



BODYJAM 99

MUSIC, CREDITS AND INFO

WARM-UP / ISOLATIONS

HYPE

HOUSE 2021

RECOVERY

FIRE, FIRE, MORE FIRE

GROOVEDOWN

BODYJAM COACHING

RELEASE FOCUS

DECLARATION OF INTENT

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MUSIC

WARM-UP / ISOLATIONS

- 01

In Da Getto (1:55)

J Balvin & Skrillex

Courtesy of the Universal Music Group.
Written by: Morales, Masis, Moreno, Bennett, Dunbar, Tucker, Balvin, Moore
- In Da Getto** (1:38)

J Balvin & Skrillex

Courtesy of the Universal Music Group.
Written by: Morales, Masis, Moreno, Bennett, Dunbar, Tucker, Balvin, Moore

HYPE

- 02

Loveline (2:24)

Shift K3Y & Tinashe

Courtesy of the Universal Music Group.
Written by: Bennett, Keen, Walcher
- Loveline** (1:22)

Shift K3Y & Tinashe

Courtesy of the Universal Music Group.
Written by: Bennett, Keen, Walcher

HOUSE 2021

- 03

Burning Up (3:18)

Henry Fong x FOMO

Courtesy of Les Mills Music Licensing Ltd.
Written by: Bundgus, Beaupre
- 04

Pepas (4:31)

Crystal Crown

© 2022 Les Mills Music Licensing Ltd.
Written by: Bauza, Fulgencio, Rosado, Martinez, Garcia, Gomez, Quiroz, Perez, Cardenas
- 05

Turn It Up (2:55)

Fas Fash

Courtesy of Les Mills Music Licensing Ltd.
Written by: McCarthy
- 06

Horned Up (5:00)

Archer M_Ils

Courtesy of Les Mills Music Licensing Ltd.
Written by: Mills
- 07

Circle Up (2:54)

Square Off

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Written by: Joseph, Marchant, Ragland

RECOVERY

- 08

Whine And Go Down (2:52)

DJ Katch, Beenie Man & Walshy Fire

© 2021 DJ KATCH.
Written by: Becker, Walcher, Walsh, Davis

FIRE, FIRE, MORE FIRE

- 09

Trophies (0:12)

Young Money feat. Drake

Courtesy of the Universal Music Group.
Written by: Graham, Thomas, Martin, Gerard, Hollis, Shebib, Abshire
- Trophies** (2:59)

Young Money feat. Drake

Courtesy of the Universal Music Group.
Written by: Graham, Thomas, Martin, Gerard, Hollis, Shebib, Abshire
- 10

SORROW TECH (Good Times Ahead Remix) (5:18)

MUST DIE!

© 2021 Never Say Die Records.
Written by: Bates, MUST DIE!
- 11

Stage Gone Bad (3:33)

Kes & Iwer George

© 2020 BadJohn Republic Entertainment Ltd.
Written by: J. Dieffenthaler, H. Dieffenthaler, K. Dieffenthaler, Boochoon, Unknown
- 12

Ghost (4:16)

Hex Cougar & Heimanu

© 2021 Sable Valley Records.
Written by: Krishnan, Pitt, Slinger, Bech
- 13

damn Right pt. 2 (3:04)

AUDREY NUNA x DJ Snake

© 2020 Arista Records, a division of Sony Music Entertainment.
Written by: Sawyer, Chu, Grigahcine, Donmoyer
- 14

Akera (4:18)

Heimanu & MAYKO

© 2020 Sable Valley Records.
Written by: Pitt, Gould

GROOVEDOWN

- 15

In The Dark (2:40)

Swae Lee feat. Jhené Aiko

Courtesy of the Universal Music Group.
Written by: Lang, Aiko, Brown, Bell, Halm, Weiss
- ALT 04

Domino Effect (4:31)

Tape Machines

Courtesy of Epidemic Sound.
Written by: Unknown



BODYJAM99



Gandalf "G" Archer Mills

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.

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 – Juliet Mora

RELEASE FEEDBACK

Tell us what you think of this release.
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An unbelievable BODYJAM Release 99 coming in your ear holes right now like FIRE, FIRE, MORE FIRE.

Track 1 is a pure Jam – hype, jumps and energy to lift the room, before Track 2 *Love Line*, which is just a stunning, happy, good-times vibe to strut around to with a smile in your studio.

Block 1 is HOUSE 2021, so turn up your bpm counters and the volume goes to max, with the sultry vocals of *Burning Up*, the global phenomenon of *Pepas*, more bangers and sick combos to *Turn It Up*, then the big-room horns of *Horned Up*, (I may have made this track for your enjoyment).

Then the sound of *Circle Up* to finish this block is something quite fresh – the energies, the drums, everything comes together for you to bounce around with full freedom. Hands in the air, I LOVE IT.

Chill your face with *Whine And Go Down*, hips and sass, before the 2nd block starts off right with *Trophies*. The horns are huge and the beat slaps even harder.

Like, I don't know what to tell you about *Sorrow Tech*, other than the good times are here, and, boy, are they fast and fierce. Then more drums for your heart with *Stage Gone Bad* – hypes, raps, man I love this sound.

Ghost is bonkers, the hype and the sounds; *Damn Right* is stunning, the vocals and the bass, before what we are calling WAVE.

Akera is WAVE music. It's going to lift you somewhere new; it's going to smoosh your cardio into a delicious pancake of movement inhibition, which you get to smother in styles, and enjoy for eternity.

Of course there is MORE FIRE because of BODYJAM 99.

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EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warm-up/ Isolations	Track 01	Warm-up/ Isolations
Track 02	Hype	Track 02	Hype
Track 03-07	House 2021	Tracks 09-14	Fire, Fire, More Fire
Total Time	25:57	Total Time	30:59

45-MINUTE FORMAT

Track 01	Warm-up/ Isolations
Tracks 03-07	2021
Tracks 09-12	Fire, Fire, More Fire
Track 14	Fire, Fire, More Fire
Total Time	42:47

Please note: There is no Groovedown in most express format options. Please advise participants to keep moving around after the class until their breathing and heart rate return to normal and to do their own stretches to assist their recovery.

The 30- and 45-minute class formats have been customized for this release.

KEY

B	Back	F	Forward
L	Left	O/H	Over Head
OTS	On The Spot	R	Right

Please note the color to represent the correct level of execution:

	BASE		FLAVA		BREAKOUT
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HEY INSTRUCTORS

When it comes to mixing up past releases, you can teach back as far as BODYJAM 32, with some exceptions:

Many of the older BODYJAM blocks have a considerably higher complexity level that will be out of reach for many new members in your class. If you teach the more complex routines from past releases, you will inevitably alienate new participants, and they will be unlikely to come back.

For example, blocks to avoid:
BODYJAM 37 Jazz Rock
BODYJAM 38 Latin Block
BODYJAM 39 Dance 4 Life
BODYJAM 40 Jive & Swing, Krump Club
BODYJAM 43 Disco Cardio
BODYJAM 46 Tribal Explosion
BODYJAM 49 Street Jazz

If you have a more advanced audience who you have taught these routines to over many years, then maybe you can pull out one of these blocks once every six months. But if, like me, you have a bunch of new people in each class you teach, then I strongly suggest you avoid these blocks with higher complexity.

However, there are some incredible older tracks, full of magic and simple, pure dance feel:
BODYJAM 41 La Bomba, BODYJAM 33 Hey Mama, BODYJAM 42 Jam De Podium, and who could forget the Battle from BODYJAM 32!

Pick and choose your tracks carefully and you will have the floor on fire every week.



01. WARM-UP / ISOLATIONS

IN DA GETTO 3:33mins

TRACK FOCUS

Start the class off right – loud and hype. Let the play come through with the Jumps and Taps, then hit that rhythm and style with the fast Hips side to side.

MUSIC		EXERCISE		REPS	LEVEL
0:06	Ghetto	1½x8	Shoulder Bounce	12x	1
0:12	_ Esto se jodió	6x8	Step Touch L, R With Shoulder Bounce (Last ½ ct: Preview Wide Tap)	12x	
0:35	Ghetto	2x8	Wide Tap L, R	8x	
0:43	En el ghetto	4x8	Body Wave	8x	
0:58	Ese culo e' de quilate'	8x8	Jump Combo Set-up Jump with feet together L, R x2 Wide Tap L, R	8x	
1:29	(Sync beat)	2x8	Hips Set-up Hip Push R, L NOTE: to the rhythm of the music	8x	
1:38	Yeah, cómo	1x8	Add Double Time	8x	2
1:40	Yo crecí en el	1x8	Add arms above	8x	
1:45	Party in da	4x8	Add Step L, Tap R with Hip Dip Repeat R	8x	
1:60	En el ghetto	4x8	Body Wave	8x	
2:15	Ese culo e' de quilate'	8x8	Jump Combo	8x	
2:46	E-En el barrio	2x8	Hips	8x	
2:54	Yeah	1x8	Add Double Time	8x	
2:56	Yo crecí en	1x8	Add arms above	8x	
3:01	Party in da	4x8	Add Step Tap with Hip Dip	8x	
3:16	Skri-skri,	4x8	Step Touch with Shoulder Bounce	8x	
3:31			Freeze	8x	



02. HYPE

LOVELINE 3:46mins

TRACK FOCUS

A stunner of a track, there is tender texture in the verses, then playful Cross Steps in the chorus. Let your vocal tone follow the contrast.

MUSIC		EXERCISE		REPS	LEVEL
0:01	Love line	4x8	Cross Step Set-up Cross L Step B R Walk Wide L, Walk F R	8x	
0:16	Let me tell	2x8	Slow Walk Set-up Slow Walk F L, R x3 Whip Your Head L		
0:24	And she's tryna	2x8	Add Walk Around R, L x3 Whip Your Head R		
0:33	She's done waiting	4x8	For You Combo Set-up Step Wide L, slide L hand down to knee and snap (4cts) Repeat to R, L Add lean B R with R arm circling F and down (4cts) Repeat to R		
0:48	Love line	8x8	Cross Step x4 Add Shuffle (on last 2cts) Repeat to R	2x	
1:20	Let me tell	4x8	Slow Walk		
1:36	She's done waiting	4x8	For You Combo		
1:52	Love line	4x8	Cross Step with Shuffle	2x	
2:24	Let me tell	4x8	Slow Walk		
2:40	She's done waiting	4x8	For You Combo		
2:56	Love line	8x8	Cross Step with Shuffle (Option to freestyle turn on Shuffle)	2x	
3:28	No love	2x8	Slow Walk F, L, R x3 Whip Your Head L		
3:44	Line	2x8	For You Combo	1/2x	



03. HOUSE 2021

BURNING UP 3:18mins

Please note: This track contains explicit content. The Audio Only song can be used in its place.

TRACK FOCUS

With 4 simple combinations, this track (and whole routine) has all the space and room to play. Give the music plenty of room to shine through, followed by your sassy Mc'Sassy face technique.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Step Touch L, R	8x	
0:14	Yeah	4x8	Palms Up Set-up Landing the feet outside shoulder-width R, L	16x	
0:30	Yeah	4x8	Add Palms Up, L hand to high diagonal Repeat to R x2 Add Lean F with Hand Roll F x4	4x	
0:45	Wind it up	4x8	Hips Set-up Turn your hips and heels L, R with Arm Whip open and across shoulders	16x	
1:01	(Heavy synth)	8x8	Palms Up Add Cut It In Half x2 Add Hips x4	4x	
1:31	Wind it up	4x8	Palms Up Add Travel B	2x	
1:46	Wind it up	4x8	Studda Step L, R (Slow)	8x	
2:01	Wind it up	4x8	Chest Set-up Step L, double Chest Pop to L diagonal with hands moving up and down at chest height Repeat to R	8x	
2:17	Wind it up	4x8	Double Jump Set-up Double Jump the feet together, facing L, landing the should width apart (2cts) Freeze (2cts) Repeat to R	4x	
2:32	(Synth)	12x8	Studda L, R x2 Add Double Time Add Travel F Chest x2 Add Travel F L, R Add Double Time Double Jump L, R Add Travel B	6x	



04. HOUSE 2021

PEPAS 4:31mins

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

TRACK FOCUS

Pure global joy in the sound of this one. Let the party fly through all the space you give your class to move. No pressure, just connection to the music, then some detailed coaching around the Bump Your Hips and Quick Step set-up.

MUSIC		EXERCISE		REPS	LEVEL
0:00	No me importa	6x8	Drop The Head with Step Touch R, L x4 (Preview routine on the second to last rep)	3x	
0:17		4x8	Step Touch (Preview routine)	8x	
0:37	Pepa' y agua	36x8	Palms Up Studda Chest Double Jump Drop The Head	6x	
2:53	No me importa	6x8	Arm Push Set-up Lean B with high diagonal Arm Push R, L (8cts) Wide Walk L, R x2 with high diagonal Arm Push R (8cts)	3x	
3:15	Y siguelo, oh	2x8	Drop The Head (8cts) Add Arm Push, add Double Time	4x	
3:30	Pepa' y agua	4x8	Bump Your Hips Set-up Pick up L knee, facing R diagonal, bringing elbows to knee, kicking L heel F Step F onto L leg, kicking R heel B	8x	
3:45	(Synth)	8x8	Bump Your Hips Add Cross-through Arms on back kick	16x	
4:15	Outro /	4x8	Quick Step Set-up Step L, Cross R behind step L, tap R toes (2cts) Freeze (2cts) Repeat to R (Continues into next track)	4x	



05. HOUSE 2021

TURN IT UP 2:55mins

Please note: This track contains explicit content. The Audio Only song can be used in its place.

TRACK FOCUS

Coach the detail of rhythm and direction of the Quick Step, then get the room high with powerful pressure out of the legs to the air. Turn It Up!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Dímelo, Chino	4x8	(Continues from previous track) Quick Step	4x	
0:15	Turn it up	8x8	Quick Step Add Arms Circle	8x	
0:45	When ya hit	8x8	Jump Reach Set-up Jump R with arms O/H, landing feet L, R throwing arms to R hip Repeat to L	16x	
1:15	Turn it up	8x8	Toes Out Set-up Feet wide, turn toes out and in with Circle Arms L (2cts)	32x	
1:46	(Silent horn)	2x8	Drop The Head x1 Arm Push	8x	
1:52	B up /	4x8	Step Touch L, R (Preview House 2021 Routine)		
2:24	(Heavy beat)	12x8	House 2021 Routine Palms Up Studda Chest Double Jump Bump Your Hips x2 Quick Step Jump Reach x2 Toes Out x4 Drop The Head Arm Push x1 Step Touch L, R x4		



06. HOUSE 2021

HORNED UP 5:00mins

TRACK FOCUS

BAAAAAANGER – all the energy and hype can come flying out – dance hard, dance huge. Then hands in the air full connection as you swing your body down and up, safety cues (knees soft, abs braced) then all euphoria.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	12x8	House 2021 Routine		
0:46	(Synth drop)	1x8	Freestyle		
0:49	(Heavy beat)	12x8	House 2021 Routine		
1:35	(Synth)	8x8	Jump In The Air Set-up Feet together, Jump x4 with arms O/H Land feet wide and drop chest F (3cts) Then Land with feet outside hip-width on ct 4	8x	
2:06	(High-pitched synth)	12x8	House 2021 Routine		
2:52	(Chant)	4x8	Step Touch L, R (Preview Jump In The Air on last rep)	8x	
3:08	(Clap)	8x8	Jump In The Air	8x	
3:38	B up /	4x8	Step Touch L, R	8x	
3:54	(Heavy beat)	12x8	House 2021 Routine (Preview Wide Hip Shift on last rep)		
4:40	(Drop)	4x8	Wide Hip Shift	16x	
4:55		1x8	Wide Freeze with arms rising O/H		



07. HOUSE 2021

CIRCLE UP 2:54mins

TRACK FOCUS

Total switch up of the styles – take it fast, energy, freedom, space, push it, music, LET’S GO!

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	2x8	Hips Hip Push R, L with arms O/H	16x	
0:07	Let's go_	4x8	Add Step L, Tap R with Hip Dip Repeat to R	8x	
0:21	Hey little	2x8	Freestyle Walk		
0:28	Let's go	36x8	House 2021 Routine (On last rep of Step Touch replace with Jump In The Air)	3x	
2:33	Hey Little Ma	4x8	Jump In The Air	4x	
2:48	Let's go		Freeze		



08. RECOVERY

WHINE AND GO DOWN 2:52mins

TRACK FOCUS

Chill the heart rate with infectious sounds and simple movements – keep your hip wiggles 'chill', and your steps to the side small with all the butt.

MUSIC		EXERCISE	REPS	LEVEL
0:01		2x8 Wide Walk L, R x2 (F&B)	4x	
0:10	All of the	2x8 Fast Feet Set-up Walk L, R x8 (8cts) Wide Walk L, R x2 (F&B x2)		
0:19	Horn	4x8 Fast Feet Add Arms rise up the body O/H and wide with Hip Roll L, R	2x	
0:38	Here, whine	8x8 Roll Your Hip Set-up Walk L, R x4 with Single Hip Roll L x2 (traveling L) Diagonal Wide Tap F R, L with Arm Swing B, F x2 Repeat to R	2x	
1:16	All of the	6x8 Fast Feet	3x	
1:44	Back it up	8x8 Roll Your Hip	2x	
2:21	All of the	6x8 Fast Feet	3x	



9. FIRE, FIRE, MORE FIRE

TROPHIES 3:11mins

TRACK FOCUS

Set up this combo with space and simple coaching – the energy of the track is huge, focus first on feet and leg work, then the arms add all the magic.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Trumpet)	8x8	2 Jumps Set-up Jump with feet out L x2 (4cts) Slide R (2cts) and Stomp L foot together (2cts) Jump wide and freeze (8cts)	4x	
0:25	Had hit records	12x8	2 Jumps Add Palms O/H then Palms Push wide on the 2 Jumps Add L Finger Swirl F on Slide, then throw L arm O/H on Stomp	6x	
1:03	What's the move	8x8	Elbow Bounce Set-up Feet wide, small lean L, R x2 with Elbow Bounce x4 (8cts) Cross-throw Arms (2cts) Jump feet together and freeze (6cts)	4x	
1:29	I go to dreams	28x8	2 Jumps Add Elbow Bounce Double Time Add Step Wide L, Shoulder Roll B x4, facing L diagonal Add Step Touch L, R x2	7x	
2:58	Outro /	4x8	Shamrock Set-up Step L, facing L; Pivot Turn R, facing R. Step L leg together, jump up OTS (8cts) with hands at chest height Repeat to R	2x	



10. FIRE, FIRE, MORE FIRE

SORROW TECH 5:18mins

TRACK FOCUS

WHAAAAAAA – this is a whole new sound. Take the feels to the sky; the intensity is all the way up. Move your body cleanly, with lots of simple cues to create success.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Horn)	4x8	Continue Shamrock Set-up	2x	
0:12	(Drumbeat)	8x8	Add Double Time Add Chest Circle	8x	
0:38	(Low synth)	8x8	Back Tap Set-up Hands O/H, tap L leg with R hand x4 Repeat to R	4x	
1:03	(Drumbeat)	4x8	Cross Fists Set-up Cross fists in front of chest lifting L knee; punch fists down, lifting R knee	8x	
1:16	Let's go	12x8	Back Tap L, R (2x Taps each side) Add Cross Fists x2 with Double-Time Arms (travel F on last rep)	6x	
1:54	(Synth build)	4x8	Run Around Set-up High Knee Run R to the back L, R x4 Step Touch L, R x4		
2:07	(Drumbeat)	32x8	2 Jumps Shamrock L, R Back Tap Run Around	4x	
3:49	(Drop)	4x8	Step Touch L, R	8x	
4:02	(Synth)	8x8	Whip It Set-up Jump OTS with feet wide Whip Hand L, R (8cts) Jump OTS with feet wide and Chest Pop F x8 with hands at chest height	4x	
4:27	(Drop)	8x8	Whip It Add Double Time Whip Hand Add Chest Pop x12	4x	
4:52	(Low bass)	4x8	Step Touch L, R	8x	
5:05	Outro /	4x8	Kick Twist Set-up Pick up R heel facing L, Kick R foot F facing F Pivoting on ball of L foot x4 Repeat L (continues into next track)		



11. FIRE, FIRE, MORE FIRE

STAGE GON BAD 3:33mins

TRACK FOCUS

Coach your class to turn the hips by releasing the heels of the supporting leg, then put the whole combo together and FEEEL THAT VIBEZ.

MUSIC			EXERCISE	REPS	LEVEL
0:00	Bad, bad	8x8	Kick Twist Set-up (Continuing from previous track)	2x	
0:23	But when ah come	8x8	Add Travel R Double Time x4 Add Skate Your Legs Jump with feet wide R, L, R (4cts), L, R, L (4cts) Repeat to L		
0:47	(Low drum)	1x8	Freestyle Walk Around		
0:50	We come to mash it	8x8	Kick Twist with Skate Your Legs Add Throw Your Arms	2x	
1:14	Bad, run in every	4x8	Step Touch L, R (Preview Routine on last 4 reps)	8x	
1:26	Call de contractor	4x8	Double Jump L, R	8x	
1:38	Again	12x8	Kick Twist 2 Jumps Shamrock Back Tap Run Around Whip It (only 4x Chest Pops)		
2:15	How could the	4x8	Step Touch L, R	8x	
2:27	Bad Fuh de	4x8	Double Jump L, R	8x	
2:38	(Silence)	1x8	Freestyle Walk		
2:41	Cause we come to	12x8	Kick Twist 2 Jumps Shamrock Back Tap Run Around Whip It (only 4x Chest Pops)		
3:17	Bad, Bad	4x8	Step Touch L, R	8x	
3:29	(Horn)	1x8	Freeze		



12. FIRE, FIRE, MORE FIRE

GHOST 4:16mins

TRACK FOCUS

Volume to the extreme – the synths are going to drive your body further and further. Dance with strong execution, tight technique, and inspire the people in front of you with your passion for the sound.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	8x8	Whip Your Head Set-up Whip Your Head L (6cts), pick up and sweep your R knee, landing wide (2cts) Repeat to R	2x	Blue
0:25	(Fast drum)	8x8	Whip Your Head Set-up (Continued) Whip Your head L (4cts) Add Facing L, pick up your R knee x3, turning chest F with arms at chest (6cts) Add Slide L, landing feet wide facing L with arms opening wide (6cts) Repeat to R		
0:51	Fire inside	16x8	Whip Your Head Add Double-Time 3 Knees and Slide	4x	Red
1:42	(Drop)	2x8	Drop Your Body Facing R, feet wide, drop body down and up	1x	Blue
1:48	(Long synth)	6x8	Wide Walk L, R Breathe Arms O/H and down	12x	
2:07	(Fast synth)	8x8	Double Jump L, R (Preview Fire, Fire, More Fire Routine)	16x	Yellow
2:33	(Melodic synth)	20x8	Fire, Fire, More Fire Routine Kick Twist 2 Jumps Shamrock Back Tap Run Around Whip It Whip Your Head		Red
3:25	(Slow melodic synth)	1x8	Drop Your Body Add Freestyle (8cts)	1x	Red
3:37	Fire inside	4x8	Wide Walk L, R	8x	Yellow
3:50	Fire inside	4x8	Wide Freeze with Breathe Arms O/H and down		
4:03	Outro /	4x8	Drop Your Body, facing F		Blue



13. FIRE, FIRE, MORE FIRE

DAMN RIGHT PT.2 3:04mins

TRACK FOCUS

Go completely playful with butt bounce and literal magic – then run the routine to this insane track for full feels contrast.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Heavy synth)	4x8	Hip Push Set-up with feet wide Hip Push B	16x	Blue
0:11	One tow fleeka	8x8	Hip Push Set-up Continued Hip Push B Double Time Add hands O/H Add pick up R foot on ct 3, bringing elbows down to R hip Repeat to L	4x	
0:35	What you want	6x8	Single Single Double Set-up Step Touch L, R, L, L Repeat to R	3x	Yellow
0:53	(Heavy synth)	8x8	Add: L Magical Hand Whip	4x	
1:16	One two fleeka	4x8	Step Touch L, R	8x	
1:28	Damn right	4x8	Double Jump L, R	8x	
1:40	What you want	18x8	Fire, Fire, More Fire Routine Kick Twist 2 Jumps Shamrock Back Tap Run Around Whip It Whip Your Head		Red
2:28	Your boy gotta	1x8	Drop Your Body Add Freestyle (8cts)	1x	
2:34	Clap like	6x8	Hip Push	3x	Red
2:51	(Intense synth)	4x8	Single Single Double (no arms) L, R	2x	Blue



14. FIRE, FIRE, MORE FIRE

AKERA 4:18mins

TRACK FOCUS

WHAT IS THIS SOUND? The sound of WAVE – turn it up, find the bpm, stretch your body, go even harder, go longer, go higher, wash your body with this huge sound of BODYJAM.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro /	4x8	Wide Walk L, R x8 with breathe Arms O/H and down	1x	Blue
0:11		4x8	Wide Walk L, R	8x	
0:23	_ I got you	8x8	Double Jump L, R	16x	Yellow
0:47	(Fast synth)	20x8	Fire, Fire, More Fire Routine Kick Twist 2 Jumps Shamrock Back Tap Run Around Whip It Whip Your Head		Red
1:35	(Slow synth)	1x8	Drop Your Body (Replace freestyle with Wide Walk 4cts)	1x	
1:47	_ I got you	8x8	Wide Walk L, R	16x	Blue
2:11	(Fast beat)	34x8	Fire, Fire, More Fire Routine Kick Twist 2 Jumps Shamrock Back Tap Run Around Whip It Whip Your Head Drop Your Body (First rep, only remove Drop Your Body and Wide Walk)	2x	Red
3:47			Drop Your Body (Replace freestyle with Wide Walk 4cts)		
3:53	Shatter	6x8	Wide Walk L, R x12 with breathe Arms O/H and down	1x	Blue



15. GROOVEDOWN IN THE DARK 2:40mins

TRACK FOCUS

Chill your face, come back to earth, find some calm and slowly release your body through simple stretches and good smiley vibes.

	MUSIC		EXERCISE	REPS	LEVEL
0:02	Intro /	9½x8	Hips Set-up Feet wide, Hip Circle B R, L (Slowly begin to add Tap L, R)	19x	
0:48	Like curriculum	8x8	Feet Apart Set-up Wide Walk L, R x4 with arms slowly crossing face Walk feet together OTS L, R x4 arms slowly ascending (On last 2 reps, add travel F&B)	4x	
1:28	Good vibes	4x8	Side Stretch L, R		
1:47	Baby, my love	4x8	Adductor Stretch (On last 8cts, roll down and up)		
2:07	Don't leave	4x8	Feet Apart	2x	
2:27	Outro /	2x8	Freestyle Freeze		



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



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

What if there was a coaching method that could generate the following **in just one session?**

- Swimmers swim 1.4% faster over the length of a 25-yard pool
- Weightlifters exert 9% more force
- Boxers punch 4% faster with 5% more force
- Runners use 9.5% less oxygen for the same running speed and distance
- Kayakers paddle 4.3% faster over 100 meters

Well, there is. The good news is you can drive the same types of improvements in performance in your classes and your own training by following this simple method: Here's how.

Attention Focus

How fast someone runs, swims or rows; how high or long they jump; how accurately they hit a target; how well they balance; or how much weight they can lift depends to a significant extent on where they focus their attention.

Research suggests that what an athlete concentrates on can be the difference between winning the gold and not even making the team.

What might be surprising is that shifting your focus from within yourself (what's going on in your body) to what's out there (what you're trying to accomplish) is a winning strategy and it's this that can take us to new levels in our training and performance.

What Rather Than How

Shifting your focus to the intended outcome, rather than your body movements, allows the body to utilize its remarkable capability to produce efficient and effective movements.

In fact, even in the early stages of skill development, maintaining an **external** focus can generate immediate improvements in movement, coordination and technique.

Coaching in Classes

Most of us are using a mix of internal and external focuses in our classes.

Think of a Bicep Curl in BODYPUMP

"Squeeze your biceps to curl the bar" – internal

"Drive the bar up and away from you" – external

Layer 1

Our set-up and safety cues will be mainly internally focused – "brace your abs to stabilize your trunk", "bent knee landing" on Jumps etc.

Layer 1 is therefore dominated by an internal focus.

Despite the findings of increased performance across many measures as discussed, internally focused cues are still necessary for skill acquisition and setting up safe technique.

There is still room for the occasional external focus in Layer 1. Focusing on how you're exerting pressure on the floor, rather than a weight shift, can accelerate skill acquisition and performance.



RELEASE FOCUS COACHING TO DRIVE PERFORMANCE

Layer 2

When it comes to Layer 2 – driving intensity and improving execution – as the research states, an external focus may be more effective.

Recall what our Layer 2 focuses are in most programs – (improve execution, manipulate intensity and educate).

Including externally focused Layer 2 cues can help in all of these areas.

BODYPUMP

In BODYPUMP we could have a Layer 2 focus on increasing speed in the Clean phase of a Clean & Press. We could focus on “fast elbows” (internal) or “make that bar fly” (external).

A combination of the two can help reinforce the focus.

Trying to coach too many elements in Layer 2 can create overload, confusion or cause your participants to simply switch off and stop listening.

Coaching the same improvement in performance by using an internal cue (“lets focus on getting fast elbows in that Clean”) followed by an external cue that reinforces the same objective “make that bar fly” creates consistency and allows that particular improvement in execution to land.

Similarly, we could use the cue “squeeze the chest” in a Chest Press followed by “try and bend the bar” both achieve the same thing while shifting the focus from internal to external.

Remember though, when it comes to pure performance and greater output, the research suggests an external focus is more effective.

BODYCOMBAT

In BODYCOMBAT we could focus on engaging our abs and rotating the chest to generate power in a punch – or we could quite simply focus on putting a big dent in a punchbag.

Having an external focus lets the brain do its thing and drives performance.

Cycle Programs

Which do you think would exert more power on a bike – transferring your body weight and driving out of your glutes and quads, or trying to stamp the pedal through the floor?

Agility Training

Sometimes it’s simply focusing on driving down through the floor or pushing the floor away. For example, in BODYATTACK and LES MILLS GRIT we could focus on “driving out of the hip” to move laterally in a 3-Step Run or a Heisman – or we could simply “drive the floor away from us”.

Putting it into Practice

Where to from here?

The first step will be to watch the Masterclass footage and notice which external cues were used.

Then focus on specific peak moves and come up with your own personal examples. What external focuses worked for you when you executed those moves?

What will you use in your own training?

As with everything, this comes with practice – good luck!



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 benefit's 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.

