



BODYJAM 98

MUSIC

RELEASE SUMMARY AND CREDITS

EXPRESS FORMATS

WARM-UP / ISOLATIONS

HYPE

HIP HOP LIGHT IT UP

RECOVERY

WAIT... REALLY?

GROOVEDOWN

BODYJAM COACHING

DECLARATION OF INTENT

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MUSIC

WARM-UP / ISOLATIONS

01

Ayy Macarena (2:16)
Tyga
© 2019 Last Kings Records, Under exclusive license to Columbia Records, a division of Sony Music Entertainment.
Written by: Stevenson, Monge, Flowers, Perdigones

HYPE

02

Fast (Motion) (2:50)
Saweetie
© 2021 ICY/Warner Records Inc.
Written by: A. Davidson, S. Davidson, Harper, Anderson, Ashad, Banks, Jones, St. John, Williams

HIP HOP LIGHT IT UP

03

Diplomatico (3:27)
Wildfleur
© 2021 Les Mills Music Licensing Ltd.
Written by: Pentz, Alberto, Castillo, Munoz, Ortiz, Santiago

04

Hyperparadise (Archer M_Ils Remix) (4:18)
Even Out
© 2015 Les Mills Music Licensing Ltd.
Written by: Dubber, Stuart

05

Tembla (3:07)
Fre\$ko
Courtesy of Les Mills Music Licensing Ltd.
Written by: Matamoros, Guerra, DRMasacre, La Crema

06

Dakiti (Archer M_Ils Remix) (3:55)
Richter Shale
© 2021 Les Mills Music Licensing Ltd.
Written by: Gomez

07

Andale (2:05)
Henry Fong
Courtesy of Les Mills Music Licensing Ltd.
Written by: Fong

08

Light It Up (Remix) (4:05)
Candelabra
© 2021 Les Mills Music Licensing Ltd.
Written by: Abiona, Meckseper, Pentz, Fender, Thorbourne, Malcolm, Swift

RECOVERY

09

Kilometre (2:33)
Burna Boy
© 2021 Atlantic Recording Corporation.
Written by: Ogulu, Olagundoye

WAIT... REALLY?

10

Mi Gente (Aazar Remix) (3:12)
J Balvin, Willy William & Aazar
Courtesy of the Universal Music Group.
Written by: Balvin, Echavarria, William, Ashadally, Moupondo

11

Fuji Opener (2:46)
Skrillex feat. Alvin Risk
© 2019 OWSLA/Atlantic Records, Inc. for the United States and WEA International Inc. for the world outside of the United States.
Written by: Moore, Risk, Yopez

12

Fuji Opener (2:46)
Skrillex feat. Alvin Risk
© 2019 OWSLA/Atlantic Records, Inc. for the United States and WEA International Inc. for the world outside of the United States.
Written by: Moore, Risk, Yopez

13

Supernatural (4:25)
Boombox Cartel & QUIX feat. Anjulie
© 2016 Mad Decent.
Written by: Garcia, Persaud, Schnell, Medina

14

Bassgod (5:03)
Yellow Claw, Juyen Sebulba & Sihk feat. Ramengvrl
© 2021 Barong Family.
Written by: Kimman, Echteld, de Jong, Tjong, Nguyen, Taihuttu, Rondhuis, van der Bruggen

15

Singularity (5:30)
REMNANT.exe
© 2021 Sable Valley Records.
Written by: Unknown

GROOVEDOWN

16

Loved By You (2:39)
Justin Bieber feat. Burna Boy
Courtesy of the Universal Music Group.
Written by: Allen, Bellion, Bieber, Evigan, Moore, Ogulu

ALTERNATIVE TRACKS

ALT 05

Tembla (Instrumental) (3:07)
Fre\$ko
Courtesy of Les Mills Music Licensing Ltd.
Written by: Matamoros, Guerra, DRMasacre, La Crema

ALT 14

Dough (5:03)
Heyson
Courtesy of Epidemic Sound.
Written by: Unknown



RELEASE SUMMARY



L–R: Bianca Ikinofu, Gandalf Archer Mills, Meno Thomas

BODYJAM 98 is going to have you watching it being like WAIT... REALLY? And then you're going to dance it and you're going to be like WAIT... REALLY?? And then you're going to get on stage somewhere and teach it to your members and they're going to be like WAIT... REALLY??!?!??

Well, I am here to tell you – Yes... Really!

Track 1, I'm not kidding is the Macarena, but you've never felt it in your love parts like this before.

Track 2, you've got to push your butt in all directions – forwards, back, side-to-side. Once again, your love parts will be A-OK with all of this.

Track 3 takes us into Hip Hop Light It Up with stunning vocals, thundery drops, and so many feels. Afro, Hip Hop, Moombah, it's got it all. You are going to love that Whack Together combo – complex but mixed with the right amount of repetition and style.

My absolute favourite is in the last track *Light It Up* where you just walk, no rules, full flavour, to the side, bounce around, then go super hard from the top. FULL LIGHT IT UP.

The recovery track *Kilometre* is a stunner, chill, smooth and a vibe for your life to vibe to.

Then the second block is like WAIT... REALLY... OK ,OK, OK, if you have never heard this track *Fuji Opener* (I literally doubled it for you – it's so good) you're dance life is about to take a step up into a whole new world 'Princess Jasmine' style.

Supernatural is huge and gorgeous... Bassgod is huge and HUUUUUUUGE (I don't even know what genre of music this is anymore?) and then there is this thing called Wave.

Wave is the sound of *Singularity*. Wave is the sound of power and beauty. Wave is where my passion for music found itself. Wave is huge, loud and hypnotic. Wave is here for your ear holes.

Wave is the sound of *Singularity*.

Singularity is the sound of BODYJAM.

Wait... Really?

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

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.

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 also 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 09-15	Wait... Really?
Track 03-07	Hip Hop Light It Up	Total Time	28:31
Total Time	21:58		

45-MINUTE FORMAT

Track 08	Recovery
Track 03-07	Hip Hop Light It Up
Tracks 9-15	Wait... Really?
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

AYY MACARENA 2:16mins

TRACK FOCUS

Let bass, feel and style start the class off right. Focus on simple isolations, and then a laid-back throwback *Arm Combo* to finish.

MUSIC		EXERCISE		REPS	LEVEL
0:05	Que tu	2x8	Walk L, R OTS with Hip Shift R, L	4x	Blue
0:14	Ayy, Macarena	4x8	Knee Drop R x4, L x4	4x	
0:34	Ayy, Macarena	2x8	Head Turn L, R	8x	
0:44	_ And I'm	2x8	Chest Pop F, B	16x	
0:54	You look like	2x8	Walk L, R OTS with Hip Shift R, L Add: <i>Hand circle B around hips</i>	8x	Yellow
1:04	Ayy, Macarena	4x8	Knee Drop R x4, L x4	4x	Blue
1:24	Ayy, I find a spot	4x8	Roll shoulders B Add: Wave through your whole body	8x	Yellow
1:44	I'ma fire to the flame	6x8	Walk L, R OTS with Hip Shift R, L Add: <i>Arm Combo</i>	6x	
2:13	Ayy	½x8	Freeze – Freestyle		Blue



02. HYPE

FAST MOTION 2:50mins

TRACK FOCUS

Three simple hype moves to get the heart rate higher. Give simple direction and timing cues for the *Step Knee Twists* then rhythmic cues for the *Fast Feet*.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	5x8	Step L Diagonal with Chest Pulse x4 and <i>arms wide</i> Step R Diagonal with <i>Hand Taps on Shoulders and Hips</i>	5x	
0:20	Locomotion	4x8	Knee Twist Step L, Knee R facing B, Step R, Knee L facing F, Twist x4 – Traveling L  to R	2x	
0:36	Iciest	6x8	Knee Twist Add: Hip Push B Add: <i>Cross Arms</i>	3x	
1:01	Fast, I'm coming	8x8	Fast Feet Step out L, R (F) jump feet together (B), Roll x2 Step Touch L, R with <i>Arm Push R, up, L, up</i> x2	4x	
1:34	Rule number one	6x8	Knee Twist, traveling L, R	3x	
1:58	Fast, I'm coming	8x8	Fast Feet	4x	
2:31	My back is	4x8	Chest Pulse	4x	
2:47	That's right	½x8	Freeze		



03. HIP HOP LIGHT IT UP

DIPLOMATICO 3:27mins

TRACK FOCUS

So much funk in all the layers! Give space to the music by delivering simple and repetitive cues, then let the music breathe. Keep it chill on the *Palms Up Set-up*.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	1x8	Transition feet wide		
0:05	(Synth)	3x8	Sweep Walk OTS L, R x2 feet wide (4cts) Sweep the L arm (2cts) across the body	6x	
0:20	Diplo	4x8	Add: Double Time	16x	
0:41	La cortesía no me permite	4x8	Back Step Step B L, R knee x2 Step F R, Drag L F (4cts) Throw hands O/H x3, holding O/H	8x	
1:02	Diplo	12x8	Sweep x2 Back Step x1 Remove: Last arm throw O/H – Add: Wave arms down on Drag Wide Walk OTS L, R x4	6x	
2:04	(Low synth)	8x8	Palms up Wide Walk F L, R x4 Cross open hands with palms up x2 then palms down x1 then shake and drop Wide Walk B, L, R x4 Roll shoulder B, R, L x4 👁 Single, Single, Double Shoulders on last rep	4x	
2:46	Diplo	8x8	Add: Jump F, feet together L, R x2 with Palms up Add: Single, Single, Double Shoulders	4x	



04. HIP HOP LIGHT IT UP

HYPERPARADISE (ARCHER MILLS REMIX) 4:18mins

TRACK FOCUS

Lift the energy before pulling everything way back to create success on the biggest combo of the class – *Whack*.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	1x8	 Routine		
0:05	(High synth)	20x8	Sweep x2 Back Step Palms up Add: Double Jump with feet wide L, R x4 Note: On last rep, replace Double Jump with Step Touch L, R x2	5x	
1:42	Never have to worry	8x8	Whack L Jump feet together, <i>Whack Arms O/H</i> Step R, <i>Throw arms down (cts 1, 2)</i> Fast Wide Walk OTS L, R, <i>arms tapping shoulders, cross, open (cts 3&)</i> Drop into legs, <i>stretching arms in front (ct 4)</i> Slowly come up (4cts)	8x	
2:21	(Low synth)	6x8	Add: Slow it down (8cts) Add: 360° Turn (cts 1–3) – Turn on ball of R foot, L leg goes B, land feet wide Freeze (5cts)	3x	
2:50	(Drumbeat)	14x8	Add: Double Time Add: Jump feet out in out (facing L, R) Body Wave with Wide Walk L, R facing R x2 Freestyle Walk L, R x2	7x	
3:58	(Fast synth)	6x8	Sweep x2 Back Step Palms up Whack Add: Travel the Wide Walk B, facing R Add: <i>Pistol Hand R, L</i> x2 on cts 5, 6, 7, 8 Add: Walk F, facing R, L, R x4		



05. HIP HOP LIGHT IT UP

TEMBLA 3:07mins

Please note: This track contains explicit content. The Alternative song can be used in its place.
Please use Tembla (Instrumental) with the same choreography.

TRACK FOCUS

More hype on the drops and then more chill in your coaching for the last three combos.

MUSIC		EXERCISE	REPS	LEVEL
0:00		Continues from previous track		
0:09	(Heavy beat)	2x8 Walk B Body Wave with Wide Walk B		
0:18		17x8 Sweep x2 Back Step Palms up Whack together Walk B Note: On the last rep, remove the Walk F	3x	
1:38		7x8 Chest Pop Stomp wide L, Chest Pop x4 facing each diagonal Bring arms B, F (cts &1), fists to ribs, elbows wide REPEAT to R	7x	
2:10		8x8 Add: Single, Single, Double, Knee L, R, L, L REPEAT R Lifting same elbow as knee Walk F L, R x4	4x	
2:48	(Low drop)	4x8 Heels out Feet wide, weight in heels Turn knees and toes out/in	16x	



06. HIP HOP LIGHT IT UP

DAKITI (ARCHER M_MILLS REMIX) 3:55mins

TRACK FOCUS

This song is huge, full of highs and drops. Take your technique to 100 and float through the beautiful contrasting sounds.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Baby, ya yo	4x8	Continues from previous track Add: Double Time x8 Add: Step Touch L, R x2	2x	
0:18	Y a veces es Dolce	8x8	Chest Pop Single, Single, Double Knee Heels out Walk F L, R x4	2x	
0:54	se nota cuando	12x8	Add: On the Single, Single, Double Knee, travel B facing L, heels out, facing F and walk F, facing L Note: On the last 4cts,  Bounce	3x	
1:50	eh-eh-eh	4x8	Bounce Wide Tap with <i>Elbow pull down</i> L, R	8x	
2:08	Baby, a ti no	2x8	Step Touch Note: On last rep,  Double Jump	4x	
2:17	Si es por mí	2x8	Double Jump L, R	8x	
2:26	enteré, se	10x8	HIP HOP LIGHT IT UP ROUTINE Sweep x2 Back Step <i>Palms up</i> Whack together Walk B Chest Pop Single, Single, Double Knee Heels out		
3:02	(Synth)	2x8	Bounce x4 Double Jump x8		
3:21	(High synth)	10x8	HIP HOP LIGHT IT UP ROUTINE		



07. HIP HOP LIGHT IT UP

ANDALE 2:05mins

TRACK FOCUS

Two simple sections of hype and energy to take the block even higher.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Trumpet)	4x8	Bounce x1 (4cts) Add: Sway L, R (4cts)	4x	
0:17	(B up)	2x8	Double Jump L, R	8x	
0:26	uno dos tres go _	8x8	HIP HOP LIGHT IT UP ROUTINE		
1:02	(Trumpet)	4x8	Bounce & Sway	4x	
1:20	(B up)	2x8	Double Jump	8x	
1:29	uno dos tres go _	8x8	HIP HOP LIGHT IT UP ROUTINE		



08. HIP HOP LIGHT IT UP

LIGHT IT UP (REMIX) 4:05mins

TRACK FOCUS

This is super fun – lots of room to play as you walk to the sides and turn back. Then big energy for the routine drops.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Bounce & Sway	8x	
0:35	Gimme the thing	4x8	Freestyle Walk & Turn Freestyle Walk L, R and turn anywhere – Travel L (8cts) Double Jump R, L x4  to R Double Jump L, R x4		
0:53	(B up)	2x8	Freestyle Walk		
1:02	Light it up _	8x8	HIP HOP LIGHT IT UP ROUTINE		
1:37	1 by 1,	4x8	Freestyle Walk & Turn		
1:55	(Heavy synth)	8x8	HIP HOP LIGHT IT UP ROUTINE		
2:30	1 by 1,	4x8	Freestyle Walk & Turn		
2:48	(Low synth)	2x8	Freeze		
2:57	(B up)	2x8	Double Jump L, R	8x	
3:06	Light it up _	8x8	HIP HOP LIGHT IT UP ROUTINE		
3:42	Outro /	4x8	Step Touch L, R	8x	
3:59	(Clap)		Freeze – <i>Breathe hands O/H</i>		



09. RECOVERY

KILOMETRE 2:33mins

TRACK FOCUS

Calm everything down with space and style. Only one single combo through two minutes to drop the heart rate and create chill.

MUSIC		EXERCISE		REPS	LEVEL
0:03	Big tune _	1½x8	Lean B Wide Step L, Tap R with Body Wave L to R	3½x	
0:10	Kilome	6x8	Add: <i>Fist Grab at chest</i>	12x	
0:38	Kilome	6x8	Add: Travel F x2 Add: Twist B with <i>Palm Push Down</i> L, R x4	3x	
1:06	Kilome	14x8	 Add: Fast Twist OTS L, R x2 with <i>Fist Grab at chest</i> (2cts)	7x	
2:11	Outro /	Step Touch L, R		8x	



10. WAIT... REALLY?

MI GENTE (AAZAR REMIX) 3:12mins

TRACK FOCUS

HERE WE GO – four simple moves with high repetition. Coach your class to lead with the front leg as they Arm Push forward.

MUSIC			EXERCISE		REPS	LEVEL
0:00	Intro /	2x8	Jump feet wide		7x	
			Knee Pop			
0:06	Un, dos, tres, leggo _	4x8	REPEAT Add: <i>Peace Sign arm-line</i>	16x		
0:19	Toda mi gente	2x8	Add: Double Time and travel B	16x		
0:25	Y dónde está mi gente	4x8	Back & Forth Tap B L (facing L), Tap F L (facing R) with Swipe Hands	8x		
0:38	Mi gente	2x8	Hip Bounce Hip Push B x16 Add: <i>Hands slowly come up to the face</i>	2x		
0:44	(B up)	1x8	<i>Arm Push</i> Step together F R, facing L, with <i>Arm Push front and wide</i>			
0:47	(Faster)	1x8	Add: Double Time	4x		
0:51	(Heavy beat)	12x8	Knee Pop x8 Back & Forth Hip Bounce x8 <i>Arm Push x4</i>	3x		
1:29	(Silence)	2x8	Freestyle Freeze	8x		
1:35	'Tamos rompiendo	2x8	Slow Knee Pop			
1:42	_ Francia	2x8	Add: <i>Peace Sign arm-line</i>	8x		
1:48	Los DJ's no	2x8	Add: Double Time and travel B	16x		
1:55	Y dónde está mi gente	4x8	Back & Forth	8x		
2:07	Mi gente	2x8	Hip Bounce with <i>Slow Arm Rise</i>	16x		
2:14	(B up)	2x8	<i>Arm Push Slow x2, Fast x4</i>			
2:20	(Heavy beat)	12x8	Knee Pop x8 Back & Forth Hip Bounce x8 <i>Arm Push x4</i>	3x		
2:59	Worldwide	4x8	Whip It Feet wide <i>Circle arms F and L, palms in</i>	8x		



11. WAIT... REALLY?

FUJI OPENER 2:46mins

TRACK FOCUS

Turn it up, turn it up, this track is insane! Use the bass and the massive change in sounds to create energy, hitting huge movements.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Continues from previous track Add: Faster	16x	
0:12	(Beat)	4x8	Add: Step L, Knee R  to R Add: <i>Double-time arms</i>	8x	
0:25	(Heavy beat)	4x8	Star Wide Bounce L, R x2 <i>Arms cross O/H, out, down, up</i>	8x	
0:38	(Heavy synth)	8x8	Whip It x2 Star x2	4x	
1:04	(High vocal)	4x8	Slow Star Add: Turn body R, front, L, front with <i>arms cross, open, down, up</i>	4x	
1:16	(B up)	4x8	Add: Double Time	8x	
1:29	(Synth)	4x8	Chest Wide Walk L with Chest Pop x2  to R (4cts) <i>Arms go up and down (chest to hips)</i> Note: On last 4 reps, travel F	8x	
1:42	(Heavy synth)	4x8	Switch Jump feet wide, facing L R foot heel lifted with Slow Hand Flap Switch sides x2 Add: <i>Double-time the Hand Flap (up & down, up & down) x2</i>	2x	
1:55	L drop	4x8	Chest OTS x4 Travel B x4	8x	
2:08	(High vocal)	4x8	Switch	2x	
2:20	(Low vocal)	4x8	Step Touch L, R	8x	
2:33	Outro /	4x8	Whip It x2 Star x2 Chest x2 travel F Switch x1		



12. WAIT... REALLY?

FUJI OPENER 2:46mins

TRACK FOCUS

AND AGAIN – put it all together, dance harder, OMG could it get any better?!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Continues from previous track Knee Pop Back & Forth Hip Bounce <i>Arm Push</i>		
0:12	(Beat)	4x8	Step Touch	8x	
0:25	(Heavy beat)	8x8	Whip It Star Chest Switch Knee Pop Back & Forth Hip Bounce <i>Arm Push</i>		
0:51		4x8	Step Touch	8x	
1:03	(High vocal)	8x8	Whip It Star Chest Switch Knee Pop Back & Forth Hip Bounce <i>Arm Push</i>		
1:29	(Heavy synth)	4x8	Step Touch Option: Freestyle	8x	
1:42	(Low synth)	8x8	Whip It Star Chest Switch Knee Pop Back & Forth Hip Bounce <i>Arm Push</i>		
2:08	(High vocal)	4x8	Step Touch Option: Freestyle	8x	
2:20	(Low vocal)	8x8	Kick Kick front then side R (Double Hop L)  to L	8x	



13. WAIT... REALLY?

SUPERNATURAL 4:25mins

TRACK FOCUS

One slightly more tricky combo. Give your class plenty of space with your coaching when setting up the Hip Sway. Focus on the contrasting movement styles. Then lift the hype to Switch Up Swim to the end.

MUSIC		EXERCISE	REPS	LEVEL
0:00	Intro /	8x8 Tension Step B L, facing R, lift L knee to chest on ct 7 with <i>Slow Running Arms</i>	8x	Blue
0:25	(Synth)	12x8 Hip Sway Slow set-up Jump R, facing F Sway hips R, L x6 walking on balls of feet R, L with <i>arms rising O/H on 3rd Hip Sway</i> <i>Collapse and roll up</i>	3x	
1:02	natural _	2x8 Kick x2 Tension x2		Gold
1:09	(B up)	2x8 Hip Sway Add: Double Time with <i>arms rising straight away</i> Add: <i>Jump L, arms O/H and collapse again on landing</i>		
1:15	(Heavy synth)	16x8 Kick Tension Hip Sway Note: On rep 2, add direction change in Hip Sway Jump R, facing R, then jump, turning in the air, and collapse facing L	4x	Red
2:06	(Piano chord)	8x8 Wide Walk L, R	16x	Blue
2:31	(Beat)	8x8 Switch Up <i>L hand holds out front,</i> <i>R arm reaches up to diagonal and down to opposite hand (cts 1, 2)</i> <i>Then same with R elbow (cts 2&)</i> Jump on ct 1 x4  to L	2x	Gold
2:56	(High vocal)	8x8 Swim <i>Swim Hands x2</i> <i>(R higher then L – 2cts)</i> <i>Switch Hands x2</i> Drop into legs on cts 2, 4, 6, 8 Slow Chest Pop F, B with <i>Double Arm Punch O/H</i> then down x4 (8cts)	2x	Blue
3:21	(Fast drum)	12x8 Switch up (R, L x2) <i>Swim (Add: Double Time)</i>	3x	Red
3:59	(Fade out)	8x8 Switch up (Add: facing R then Jump facing L) <i>Swim (Add: Jump facing F)</i>	2x	



14. WAIT... REALLY?

BASSGOD 5:03mins

Please note: This track contains explicit content. The Alternative song can be used in its place.
Please use Dough with the same choreography.

TRACK FOCUS

This track only requires that you turn up the music and dance as hard as you can! WAIT... REALLY!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Step Touch L, R	16x	Blue
0:25	Oh my kick	24x8	Kick Tension Hip Sway Switch up Swim	4x	
1:38	Oh my kick	4x8	Step Touch L, R Preview routine	16x	Yellow
2:03	Bass, Bass, Bass	8x8	Double Jump L, R	16x	Red
2:26	(Heavy beat)	16x8	WAIT... REALLY? ROUTINE Whip It Star Chest Switch Knee Pop Back & Forth Hip Bounce <i>Arm Push</i> Kick Tension Hip Sway Switch up Swim		
3:15	Oh my kick	4x8	Step Touch L, R	8x	Blue
3:27	(Drop)	4x8	Shoulder Walk OTS feet wide L, R Shoulder Roll L, R slow	4x	
3:39	Oh my Kick	4x8	Shoulder Add: Double Time Add: <i>Elbow Pull Back L, R</i>	8x	Yellow
3:51	Bass, Bass, Bass	4x8	Step Touch L, R	8x	Blue
4:03	(Wind up)	4x8	Double Jump L, R	8x	
4:15	(Heavy beat)	16x8	WAIT... REALLY? ROUTINE		



15. WAIT... REALLY?

SINGULARITY 5:30mins

TRACK FOCUS

You have never heard a track like this – connect to the energy, the huge hype, the feels, and take your WAIT REALLY to the end!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Wide Walk OTS L,R Note: <i>Arms sway bigger into the shoulder</i>	8x	
0:12	(Fast synth)	8x8	Shoulder L, R	16x	
0:37	(B up)	4x8	Step Touch L, R	8x	
0:49	(Heavy beat)	16x8	WAIT... REALLY? ROUTINE		
1:39	(Drop)	4x8	Wide Walk OTS L, R Note: <i>Arms sway bigger into the shoulder</i>	8x	
1:52	(Synth)	8x8	Shoulder L, R	16x	
2:17	(B up)	4x8	Step Touch L, R	8x	
2:29	(Heavy beat)	16x8	WAIT... REALLY? ROUTINE		
3:19	(Drop)	4x8	Wide Walk OTS L, R	8x	
3:32	(Synth)	8x8	Shoulder L, R	16x	
3:56	(B up)	4x8	Step Touch L, R	8x	
4:09	(Heavy beat)	16x8	WAIT... REALLY? ROUTINE		
4:59	(Drop)	8x8	Wide Walk OTS L, R	16x	B
5:24	(Shatter)	1x8	Freeze		



16. GROOVEDOWN

LOVED BY YOU 2:39mins

TRACK FOCUS

A stunning track to finish. Pull back the chill with that stunning combo repeated again – feel free to sing along.

MUSIC		EXERCISE		REPS	LEVEL
0:04	Intro /	3x8	Slow Lean Back Set-up Wide Step L with Body Wave  to R	3x	
0:19	I thought I	2x8	Add: <i>Fist Grab at chest</i>	2x	
0:28	I'd run off	2x8	Add: Double Time Add: Foot Tap R, L	4x	
0:38	All I do is	8x8	Add: Travel F x2 Twist B with <i>Palm Push Down</i> L, R x3 Fast Twist with <i>Grab at chest</i> x2 (2cts)	4x	
1:16	I remember when	4x8	Side Stretch L – 8cts to transition  to R		
1:35	All I do is	4x8	Abductor Stretch Note: On last 8cts, roll up		
1:54	Loved by you	4x8	Lean Back Combo	2x	
2:13	Outro /	4x8	Freestyle Walk		



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 – SET-UP

- 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 – SET-UP

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, eg forward, back, side
- **Placement** – tell them where their feet should be, eg feet under hips

The key is to keep it simple. You won't need to say all parts of the Set-up 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 Set-up cues
- **Develop Feel** – describe the texture of the move – eg, 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 out at your 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. Eg, 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.

