nobody	4x8	Wide Chest Groove L, R with Elbow Whip	4x	
0:12	I can't trust nobody	4x8	Step Touch L, R	8x	
0:25	I be makin' money	16x8	How Low Can You Go Routine	1x	
1:14	Money money money	4x8	Step Touch x4 Transition to Wide Chest Groove x2	1x	
1:39	I can't trust nobody	4x8	Wide chest groove L, R with Elbow Whip	4x	
1:51	I can't trust nobody	4x8	Double Bounce L, R	4x	
2:03	I be makin' money	16x8	How Low Can You Go Routine	1x	
2:53			Freeze		



15. HOW LOW CAN YOU GO

BAD GIRLS 3:46mins

TRACK FOCUS

I LOOOOVE how this class finishes - everybody knows this song (I mean, I think they do) so find your groove, find the feel and smash it 3 more times.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	2x8	Wide Walk, slow, quick, quick	4x	
0:06	Live fast die young	4x8	Wide Walk, slow, quick, quick L, R with Arm Roll Slowing rising O/H	4x	
0:19	Chain hits my chest	2x8	Step Touch L, R	4x	
0:26	Get back, get down	16x8	How Low Can You Go Routine	1x	
1:19	Handle on it, my life	2x8	Step Touch L, R	4x	
1:24	Life fast die young	16x8	How Low Can You Go Routine	1x	
2:16	Shift gear automatic	4x8	Double Bounce L, R	8x	
2:29	Get back, get down	16x8	How Low Can You Go Routine	1x	
3:23	(Flute)	5x8	Wide Walk, slow, quick, quick L, R with Arm Roll Slowing rising O/H	5x	



16. GROOVEDOWN

WORK OUT 3:53mins

TRACK FOCUS

Best Groovedown ever?? Like, maybe yes. The glide is smooth, lead with the Rib Shift to ball change the feet, find the calm, you and your peoples made it to the end. You killin' it.

MUSIC		EXERCISE		REPS	LEVEL
0:04	We got a good thing	4x8	Tap L across body Rib Slide L, R x3	4x	
0:25	Go low, now girl won't	8x8	Tap L, Rib Slide L, R Add Ball Change R, L x3 Repeat R	4x	
1:06	I told the baby girl	4x8	R Lat Stretch 16cts L Lat Stretch 16cts	1x	
1:27	We got a good thing	4x8	Slow transition centre-to-centre Adductor Stretch with small Bounce Last 8cts roll up	1x	
1:47	Go low, now girl won't	4x8	Tap L, Rib Slide L, R with Ball Change R, L x3 Repeat R	2x	
2:08	Carolina blue kicks	4x8	Walk OTS with slow breathe O/H		
2:29	Cole world		Finish class – let music run to end		



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 ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

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 United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate

situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

