



BODYJAM 97

MUSIC, CREDITS AND INFO

WARM-UP / ISOLATIONS

HYPE

WOBBLE LIKE IT'S HOT

RECOVERY

TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP

GROOVEDOWN

BODYJAM COACHING

DECLARATION OF INTENT

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MUSIC

WARM-UP/ ISOLATIONS

01

Up (2:38)
Cardi B
© 2021 Atlantic Recording Corporation.
Written by: Selmani, Almanzar, Alan, Baker, Steed, Thorpe

HYPE

02

Rotate (3:14)
Becky G & Burna Boy
© 2021 Kemosabe Records.
Written by: Ogulu, Rose, Bennett, Company, Melki, Judrin, Gomez, McGregor

WOBBLE LIKE IT'S HOT

03

Body (2:43)
Parallelo-Man
© 2021 Les Mills Music Licensing Ltd.
Written by: Mason, Pete, Petrel

04

Best Friend (2:31)
Saweetie feat. Doja Cat
© 2021 ICY/Warner Records Inc.
Written by: Harper, Dlamini, Gottwald, Hammers, Smith, Thomas, Valdes

05

Drop It Like It's Hot (4:15)
Snoop Dogg feat. Pharrell
Courtesy of the Universal Music Group.
Written by: Williams, Broadus, Hugo

06

Boasty (3:10)
Hyperbolica Astronomica
© 2021 Les Mills Music Licensing Ltd.
Written by: Bell, Cowie, Elba, Henriques, Allen, Bargmann

07

Wobble & Jiggle (2:22)
Bassjackers
© 2017 SpinninRecords.com.
Written by: van Hilst, Flohr, van der Bruggen

08

Boasty (1:33)
Hyperbolica Astronomica
© 2021 Les Mills Music Licensing Ltd.
Written by: Bell, Cowie, Elba, Henriques, Allen, Bargmann

09

Wobble & Jiggle (1:35)
Bassjackers
© 2017 SpinninRecords.com.
Written by: van Hilst, Flohr, van der Bruggen

RECOVERY

10

Upside Down (3:36)
Diana Ross
Courtesy of the Universal Music Group.
Written by: Edwards, Rodgers

TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP

11

It's Goin' Down (4:01)
Yung Joc feat. Nitti
© 2006 Bad Boy Records LLC for the United States and WEA International Inc. for the world excluding the United States, South America and Central America.
Written by: Robinson, Moore

12

Roll The Bass (Archer M_Its Remix) (3:39)
White Sharp
© 2015 Les Mills Music Licensing Ltd.
Written by: Pentz, Jong, Meckseper, Tarantula, Thompson, Valentine

13

Headlines (3:16)
Drake
Courtesy of the Universal Music Group.
Written by: Samuels, Graham, Shebib

14

Turnin Me On (3:48)
Keri Hilson feat. Lil Wayne
Courtesy of the Universal Music Group.
Written by: Jones

15

Bounce Back (3:09)
Ball & The Chains
© 2021 Les Mills Music Licensing Ltd.
Written by: Levi, Cameruci

16

Mula (6:42)
Eliminate
© 2020 Sable Valley Records.
Written by: Merrill

GROOVEDOWN

17

Laugh Now Cry Later (4:21)
Drake feat. Lil Durk
Courtesy of the Universal Music Group.
Written by: Martinez, Banks, Chahayed, Graham, La Tour



MUSIC

ALTERNATIVE TRACKS

- ALT

05

Drop It Like It's Hot (Instrumental) (4:15)

Snoop Dogg feat. Pharrell

Courtesy of the Universal Music Group.

Written by: Williams, Broadus, Hugo
- ALT

06

Boasty (3:10)

Hyperbolica Astronomica

© 2021 Les Mills Music Licensing Ltd.

Written by: Bell, Cowie, Elba, Henriques, Allen, Bargmann
- ALT

07

Unleash My Halo (2:22)

Sum Wave

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT

08

Boasty (1:33)

Hyperbolica Astronomica

© 2021 Les Mills Music Licensing Ltd.

Written by: Bell, Cowie, Elba, Henriques, Allen, Bargmann
- ALT

09

Unleash My Halo (1:35)

Sum Wave

Courtesy of Epidemic Sound.

Written by: Unknown
- ALT

14

High Life (3:48)

Lvly feat. Cleo Kelley

Courtesy of Epidemic Sound.

Written by: Unknown



RELEASE SUMMARY



L-R BACK ROW: Aimee Coombes, Jace Ago, Jess Gariando, Ai Charlton, Eric Ripley, Bianca Batten, Arizona Grubmayr, Tania Kingi,
L-R FRONT ROW: Sophia Collins, Meno Thomas, Gandalf Archer Mills, Alesha Arrowsmith

BODYJAM 97 is here and it's HAWT! And it's SPICY! Like the bestest burrito you've ever had, that's what BODYJAM Take It Up Take It Up Take It Up Turn It Up is like....

"Hol up, did Gandalf just say that this class is as good as burritos?!?"

Yes, yes I did.

From Track 1 *Up*, the hype is gonna lift you, which leads nicely into the actual Hype Track 2 which is gonna have your nipples rotating in all the best ways.

Block 1 is Wobble Like It's Hot, the mashups of the century for you to get a windq2 on to. *Bahh dee ahh dee ahh dee ahh dee* is straight fire, everything is gonna shake (or wobble, you choose), *Best Friend* is pop perfection, *Drop It Like It's Hot* is DROP IT LIKE IT'S HOT LIKE THE GREATEST HIP HOP TRACK EVAAAAAAHHH

Then let *Boasty* and the insane drops of *Wobble and Jiggle* take your face to the happiest place.

Upside Down brings the heart rate down (ever so slightly) before BANGERS WARNING this 2nd half is honestly, possibly, too much.

The swag of *It's Goin' Down*, the pure energy of *Roll The Bass*, sing along with *Headlines*, *Turning Me On* is BAAAAAAAACK (this track is such great, much explode), *Bounce Back* gets us higher, then *MULA MULA MULA MULA* whaaaaaaaaaaaaaaa you have never heard music like this I promise.

I'm gonna stop talking so you can start dancing, push play, open your body, turn up the music, take it up, take it up, take it up, turn it up.

G
BODYJAM 97

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
- Special thanks to:**
Jace Ago, Arrowsmith, Bianca Batten, Ai Charlton, Sophia Collins, Aimee Coombes, Jess Gariando, Arizona Grubmayr, Eric Ripley, and Tania Kingi

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.

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 11-16	Take It Up Take It Up Take It Up Turn It Up
Track 03-09	Wobble Like It's Hot	Total Time	27:36
Total Time	29:46		

45-MINUTE FORMAT	
Track 08	Recovery
Track 03-09	Wobble Like It's Hot
Tracks 11-16	Take It Up Take It Up Take It Up Turn It Up
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:



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

UP 2:38 mins

TRACK FOCUS

Start the class full fire, with simple footsteps to find simple rhythm. Warm the body with isolations and finish with a focus on chest movement.

	MUSIC		EXERCISE	REPS	LEVEL
0:05	(Beat intro)	2x8	Tap Front L, R	8x	
0:11	_ I said my face	2x8	Bounce Front – add extra Bounce up	8x	
0:24	_ Big Bad	4x8	Double Grab Jump Cross L, R	8x	
0:45	_ I can make your body rock	2x8	Bounce Front L, R	8x	
0:57	_ I forever poppin` it	2x8	<i>Fast Shoulder Double Bounce</i> – Wide Walk	8x	
1:09	_ I said my face	2x8	Wide Hip Rock L, R - <i>arms anywhere</i>	16x	
1:20	_ Big Bad	8x8	Double Grab Jump Across L, R	8x	
1:44	_ Ain’t messing with me	2x8	Bounce Front L, R	8x	
1:55	_ Put it on him	2x8	Chest Isolation B, F	16x	
2:07	_ Big Bad	2x8	Add Diagonal Chest Push L, R	8x	
2:18	_ Up then it’s up	2x8	Chest Circle Slow L	8x	
2:30	_ Gotta play it safe	½x8	Toe–Heel Together		



02. HYPE

ROTATE 3:14 mins

TRACK FOCUS

Start to challenge my class with more movement repertoire, finding direction through my great coaching of upper body rotation, then a simple samba style foot combo to create contrast and fun.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Horns intro)	2x8	Slow Arm Swing R, center, L, center	2x	
0:08	_ Vámono`, vámono`	4x8	Afro Step Tap L, R wide Afro Swing Arms R, center, L, center		
0:27	_ ¿Pa` dónde vas?	2x8	Tap L only front, swing arms O/H R x4 Add Pivot Turn R x4		
0:35	_ Rotate, vuelta	4x8	Afro L, R x2 Pivot Turn L x4	2x	
0:52	_ This is the champion section	6x8	Salsa Tap L Step Tap Step L, R, R Walk L, R	12x	
1:19	_ Rotate, vuelta	4x8	Afro L, R x2 Pivot Turn L x4	2x	
1:37	_ De lejos se te ve que	4x8	Salsa Tap L x4 only	4x	
1:55	_ ¿Pa` dónde vas?	2x8	REVERSE Salsa Tap R x2	2x	
2:03	_ Rotate, vuelta	4x8	REVERSE Afro R Pivot Turn R	2x	
2:20	(Instrumental) _ hey, yeah	4x8	Salsa Tap R	8x	
2:38	_ Rotate, vuelta	4x8	Afro R Pivot Turn R	2x	
2:56	(Instrumental outro)	4x8	Step Touch L, R	8x	



03. WOBBLE LIKE IT'S HOT

BODY 2:43 mins

TRACK FOCUS

Coach the class through massive repetition to find correct wobble and chest movement in the wobble, leading with their back arm on the beat. Then energy and play through the Stab It Combo in the verse.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Instrumental into)	4x8	Slow Tap Head, Shoulders, Shoulders, Hips	8x	
0:20	_ Body, ahh dee	4x8	Wobble Combo Wobble R x8 Wobble L x8 Fast Head Tap x4 R Wobble R x8		
0:41	_ Look at how I body	4x8	Stab It <i>Double Hands Out palms flexed down</i> Twist L, R hand stabs Repeat to R	8x	
1:01	_ Body, ahh dee	4x8	Wobble Combo		
1:21	_ I'm a hot ebony	4x8	Stab It L, R Add Jump on Double Hands	8x	
1:42	_ Body, ahh dee	4x8	Wobble Combo		
2:02	_ The category is body	4x8	Stab It L, R	8x	
2:23	_ Body, ahh dee	4x8	Wobble Combo		



04. WOBBLE LIKE IT'S HOT

BEST FRIEND 2:31 mins

TRACK FOCUS

A fun song with lots of space, coach maybe the fastest dance combo of all time in BODYJAM, through great rhythm cues of the Beep Beep combo when performed double time (“seven e and a 8 e and a”).

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Intro beat)	6x8	Stab It L, R Add 4x Low Claps R, L, R, L	6x	
0:30	_ Beep beep	6x8	Beep Beep Wrists broke, cross in & out Diagonal Chest Push L, R	12x	
1:01	_ That`s my best friend	14x8	Stab It L, R Add 2x Low Caps R, L Add Super fast Beep Beep Add Slow Chest Circle L	7x	
2:12	_ Best friend, you the baddest	4x8	Slow Chest Wave B L x4 Fast Chest Wave B L x8, add Small Hand Roll L, R		



05. WOBBLE LIKE IT'S HOT

DROP IT LIKE IT'S HOT 4:15mins

TRACK FOCUS

Take the class up a full level with the hype of this old-school banger, then coach to success the Dragon Ball Jump teaching direction and foot placement. And get them to fly!

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Intro) _ Snooooooooo	4x8	Chest Wave L with <i>Hand Roll L, R</i> x12 Walk 8cts		
0:22	_ When the pimp in the	16x8	Chest Wave L Stab It L, R <i>2 Claps</i> Beep Beep Slow Chest Circle L x4 Add Wobble R x4, L x4	4x	
1:43	_ I'm a gangsta, but you knew that	8x8	Push B Jump traveling back L, R x4 with <i>Soft Arm Push O/H R, L</i> Slow 3-Step L, R traveling	4x	
2:25	_ When the pimp in the	4x8	Push Back L, R x2 Add Dragon Ball Back Turn L, Jump B R Slow 3-Step F	2x	
2:44	_ I'm a bad boy	3x8	Dragon Ball Back Turn Setup No turn – Jump B L, R, facing L Jump B to center, <i>arms O/H</i>	3x	
2:59	_ Oh you got a... so you wanna pop back	4x8	Dragon Ball Back Turn Add Back Turn L to end facing R Jump B over R shoulder to center, <i>arms O/H</i>	4x	
3:20	_ Subscribe baby get your issue	1x8	Slow 3 Step F	1x	
3:25	_ When the pimp in the	8x8	Push B L, R Dragon Ball Back Turn Slow 3-Step F	4x	
4:05	(Outro)	1x8	Slow Touch L, R Slow 3 Step OTS – add Back Turn L	1x	



ALT

05. WOBBLE LIKE IT'S HOT

DROP IT LIKE IT'S HOT (INSTRUMENTAL) 4:15mins

Please use this song in place of *Drop It Like It's Hot* when teaching Track 05.

MUSIC		EXERCISE	REPS	LEVEL
0:00 (Intro)	4x8	Chest Wave L with <i>Hand Roll L, R</i> x12 Walk 8cts		
0:22	16x8	Chest Wave L Stab It L, R <i>2 Claps</i> Beep Beep Slow Chest Circle L x4 Add Wobble R x4, L x4	4x	
1:43	8x8	Push B Jump traveling back L, R x4 with <i>Soft Arm Push O/H R, L</i> Slow 3-Step L, R traveling	4x	
2:25	4x8	Push Back L, R x2 Add Dragon Ball Back Turn L, Jump B R Slow 3-Step F	2x	
2:44	3x8	Dragon Ball Back Turn Setup No turn – Jump B L, R, facing L Jump B to center, <i>arms O/H</i>	3x	
2:59	4x8	Dragon Ball Back Turn Add Back Turn L to end facing R Jump B over R shoulder to center, <i>arms O/H</i>	4x	
3:20	1x8	Slow 3 Step F	1x	
3:25	8x8	Push B L, R Dragon Ball Back Turn Slow 3-Step F	4x	
4:05 (Outro)	1x8	Slow Touch L, R Slow 3 Step OTS – add Back Turn L	1x	



06. WOBBLE LIKE IT'S HOT

BOASTY 3:10 mins

TRACK FOCUS

Two more rather bonkers movement combos that need simple cues through lots of repetition, coach the twist of the torso and the small arm wrist flick in the Wrist Flick Combo.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Instrumental intro)	8x8	Step Touch L, R Slow 3-Step OTS – add Back Turn L	4x	Blue
0:38	_ Ayo Idris, tell dem other gyal	4x8	Fast Chest Wave B L Hip Roll with feet wide L Step R foot in, facing L Repeat to R	4x	
0:57	_ The bokkle dem ah pop	2x8	Slow Chest Wave B L, R Add Double Arm Scoop		Gold
1:06	_ Boasty, Boasty	4x8	Fast Chest Scoop B, L, R, with Arm Scoop	4x	
1:25	_ So when me spit it `pon di riddim	4x8	Fast Knee Lift L, R x8 with Shoulder Rock R, L	2x	
1:44	_ Bruk on, bruk on and fling it	2x8	Slow Knee L x3, add Double Wrist Flick L, R x3, add Arm Throw L Repeat to R		Blue
1:54	_ I came to rap it up	4x8	Fast Wrist Flick Throw L, R	4x	Red
2:13	_ Ohhh sheee	12x8	Step Touch L, R x4 Fast Chest Scoop L, R Fast Wrist Flick Throw L, R	3x	



ALT

06. WOBBLE LIKE IT'S HOT

BOASTY 3:10 mins

Please use this song in place of *Boasty* when teaching Track 06.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Instrumental intro)	8x8	Step Touch L, R Slow 3-Step OTS – add Back Turn L	4x	Blue
0:38		4x8	Fast Chest Wave B L Hip Roll with feet wide L Step R foot in, facing L Repeat to R	4x	
0:57		2x8	Slow Chest Wave B L, R Add Double Arm Scoop		Gold
1:06		4x8	Fast Chest Scoop B, L, R, with Arm Scoop	4x	
1:25		4x8	Fast Knee Lift L, R x8 with Shoulder Rock R, L	2x	
1:44		2x8	Slow Knee L x3, add Double Wrist Flick L, R x3, add Arm Throw L Repeat to R		Blue
1:54		4x8	Fast Wrist Flick Throw L, R	4x	Red
2:13		12x8	Step Touch L, R x4 Fast Chest Scoop L, R Fast Wrist Flick Throw L, R	3x	



07. WOBBLE LIKE IT'S HOT

WOBBLE & JIGGLE 2:22 mins

TRACK FOCUS

The sound and energy of this track lifts the class so, so much higher. Pre-teach the main movement changes (Chest Wave, add on the Arm Push Back, then the last two combos).

MUSIC		EXERCISE	REPS	LEVEL
0:00 (Intro)	2x8	Step Touch L, R	4x	
0:09 _ Throw dat aaaayyy	4x8	Jump OTS L, R	16x	
0:28 (Drop)	8x8	WOBBLE LIKE IT'S HOT ROUTINE Chest Wave L Stab It L, R 2 Claps Beep Beep Slow Chest Circle L x4 Wobble R x4, L x4 Add Push B Dragon Ball Back Turn Slow 3-Step F – add Back Turn L Add Chest Scoop L, R Add Wrist Flick L, R		
1:07 (Sweeps)	2x8	Step Touch L, R	4x	
1:16 (Build)	4x8	Jump OTS L, R	16x	
1:35 (Drop)	8x8	WOBBLE LIKE IT'S HOT ROUTINE		
2:13 _ Boasty...	2x8	Step Touch L, R	4x	



ALT

07. WOBBLE LIKE IT'S HOT UNLEASH MY HALO 2:22 mins

Please use this song in place of *Wobble & Jiggle* when teaching Track 07.

MUSIC		EXERCISE	REPS	LEVEL
0:00 (Intro)	2x8	Step Touch L, R	4x	
0:09	4x8	Jump OTS L, R	16x	
0:28 (Drop)	8x8	WOBBLE LIKE IT'S HOT ROUTINE Chest Wave L Stab It L, R 2 Claps Beep Beep Slow Chest Circle L x4 Wobble R x4, L x4 Add Push B Dragon Ball Back Turn Slow 3-Step F – add Back Turn L Add Chest Scoop L, R Add Wrist Flick L, R		
1:07 (Sweeps)	2x8	Step Touch L, R	4x	
1:16 (Build)	4x8	Jump OTS L, R	16x	
1:35 (Drop)	8x8	WOBBLE LIKE IT'S HOT ROUTINE		
2:13	2x8	Step Touch L, R	4x	



08. WOBBLE LIKE IT'S HOT

BOASTY 1:33mins

TRACK FOCUS

Find more fire and more fun through the genius energy of this song.

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ So when me spit it `pon di riddim	8x8	BLOCK ROUTINE		
0:37	_ Boasty, house on the coasty	2x8	Step Touch L, R	4x	
0:48	_ Me a boy got money in the bank	2x8	Jump OTS L, R	8x	
0:55	(Drop)	8x8	BLOCK ROUTINE		



ALT

08. WOBBLE LIKE IT'S HOT

BOASTY 1:33mins

Please use this song in place of *Boasty* when teaching Track 08.

MUSIC	EXERCISE		REPS	LEVEL
0:00	8x8	BLOCK ROUTINE		
0:37	2x8	Step Touch L, R	4x	
0:48	2x8	Jump OTS L, R	8x	
0:55 (Drop)	8x8	BLOCK ROUTINE		



09. WOBBLE LIKE IT'S HOT

WOBBLE & JIGGLE 1:35mins

TRACK FOCUS

One more time - take it up take it up take it up turn it up.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Sweeps)	4x8	Step Touch L, R	8x	
0:19	(Build)	4x8	Jump OTS L, R	16x	
0:37	(Drop)	8x8	WOBBLE LIKE IT'S HOT ROUTINE		
1:15	(Outro)	4x8	Step Touch L, R x4 Wide Walk OTS L, R x8 Breathe O/H		



ALT

09. WOBBLE LIKE IT'S HOT UNLEASH MY HALO 1:35mins

Please use this song in place of *Wobble & Jiggle* when teaching Track 09.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Sweeps)	4x8	Step Touch L, R	8x	
0:19	(Build)	4x8	Jump OTS L, R	16x	
0:37	(Drop)	8x8	WOBBLE LIKE IT'S HOT ROUTINE		
1:15	(Outro)	4x8	Step Touch L, R x4 Wide Walk OTS L, R x8 Breathe O/H		



10. RECOVERY

UPSIDE DOWN 3:36 mins

TRACK FOCUS

Let the music roll and play with all the funk in this stunning track that everybody knows the words to, don't think, just dance.

MUSIC		EXERCISE		REPS	LEVEL
0:03	(Intro)	8x8	Cross Tap L, R F x4, B x4	4x	
0:39	_ Strings... Respectfully	4x8	Single Hip Roll R x9 <i>Add Arms</i> , drag up body, open high Repeat L x7		
0:57	_ Upside down	4x8	Kick Ball Change L, R F Cross Tap B	2x	
1:15	_ Strings... I know you got charm	4x8	Single Hip Roll R x9 <i>Add Arms</i> , drag up body, open high Repeat L x7		
1:33	_ Upside down	4x8	Kick Ball Change L, R F Cross Tap B	2x	
1:50	_ Strings... Instinctively	4x8	Twist R, <i>Arm Rock up down R</i> x9 Twist L, <i>Arm Rock L</i> x7		
2:08	_ Upside down	8x8	Kick Ball Change L, R, F Cross Tap B x2 Add Back Turn L Jump together, <i>Clap on ct 8</i>	4x	
2:43	_ Upside down you're turning me	4x8	Twist R, <i>Arm Rock up down R</i> x9 Twist L, <i>Arm rRock L</i> x7		
3:01	_ Upside down you're turning me	4x8	Kick Ball Change L, R F Cross Tap B x2 with Back Turn L Jump together, <i>Clap on ct 8</i>	2x	
3:18	_ Upside down	4x8	Step Touch L, R	8x	



11. TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP IT'S GOIN' DOWN 4:01 mins

TRACK FOCUS

2 main combos taught in this track, coach the lean back of the Arm Roll, the strength in the Tick Combo, then the freedom and feel of the Chest Wave Around.

MUSIC		EXERCISE	REPS	LEVEL
0:00	(Intro)	4x8 Slow Arm Roll R, L x4 Add Slow Wide Step Tap L, R		
0:23	_ In a daze...	8x8 Fast Arm Roll L, R – add Knee Lift R, L x4 Low Arm Tick Combo Wrap Head R	4x	
1:10	_ In the trap, it's goin down	14x8 Arm Roll L, R x2 - add travel F Fast Low Arm Tick Combo Add Slow Walk B L, R NOTE: Last Rep, no walk B. Start O/H Chest Roll	7x	
2:33	_ Meet me in the trap	2x8 Slow O/H Chest Roll – Tap L leg	8x	
2:44	_ Time to set it off	8x8 O/H Chest Roll – add Slow Turn L and x4 Taps Add Fast Punch R over L x4 Add Slow Arm Roll, turning L	4x	
3:32	_ Meet me in the trap	6x8 Fast O/H Chest Roll x4 Fast Punch R over L x2 Fast Arm Roll L, R Add Step Touch L, R	3x	



12. TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP ROLL THE BASS 3:39 mins

TRACK FOCUS

Rhythm and chaos lift the energies through the setup of the Elbow Bounce from low to high, with lots of count downs from me 6, 5, 4, 3, 2 CROSS!

MUSIC		EXERCISE	REPS	LEVEL
0:00 (Intro)	8x8	Step Touch L, R x4 Repeat Fast O/H Chest Roll	2x	
0:23 _ Ready fi de war	4x8	Low Heel Lift L, R	8x	
0:37 _ Tonight the little	4x8	Low Heel Lift L, R x3 Add Cross Jump R, L Repeat to R	2x	
0:48 _ Music is the peoples	8x8	Repeat – <i>add low Elbow Bounce L, R</i> NOTE: Last rep  <i>fast Elbow Bounce</i>	4x	
1:12 (Drop)	8x8	Low Heel Lift – <i>add Fast Elbow Bounce L, R</i>	2x	
1:36 _ Music is the peoples	4x8	<i>Elbow Bounce ONLY – Low Mid High</i> NOTE:  Heel Lift on last 4 cts	2x	
1:49 (Drop)	8x8	Low Heel Lift - <i>add Elbow Bounce Low Mid High</i>	2x	
2:13 (Synths)	4x8	Step Touch L, R	8x	
2:26 _ We ready fi de war	8x8	Arm Roll F Low Arm Tick Combo Add O/H Chest Roll <i>Fast Punch/Arm Roll</i> Add Low Heel Lift with <i>Elbow Bounce L, R</i>		
2:50 (Synths)	4x8	Step Touch L, R	8x	
3:02 _ Major Lazer	8x8	Arm Roll F Low Arm Tick Combo O/H Chest Roll <i>Fast Punch/Arm Roll</i> Low Heel Lift		
3:27 (Outro)	4x8	Step Touch L, R	8x	



13. TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP HEADLINES

3:16 mins

TRACK FOCUS

Let the hype of this track lift the feels, then pull back to teach correct direction and texture of the Arm Throw Wave combo.

MUSIC		EXERCISE	REPS	LEVEL
0:00 _ I might be too strung out	8x8	Arm Roll F Low Arm Tick Combo O/H Chest Roll Fast Punch/Arm Roll Low Heel Lift L, R		
0:24 _ Exaggerate things	4x8	Step Touch L, R	8x	
0:36 _ Don't do it	8x8	Arm Roll F Low Arm Tick Combo O/H Chest Roll Fast Punch/Arm Roll Low Heel Lift L, R		
1:01 _ The real is on the rise	4x8	Step Touch L, R	8x	
1:13 _ Money over everything	8x8	Tap L, facing R Throw L Arm over, Elbow Hold	16x	
1:38 _ True... Listening to you	4x8	Slide Wave Back R, L x4 Add Slow Turn to face L x4		
1:50 _ You know the game	24x8	Arm Throw R, Elbow Hold x4 Slide Wave B L, R x2 Slow Turn to face R Repeat to L Repeat to R		
2:27 _ Money over everything	12x8	Arm Throw L x4 Slide, Wave B, Turn R & L Arm Throw R x4 Slide, Wave B, Turn L & R	3x	
3:03 (Outro)	4x8	Step Touch L, R	8x	



14. TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP

TURNIN ME ON 3:48mins

TRACK FOCUS

And now for even more, combine what we've got so far for super fun to this amazing song, then finish this thing off with the Arm Bounce coaching direction, then the rhythm of the Slide Wave Heel Pop.

MUSIC		EXERCISE	REPS	LEVEL
0:00 (Intro)	4x8	Step Touch L, R	8x	
0:12 _ You're fly as hell	32x8	Arm Roll F Low Arm Tick Combo O/H Chest Roll Fast Punch/Arm Roll Low Heel Lift L, R Arm Throw, Slide B L, R Step Touch L, R x8	2x	
1:47 _ Ahhh ahhh ahhh	4x8	Slide Heel Pop L, R	2x	
1:59 _ I'm fly as well	8x8	Slide Heel Pop L, R – add Body Wave on ct3 & ct4	4x	
2:24 _ I turn you on the handle	8x	Slow Arm Bounce Front/Side L, R – with Baby Squat Bounce	8x	
2:48 _ Someone better plead the fifth	4x8	Fast Arm Bounce x2 Slow Arm Bounce x1	2x	
3:00 _ Turn me on	16x8	Slide Heel Pop Wave L, R Fast/Slow Arm Bounce	4x	



ALT

14. TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP HIGH LIFE 3:48mins

Please use this song in place of *Turnin Me On* when teaching Track 14

MUSIC		EXERCISE	REPS	LEVEL
0:00 (Intro)	4x8	Step Touch L, R	8x	
0:12	32x8	Arm Roll F Low Arm Tick Combo O/H Chest Roll Fast Punch/Arm Roll Low Heel Lift L, R Arm Throw, Slide B L, R Step Touch L, R x8	2x	
1:47	4x8	Slide Heel Pop L, R	2x	
1:59	8x8	Slide Heel Pop L, R – add Body Wave on ct3 & ct4	4x	
2:24	8x	Slow Arm Bounce Front/Side L, R – with Baby Squat Bounce	8x	
2:48	4x8	Fast Arm Bounce x2 Slow Arm Bounce x1	2x	
3:00	16x8	Slide Heel Pop Wave L, R Fast/Slow Arm Bounce	4x	



15. TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP BOUNCE BACK

3:09 mins

TRACK FOCUS

MORE MORE MORE - get your body flying off the floor for each Knee Lift Jump, then get as low as you can to wave and jump OTS. Coach it all together for the full flames to come.

MUSIC		EXERCISE	REPS	LEVEL
0:00 (Intro)	4x8	Cross Grab, Knee Lift R, L	4x	
0:12 _ I bounce back	8x8	Cross Grab R, L – add Jump on Knee Lift	8x	
0:37 _ I bounce back	4x8	Wave Low L, 4 Jumps OTS Repeat to R Repeat with Arm Throw R, L		
0:49 (Drop)	12x8	Cross Grab R, L x2 Wave Low with Jump L, R	3x	
1:26 _ I bounce back	12x8	Step Touch L, R		
1:51 (Whistle)	4x8	Double Bounce OTS L, R	4x	
2:04 _ I bounce back	20x8	TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP ROUTINE Arm Roll F Low Arm Tick Combo O/H Chest Roll Fast Punch/Arm Roll Low Heel Lift L, R Arm Throw, Slide Back L, R Fast/Slow Arm Bounce Slide, Heel Pop, Wave L, R Cross Grab R, L x2 Wave Low with Jump L, R		



16. TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP

MULA 6:42 mins

TRACK FOCUS

This final track is the journey you’ve been waiting for - follow the music closely with your vocal tone and physical presence. Lift on the highs, go harder then harder then harder again, then pull it literally down to the floor when necessary.

MUSIC		EXERCISE	REPS	LEVEL
0:00 (Intro)	8x8	Low Flag Wave L, R Slowly transition to mid height	8x	
0:27 _ Strings... We got dancing	4x8	Fast Flag Wave – mid height	4x	
0:39 (Build)	4x8	Double Jump OTS L, R	8x	
0:51 (Drop)	20x8	TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP ROUTINE		
1:53 _ We got dancing	4x8	Double Jump OTS with MASSIVE L Arm Swing	8x	
2:05 (Synths)	4x8	Feet wide – drop/breathe		
2:17 _ We got dancing	4x8	Step Touch MASSIVE	8x	
2:29 _We got dancing	8x8	Fast Flag Wave – mid height, slowly transition high, slowly transition low		
2:53 (Drop)	4x8	Double Jump OTS L, R	8x	
3:06 (Drop)	20x8	TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP ROUTINE		
4:07 _ We got dancing	4x8	Double Jump OTS with MASSIVE R Arm Swing	8x	
4:19 (Synths)	4x8	Feet wide – drop/breathe		
4:31 _ We got dancing	4x8	Step Touch MASSIVE	8x	
4:43 _ We got dancing	8x8	Fast Flag Wave – mid height, slowly transition high, slowly transition low		
5:08 (Build)	4x8	Double Jump OTS L, R	8x	
5:19 (Drop)	20x8	TAKE IT UP TAKE IT UP TAKE IT UP TURN IT UP ROUTINE		
6:21 (Synths Outro)	4x8	Feet wide – drop/breathe Breathe to finish		



17. GROOVEDOWN

LAUGH NOW CRY LATER 4:21 mins

TRACK FOCUS

This track is full of space to slowly find yourself again after that last block - take your time moving into the bounce, then through the stretches. This track should feel like a celebration.

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ Whoooooa	4x8	Stand OTS ... Whooaaa		
0:16	_ Slow Down	4x8	8x8 Super slow Arm Rock L Bounce Center R, L Repeat R	2x	
0:30	_ Doing all this and all that	8x8	Fast Arm Rock L, R	8x	
0:59	_ Goin' Crazy	8x8	Slow transition to Lat Stretch R Slow transition to Lat Stretch L		
1:27	_ Doing all this and all that	16x8	Slow transition to L Hip Flexor stretch 32cts Slowly lift R arm high 32cts Repeat R		
1:56	_ I have never been embraced	16x8	Slow transition to L Hip Flexor stretch 32cts Slowly lift R arm high 32cts		
2:32	_ Doing all this and all that	2x8	Slowly transition to center Adductor Stretch Roll Up		
2:39	_ Forgot 'bout his bend	8x8	Fast Arm Rock L, R	8x	
3:01	_ Goin Crazy	4x8	Breathe O/H BAM – class finished		



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.

