



BODYJAM 96

MUSIC, CREDITS AND INFO

WARM-UP / ISOLATIONS

HYPE

WEERK YOUR BAACK

RECOVERY

OH MY GOSH THIS FORTRESS IS FIRE

GROOVEDOWN

BODYJAM COACHING

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MUSIC

WARM-UP/ ISOLATIONS

- 01

Booty Bust (3:11)

TV Noise & Dillon Francis

© 2020 STMPD RCRDS B.V.

Written by: Ten Hoeve, Francis, Salomons

HYPE

- 02

Head & Heart (Extended Mix) (3:46)

Joel Corry feat. MNEK

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Written by: Corry, Applebaum, Thompson, Emenike, Kaylan, Courtidis, Dare, Harvey

WEERK YOUR BAACK

- 03

Weerk Your Baack (4:26)

Archer M_Ils

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Written by: Mills
- 04

Deathproof (3:20)

Valentino Khan

© 2020 Mad Decent.

Written by: Khan
- 05

Divinity (5:21)

Porter Robinson feat. Amy Millan

Courtesy of the Universal Music Group

Written by: Robinson, Millan
- 06

Levitating (DaBaby Remix) (3:21)

Dua Lipa feat. DaBaby

© 2020 Dua Lipa Limited, under exclusive license to Warner Records UK, a division of Warner Music UK Limited.

Written by: Hudson, Coffee, Kozmeniuk, Lipa
- 07

World Boss (Twerk Remix) (3:40)

Greco-Lee

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Written by: Johnston

RECOVERY

- 08

Vibe (If I Back It Up)(2:41)

Cookiee Kawaii & Tyga

© 2020 The Cookiee Jar / EMPIRE.

Written by: Simmons, Palmer, Williams

OH MY GOSH THIS FORTRESS IS FIRE

- 09

OMG (4:08)

Usher feat. will.i.am

© 2010 LaFace Records, a unit of Sony Music Entertainment.

Written by: Adams
- 10

Sun Goes Down (3:03)

Precision Productions, Aaron "Voice" St. Louis, Nailah Blackman, Skinny Fabulous, Swappi, Sekon Sta, Nadia Batson, Iwer George & Preedy

© 2019 Precision Productions.

Written by: St, Louis, Chance, Jeffers, Soverall, Doyle, George, St. Louis-Noray, Phillips, Davis, Batson, Blackman, Boxill
- 11

Stephanie (2:29)

CryJaxx & Drama B

© 2020 Tribal Trap.

Written by: Malja, Frroku, Johnson
- 12

Ice Cream (2:54)

BLACKPINK & Selena Gomez

Courtesy of the Universal Music Group.

Written by: Johnson, Brown, Franks, Gomez, Grande, McCants, Walton
- 13

Trust Nobody (Valentino Khan Remix) (3:00)

DJ Snake

Courtesy of the Universal Music Group.

Written by: Warbrick, Audino, Hughes, Sheran, Grigahcine
- 14

Charge Up (2:17)

Retrohandz feat. Richie Loop

© 2017 Retrohandz Music.

Written by: Santi, Martina
- 15

Fortress (1:02)

Archer M_Ils

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Written by: Mills

GROOVEDOWN

- 16

Charge Up (2:08)

Retrohandz feat. Richie Loop

© 2018 IDGAFOS.

Written by: Santi, Martina
- 17

Dakiti (3:22)

Richter Shale

© 2021 Les Mills Music Licensing Ltd.

Written by: Gomez

ALT

- 02

Pink Clouds And Fairy Dust (3:46)

Aiyo feat. G Curtis

Courtesy of Epidemic Sound.

Written by: Unknown



RELEASE SUMMARY



Bianca Ikinofu, Meno Thomas, Gandalf Archer Mills

You are gonna love BODYJAM 96 Weerk Your Baack so much that I just wanna write “go watch BODYJAM 96 it’ll save us all a lot of time” and that’s the sizzler this round... BUT ACTUALLY there are so many reasons why you’re going to love BODYJAM 96 that only the power of the keyboard can communicate. So, are you ready?!? Grab a hold of something; In chronological order, here the reasons you are going to love BODYJAM 96 Weerk Your Baack:

1. Track 1 has the word Booty in the title
2. Track 1 also has this gorgeously twerky hand movement that matches your twerky butt
3. Track 2 is *Head and Heart*, which is basically the best pop track of last year
4. Gandalf (me) spent 4 months choreographing, changing, tweaking and perfecting *Head and Heart*, a single 3 minute and 46 second track. 4.... Months...
5. Track 3 I made and I’m super proud of it
6. Track 4 is called *Deathproof* and it’s so good and SO LOUD, that we had to actually turn down the volume, so it sounded cleaner into the next song. It hits -2 LUFS which is completely nuts
7. Unsurprisingly, the song called *Divinity* is absolutely Devine
8. When track 6 *Levitating* comes on, you already know the choreo, and she starts signing and it’s just perfect BODYJAM
9. This is actually a super obscure remix of *World Boss*, cause I never really got on board with the original, it was just a bit too sideways for me... But then I found this remix and its way more hype and got that insane rap in it still
10. Track 8, *Vibe (If I Back Up)*, is a completely new style of music you’ve probably never heard, with it’s roots in the Jersey Club sound. It’s so fresh and I love it
11. The ‘Oh My Gosh This Fortress is Fire’ block has literally 7 different genres of music in it in this order: Throwback Pop, Soca, EDM Trap, Pop (like, the popiest), a genre I like to call “What even is this”, then all smashed together to finale into Trap Soca EDM

12. Also, I made track 15 and I’m super happy with it. IT WILL GET YOU SO HYPE
13. Then the last track, *Dakiti* is so stunning that I’d prefer it if you didn’t talk too much on stage while this song is happening

How’s that? Are you hype for BODYJAM 96 now?! I THOUGHT SO.

Like I said, you’re going to love it

G



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 – Tifaine Ellis

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 – and has a wealth of experience – 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.

Meno Thomas (New Zealand) is a BODYJAM Trainer/Presenter/Instructor and a BODYCOMBAT Presenter/Instructor. He is a self-employed DJ and lives in Wellington.

EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warm-up/ Isolations	Track 01	Warm-up/ Isolations
Track 02	Hype	Tracks 08-15	Oh My Gosh This Fortress is Fire
Track 03-08	Week Your Baack	Total Time	27:36
Total Time	29:46		
45-MINUTE FORMAT			
Track 08	Recovery		
Tracks 03-07	Week Your Baack		
Tracks 08-15	Oh My Gosh This Fortress is Fire		
Total Time	44:33		

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.

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.

RELEASE FEEDBACK

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



01. WARM-UP / ISOLATIONS

BOOTY BUST 3:11 mins

TRACK FOCUS

I create a huge hype feel with simple twerky movements, welcoming my class with simple cues for the Wrist Flick, and wide depth in the legs on the Wide Taps.

MUSIC		EXERCISE		REPS	LEVEL
0:05	(Intro)	2x8	Hip Rock fast L, R	16x	
0:14	_Everybody In the Club	2x8	Add Wrist Flick L, R	16x	
0:24	_Buss it Buss	2x8	Add Wrist Float L, R	16x	
0:34	_Buss it	2x8	Tap Wide L, R	4x	
0:43	_Drop	8x8	Tap Wide L, R Add Hip Rock Wrist Float F Repeat with Travel B	4x	
1:23	_Everybody in the Club	2x8	Shoulder Bounce OTS with soft walk	32x	
1:33	_Buss it Buss	2x8	Chest Pop Back Forward OTS	16x	
1:42	_Everybody in the club	2x8	Slow Hip Roll L OTS	8x	
1:52	_Buss it buss	2x8	Fast Hip Roll L, OTS	16x	
2:03	_Buss it buss	2x8	Tap Wide L, R	4x	
2:12	_Drop	8x8	Tap Wide & Wrist Float F&B	4x	
2:51	(Outro)	2x8	Shoulder Bounce OTS with soft walk	32x	
3:01	(Outro)	2x8	Chest Pop Back, Forward OTS	16x	



02. HYPE

HEAD & HEART 3:46 mins

Please note: This track contains explicit content. The Alternative song can be used in its place.
Please use *Pink Clouds And Fairy Dust* with the same choreography.

TRACK FOCUS

Take the feels and musicality to the next level with repetitive cues setting up the Triple Jump (“land with your feet together”) then a gorgeous playful vibe riding through the whole stunner of a track.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Intro)	8x8	Double Back Step B wide L, R Step F tog L, R	8x	
0:31	_Ba ba ba dum	2x8	Jump L, R x8 <i>Arms straight O/H 8cts</i> <i>Arms shoot it out 8cts</i>	1x	
0:38	_Oh my god	4x8	Triple Jump - in, out Hold 6cts	4x	
0:54	_Feeling Feelings	4x8	Triple Jump x1 Step Touch Slow L Triple Jump x1 Step Touch Slow R	2x	
1:09	(Chorus)	8x8	Triple Jump Combo Triple Jump L, R Add Double Back L, R x2	4x	
1:41	_Feeling Feelings	4x8	Jump L, R x8 <i>Arms straight O/H 8cts</i> <i>Arms shoot it out R, L 8cts</i>	2x	
1:57	(Chorus)	8x8	Triple Jump Combo	4x	
2:27	_My head and my heart	2x8	Jump L, R x8 <i>Arms straight O/H 8cts</i> <i>Arms shoot it out R, L 8cts</i>	1x	
2:35	_Tell them apart	10x8	Add Shuffle L, R 4cts Jump OTS L, R 4cts	5x	
3:15	_Piano Outro	4x8	Triple Jump Combo	2x	
3:30	(Outro)	4x8	Step Touch L, R	8x	



ALT

02. HYPE

PINK CLOUDS AND FAIRY DUST 3:46 mins

Please use this song in place of *Head & Heart* when teaching Track 02.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Intro)	8x8	Double Back Step B wide L, R Step F tog L, R	8x	Blue
0:31	_Preaching like you're gonna leave	2x8	Jump L, R x8 <i>Arms straight O/H 8cts</i> <i>Arms shoot it out 8cts</i>	1x	
0:38	_We were the only	4x8	Triple Jump - in, out Hold 6cts	4x	
0:54	_I can't control myself	4x8	Triple Jump x1 Step Touch Slow L Triple Jump x1 Step Touch Slow R	2x	Yellow
1:09	(Drop) _I can't control myself	8x8	Triple Jump Combo Triple Jump L, R Add Double Back L, R x2	4x	Red
1:41	_I can't control myself	4x8	Jump L, R x8 <i>Arms straight O/H 8cts</i> <i>Arms shoot it out R, L 8cts</i>	2x	Yellow
1:57	(Drop) _I can't control myself	8x8	Triple Jump Combo	4x	Red
2:27	(Bridge) _I can't control myself	2x8	Jump L, R x8 <i>Arms straight O/H 8cts</i> <i>Arms shoot it out R, L 8cts</i>	1x	Yellow
2:35	(Build) _I can't control myself	10x8	Add Shuffle L, R 4cts Jump OTS L, R 4cts	5x	Red
3:15	_Piano Outro	4x8	Triple Jump Combo	2x	
3:30	(Outro)	4x8	Step Touch L, R	8x	



03. WEERK YOUR BAACK

WEERK YOUR BAACK 4:26 mins

TRACK FOCUS

This track teaches so much of the whole routine, give your class plenty of time and space with your coaching to create success, using only words that guide progress. Also, werk your back.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Intro)	4x8	Slow Arm Roll In L Step L leg, Open Chest	16x	
0:19	_Que yo no soy	4x8	Arm Roll L Add double time Add R arm high diagonal	32x	
0:37	_Asi, asi	4x8	Slow Torso Turn R, L Slow Arm Throw to R Heel x2	4x	
0:56	_Mueve tu cintura	8x8	Fast Torso Turn R, L Double Arm Throw x2 Hold 4cts	8x	
1:35	(Drop)	16x8	Arm Roll L Add Grab Turn Arm Throw Hold 8cts	8x	
2:50	_Asi, asi	4x8	Slow wide Heel Twist L, R Arms push down L, R	8x	
3:09	_Mueve tu cintura	4x8	Slow Throw Down R, L, R Jump face R diagonal, wave down, slowly close L hand Bounce OTS 4cts	4x	
3:28	_Back, back, back, back	8x8	Arm Roll L, Torso Turn Arm Throw Add Fast Heel Twist Arm Push Down Add fast Throw Down x3 Jump R Add wide Walk F/B L arm O/H, L arm push back low x2	2x	
4:07	(Outro)	4x8	Add back turn R on Walk Back	1x	



04. WEERK YOUR BAACK

DEATHPROOF 3:20 mins

TRACK FOCUS

Lift the energy like wowzers, then lots of rhythmic cues to coach the 360 Jump Turn, listening careful to all the tempo changes the song throws at you.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Drop)	8x8	Repeat with back turn R	2x	
0:38	(Beat fades - tempo changes)	2x8	Walk L, R OTS Double hand slap thighs leading R, L NOTE: TEMPO CHANGE - slowly gets slower	8x	
0:48	(Beat Slows)	2x8	Add Jump L, R OTS	8x	
0:59	(Aggressive Synths)	2x8	Add hype - last rep  360° jump turn L	2x	
1:10	(Fast Drop)	4x8	 add 360° jump turn L, add hype, add breakout	4x	
1:31	(Beat Slows)	4x8	Fast Double Jump L, R x8 OTS Hip Bounce B x32 as beat slows	1x	
2:01	(Aggressive Synths)	12x8	Arm Roll L, Torso Turn Arm Throw Heel Twist Arm Push Down Fast Throw Down x3 Jump Wide Walk F/B with turn x1 Add 360° Jump Turn L	3x	
3:00	(Synth Outro)	4x8	Step Touch L, R x4 Wide Jump OTS L, R x8	1x	



05. WEERK YOUR BAACK

DIVINITY 5:21 mins

TRACK FOCUS

From the first beat you should feel a style shift into bigger and more beautiful feels; demonstrate inspiring technique with your reach and jumps on the Double Grab Turn, then a distinct shift down again when coaching the Bounce Snap.

MUSIC		EXERCISE	REPS	LEVEL
0:00 (Drop Intro)	8x8	Arm Roll L Torso Turn Arm Throw Heel Twist Arm Push Down Fast Throw Down x3 Jump Wide Walk F/B with turn x1 360° Jump Turn L	2x	
0:40 (Quiet Synths)	8x8	Hop L leg, turning L x3 Jump wide, let arms slowly drop L REPEAT R	4x	
1:20 _Deep into my side	4x8	Slow Double Grab High Drop L, Throw R REPEAT R	4x	
1:41 _Deep into my side	4x8	Add Jump L, R Add Hop Turn L x3 REPEAT R	2x	
2:00 _Lean into my side	16x8	Add double time Double Grab Turn L, R	8x	
3:21 _Lean into my side	4x8	Step Touch L, R	8x	
3:41 (Synth build)	4x8	Jump OTS L, R	16x	
4:01 (Synth Drop)	8x8	Arm Roll L Torso Turn Arm Throw Heel Twist Arm Push Down Fast Throw Down x3 Jump Wide Walk F/B with turn x1 360° Jump Turn L Add Double Grab Turn L, R EYE R, L Cross Back Step, Roll Through F R leg Bounce Snap OTS R	1x	
4:41 Lean into my side	8x8	Bounce Snap OTS R 32cts no arms 32cts add R arm snap, L arm High	1x	



06. WEERK YOUR BAACK

LEVITATING 3:21 mins

TRACK FOCUS

First you wanna lift the pop, cause everyone knows this track so let the music through leaving space with your coaching, then simple repetitive cues to coach the Cross Back Step ("L, 2, 3, R, 2, 3, & 7 & 8 ").

MUSIC		EXERCISE		REPS	LEVEL
0:00	_Be a boy baby Dua Lipa	1x8	Walk OTS  Arm Roll	8x	
0:05	_If you wanna run away	6x8	Arm Roll L Torso Turn Arm Throw Heel Twist Arm Push Down Fast Throw Down x3 Jump Wide Walk F&B with Turn x1 360° Jump Turn L Add Double Grab Turn L, R NOTE: No Cross Back Step	2x	
1:00	_Fire hard for your love	20x8	R, L Cross Back Step Roll Through F, R Bounce Snap OTS R	10x	
2:34	_You want me	2x8	Step Touch L, R	4x	
2:43	_You all night	8x8	WEERK YOUR BAACK ROUTINE Arm Roll L Torso Turn Arm Throw Heel Twist Arm Push Down Fast Throw Down x3 Jump Wide Walk F/B with turn x1 360° Jump Turn L Double Grab Turn L, R Add R, L Cross Back Step Roll Through F R Bounce Snap OTS R	1x	



07. WEERK YOUR BAACK

WORLD BOSS 3:40 mins

TRACK FOCUS

Create style and hype with your movement control, dance harder, tick stronger, breakout, Weerk Your Baack!!!

MUSIC		EXERCISE		REPS	LEVEL
0:00	_NA NA NA NA	4x8	Shoulder Pop L, R. Butt Pop R, L NOTE: Slowly add step L, R. Picking up back foot on count	32x	
0:18	_Make sure a something	6x8	Shoulder Butt Pop GO HAM BREAKOUT	48x	
0:46	_Na na na na	4x8	Jump OTS L, R	16x	
1:04	(Drop) _Na na na na	24x8	WEERK YOUR BAACK ROUTINE	3x	
2:56	(Outro - snaps)	4x8	Shoulder Butt Pop GO HAM	32x	
3:15	(Outro)	4x8	Step Touch L, R	16x	



08. RECOVERY

VIBE IF I BACK IT UP 2:41 mins

TRACK FOCUS

The sound is ultra fresh so create space in your coaching to let each movement sink nicely into the sounds, 3 simple moves, L, then R.

MUSIC		EXERCISE	REPS	LEVEL
0:04 _Out the beat beat beat	6x8	Slow turn to R side Swivel L Knee in-out	12x	
0:22 _Baby back it up	4x8	Fast Swivel L in-out Add free groove/drop	16x	
0:34 _Who's side got a new flow	8x8	Baby Swim L, R Pick up knee L, R cts 1 & 5	4x	
0:58 _Back it up	4x8	Bounce Roll L, R 3 small knee lifts L, R, L cts 1, 3, 5 3x low step L, R, L cts 6, 7, 8 <i>Arms bounce at soft shoulder height, roll low</i>	2x	
1:10 _Throw it back, back	4x8	 add travel B x2, F x2	2x	
1:22 _Back it up, back it up	4x8	Fast Swivel R in-out	16x	
1:34 _Rock, rock rock	4x8	Add free groove/drop	16x	
1:46 _Got a new bottle, new bottle	8x8	Baby Swim R, L	8x	
2:10 _Back it up	4x8	Bounce Roll R, L 3 small knee lifts R, L, R. cts 1, 3, 5 3x low step L, R, L cts 6, 7, 8 <i>Arms bounce at soft height, roll low</i>	2x	
2:22 _Back, throw it back	4x8	 add travel B x2, F x2	2x	
2:34 (Outro)	2x8	Feet together - Breathe O/H	1x	



09. OH MY GOSH THIS FORTRESS IS FIRE

OMG 4:08 mins

TRACK FOCUS

The most greatest of pop songs, set up the style of this whole new thing through the UP sound of this track, easy movements done over and over and over to feel the music.

MUSIC		EXERCISE		REPS	LEVEL
0:00	_Oh my Gosh	4x8	Slow Hip Roll L	8x	
0:13	_Baby let me love you down	6x8	Fast Hip Roll L	24x	
0:34	_Oh oh oh oh	2x8	Heel Twist L, R Turn Hips L, R	4x	
0:41	_Crowd Chant	4x8	Heel Twist L, R Add Arm Freeze O/H R, L	8x	
0:55	_I fell in love with shawty	8x8	Fast Hip Roll L x8 Heel Twist L, R - add travel F	4x	
1:22	_Oh...	1x8	Slow Low Swivel on balls of feet L, R	2x	
1:26	_She got it all	3x8	Fast Low Swivel L, R	12x	
1:36	_Baby let me love you down	4x8	Add Throw It Up arms Two hands O/H, low elbow bounce at hip height Add Travel B	4x	
1:50	_Oh my Gosh	4x8	Knee Bounce L, R	8x	
2:04	_Crowd Chant	4x8	Knee Bounce - add soft arm roll R, L	8x	
2:17	_Fell so hard for honey	16x8	Fast Hip Roll L Heel Twist F Fast Hip Roll Heel Twist F Throw It Up (faster) x4 Knee Bounce & Arm Roll L, R x4	2x	
3:13	_Oh my God	4x8	Step Touch L, R	8x	
3:27	_Crowd Chant	8x8	Fast Hip Roll L Heel Twist F Fast Hip Roll Heel Twist F Throw It Up B (faster) x4 Knee Bounce L, R. Add Arm Roll R, L NOTE: 2nd rep continues into next track	2x	



10. OH MY GOSH THIS FORTRESS IS FIRE

SUN GOES DOWN 3:03 mins

TRACK FOCUS

Sun Goes Down takes Les Mills programs on a completely new path, like, WHAT IS THIS NOW!!??!! Use the high high energy of the music to create cardio, with simple cues to teach the Shoulder Roll Combo.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	_Sun goes down	4x8	Continue lasrt rep from last track		
0:13	_Can't wait to	5x8	Run L, R!! OTS!! WHOOP WHOOP Slowly transition to face L and LEEEEAN	40x	
0:29	_Jump Up with excitment		Run L. <i>Add soft arm roll R, L 8cts</i> NOTE: Brace and lean forward Jump OTS - <i>Crazy Arms</i>  R NOTE: On last rep, run F towards R	3x	
1:05	_Sun goes down		Shoulder Roll Combo Tap L, Roll L Shoulder B x3 <i>Throw L arm, slide L and Repeat R.</i> Freeze shoulder L, Throw L Freeze Shoulder R, Throw R Face R, low full body wave 8cts	2x	
1:30	_Down	8cts	Step Touch (get hype)		
1:33	_Energy, get the energy	12x8	Fast Hip Roll L Heel Twist F Fast Hip Roll Heel Twist F Throw It Up B x4 Knee Bounce L, R x2 ONLY Run Diagonally R, F 8cts Add Shoulder Roll Combo x1	1x	
2:10	_Wave my mind in the air	5x8	Step Touch L, R	20x	
2:25	_Back it up crazy	12x8	Fast Hip Roll L Heel Twist F Fast Hip Roll Heel Twist F Throw It Up B x4 Knee Bounce L, R x2 ONLY Run Diagonally R, F 8cts Shoulder Roll Combo	1x	



11. OH MY GOSH THIS FORTRESS IS FIRE

STEPHANIE 2:29 mins

TRACK FOCUS

There is so much power here to use, get your chest poppin when you Stephanie, then put it all together with simple pre-cues to take it all higher.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Synth Intro)	Chest Pop Arms Up, Down Face R, slowly transition to front, then back to R		8x	
0:12	_Stephanie stephanie	4x8	Add Double Time, face R feet wide. Chest pops cts 1, 3, 5, 7	16x	
0:24	_Never cry she jacked up	4x8	Double Bounce B, F NOTE: after 16cts, slowly transition to face L side	8x	
0:37	_Body work she amaze	Stephanie Arms Up Down x4 Double Bounce B, F Transition to R side  R		6x	
1:14	_Aye... Who'd thought	4x8	Step Touch L, R	8x	
1:27	_Do it all for the right reasons	16x8	Fast Hip Roll L Heel Twist F Fast Hip Roll Heel Twist F Throw It Up B x4 Knee Bounce L, R x2 Run Diagonally R, F 8cts Shoulder Roll Combo Add Stephanie R, L	1x	
2:16	_Work	4x8	Step Touch L, R  Ice Cream	8x	



12. OH MY GOSH THIS FORTRESS IS FIRE

ICE CREAM 2:54 mins

TRACK FOCUS

Uhhhhhhh so a direction change then?? A huge contrast shift will make smiley feels in your class, use the pop sound to switch up your technique styles and play with the vocals.

MUSIC		EXERCISE	REPS	LEVEL
0:00 (Intro)	4x8	Ice Cream Combo Setup Swing Legs R, L x8 Push Hips R, L x8	1x	
0:12 _Come a little closer	8x8	Add L Arm Swing High Low x4	2x	
0:36 _Look so good	8x8	Hand Sandwhich x8 Cut it L Arm Swing x2 Hand Sandwhich x4	4x	
0:59 _Ice cream chillin	6x8	Slow Shoulder Pop L x4, pick up R knee R x4, Pick up L knee	3x	
1:18 _Cherry	4x8	Fast Shoulder Pop L, R	4x	
1:30 _Look so good	16x	Ice Cream Combo Arm Swing Up Down x2 Hip Push Hand Sandwhich x4 Shoulder Pop L, R	4x	
2:18 _Keep it moving like	4x8	Step Touch L, R	8x	
2:29 _Na na na na	20X8	OH MY GOSH THIS FORTRESS IS FIRE Combo Fast Hip Roll L Heel Twist F Fast Hip Roll Heel Twist F Throw It Up B x4 Knee Bounce L, R x2 Run Diagonally R, F 8cts Shoulder Roll Combo Stephanie R, L Add Ice Cream Combo NOTE: Rep continues into next track	1x	



13. OH MY GOSH THIS FORTRESS IS FIRE

TRUST NOBODY 3:00 mins

TRACK FOCUS

So this is the beginning of the end yes?? Music, choreo, you, them, me, us, it's all happening here. Dance harder and pre-cue each move, your class will be screaming.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Intro)		Continues from last track	1x	
0:37	_I be makin' money	4x8	Step Touch HYPE		
0:49	(DROP)	20x8	Whole Routine	1x	
1:51	_Trust Nobody	8x8	Step Touch HYPE	16x	
2:16	(DROP)	20x8	Whole Routine NOTE: Rep continues into next track	1x	



14. OH MY GOSH THIS FORTRESS IS FIRE

CHARGE UP 2:17 mins

TRACK FOCUS

You know it, they know it, go hard, go harder, dance bigger, weerk harder, dance bigger, did I say dance bigger twice YES I DID CAUSE YOU CAN!

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Intro)	Continues from last track			
0:18	(Verse_)	4x8	Step Touch L, R	8x	
0:29	_Charge Up	8x8	Double Bounce OTS L, R	16x	
0:53	(DROP)	20x8	Whole Routine	1x	
1:53	_Charge Up	4x8	Step Touch L, R	8x	
2:05	_Are you ready for the ruffneck	4x8	Double Bounce L, R	8x	



15. OH MY GOSH THIS FORTRESS IS FIRE FORTRESS

1:02 mins

TRACK FOCUS

Change up the sound cause we can, the hype is huge, you got this there’s no l in Les Mills.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Drop)	20x8	Whole Routine	1x	



16. OH MY GOSH THIS FORTRESS IS FIRE

CHARGE UP 2:08 mins

TRACK FOCUS

Wait.... Again??? YES AGAIN. You know what to do (FYI it's total breakout, ideally whilst keeping your clothes on).

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Verse Intro)	4x8	Step Touch L, R	8x	
0:12	_Charge Up	8x8	Double Bounce L, R	16x	
0:36	(Drop)	20x8	Whole Routine	1x	
1:36	_Retrohandz	4x8	Step Touch L, R	8x	
1:47	(Drums Outro)	4x8	Slow Wide Walk L, R Breathe O/H	8x	



17. GROOVEDOWN

DAKITI 3:22 mins

TRACK FOCUS

This vocal is something you can fall in love with, slow your class, turn it down, feel the feels. You made it, your Baack is Weerk’d.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Intro)t	4x8	Slow into last track Small Mambo F, B Left	4x	
0:17	_Baby, ya yo me enteré	4x8	Mambo L x2 Tap L front, wave torso	2x	
0:35	_Y a veces es Dolce	4x8	Add Float Hands L, R Float down lower torso x4	2x	
0:51	_A ti no me opongo	8x8	Add slow pivot turn R on body wave	4x	
1:27	_Mami, me tienes juqueao’	4x8	R Lat stretch 16cts L Lat stretch 16cts	1x	
1:44	_Hace tiempo le rompieron	4x8	Slowly sink down into adductor stretch low NOTE: last 8cts roll up	1x	
2:02	_A ti no me opongo	8x8	Mambo R hands float Tap R turning L body wave	4x	
2:37	_Y a veces es Dolce	4x8	Breathe arms O/H		



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 honouring 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, colour 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.

