



BODYJAM UNITED

MUSIC, CREDITS AND INFO

WARM-UP / ISOLATIONS

HYPE

HIP HOP

RECOVERY

OH DAMN DEES TRACKS IS FIRE

GROOVEDOWN

BODYJAM COACHING

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MUSIC

WARM-UP/ ISOLATIONS

- 01
- Verde (2:26)

J Balvin & Sky

Courtesy of the Universal Music Group.
Written by: Spence, Ramirez

HYPE

- 02
- Don't Start Now (2:11)

Dua Lipa

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Written by: Schwartz, Ailin, Kirkpatrick, Lipa
- 03
- Don't Start Now (Purple Disco Machine Remix) (3:33)

Dua Lipa

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Written by: Schwartz, Ailin, Kirkpatrick, Lipa

HIP HOP

- 04
- Who Am I (What's My Name) (3:55)

Snoop Dogg

© 2001 Death Row Records.
Written by: Broadus, Clinton, Shider, Spradley
- 05
- Clap For Em (2:21)

Lil Wayne

Courtesy of the Universal Music Group.
Written by: Hall, Price, Carter, Ferebee, Milano, Peterson, Tucker, Hurst
- 06
- Further Up (Na, Na, Na, Na, Na) (2:28)

Static & Ben El feat. Pitbull

Courtesy of the Universal Music Group.
Written by: Kenner, Nix, Perez, Kamoze, Scott, Rodriguez, Rousseau, Gibbs
- 07
- Amarillo (2:27)

J Balvin

Courtesy of the Universal Music Group.
Written by: Osorio, Belise, Adebiji, Codet, Felicite, Dehbi, Philetas, Jeannot, Nubul, Johnson, Ashruf, Badloe, Grigahcine, Ramirez, Hernandez
- 08
- Hold On We're Going Home (3:24)

Drake

Courtesy of the Universal Music Group.
Written by: Jefferies, Graham, Ullman, Al-Maskati, Shebib
- 09
- TwoZero (3:38)

Archer M_Ils

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Written by: Archer

RECOVERY

- 10
- Know Your Worth (2:55)

Khalid & Disclosure

© 2020 RCA Records, a division of Sony Music Entertainment.
Written by: Robinson, Napier, Lawrence

OH DAMN DEES TRACKS IS FIRE

- 11
- Levi High (2:18)

DaniLeigh feat. DaBaby

Courtesy of the Universal Music Group.
Written by: Gray, Baptise, Biral, Curiel, Kirk

- 12
- Where Are Ü Now (Marshmellow Remix) (3:02)

Skrillex & Diplo

© 2015 OWSLA / Mad Decent / Atlantic Recording Corporation.
Written by: Pentz, Bieber, Boyd, Evans, Moore

- 13
- Bump It Up (2:59)

Stuk & Tony Junior

© 2017 Spinnin' Premium / SpinninRecords.com.
Written by: Claessens, de Jong, de Winter

- 14
- Move (If You Wanna) (3:09)

Mims

Courtesy of the Universal Music Group.
Written by: Mims, Palacios, Clark, Mendelson, Llewellyn

- 15
- Shellz (1:39)

Ape Drums

© 2018 SpinninRecords.com.
Written by: Lopez, Curry

- 16
- Take U There (4:56)

Skrillex & Diplo feat. Kiesza

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Written by: Ellestad, Pentz, Moore

- 17
- Butterfly Effect (5:18)

DJ Snake

Courtesy of the Universal Music Group.
Written by: Grigahcine

GROOVEDOWN

- 18
- In Your Eyes (3:57)

The Weeknd

Courtesy of the Universal Music Group.
Written by: Max, Tesfaye, Balshe, Holter



BODYJAM UNITED

This is BODYJAM UNITED, so let's come together in these super tough times and turn the music up, take off our pants and dance harder than ever before. You're going to see such talented beautiful faces from all around the world, different cultures and smiles, that love to dance just as much as you do. I suggest you open your heart to helping those possibly less fortunate than you and do what you can to create some much needed equality for all.

Shout out to Apple, Arnold, Bryan, Charlotte, Claude, Fabien, Fabienne, Fetty, Jaime, Johnson, Jonathan, Phil, Reina, Shey, Uchop, West and Willie for helping me tear up this latest release and show the world what BODYJAM means to them.

Track 1 is gorgeous – laid back reggaeton for you to get your 7 Tap on to. Our brand new Hype track is a melodic pop mash-up of disco proportions.

The first block is straight Hip Hop, starting out with the classics (bow wow wow yippee yeooooooooowwww), into some brand new hotness, remixing classics all in the one track (NA, NANANANA, NANANANA, NANANANANANANA).

Hip Hop is designed to be simple, full of feel and easy for you to learn as you get to pick up some brand new JAM to bring to your members (who are probably craving some gym time right about now).

Bring the heart rate down with the stunning new track *Know Your Worth* before all the songs I've ever wanted to use in BODYJAM are here! "Where Are Ü Now THAT I NEEEEEEED YOU, I don't understand how I can have so many haters, knowing I'm their father like my name is YES YES YES YAAAAAAAAAAAAASSS"

Take the second block home with the classic *Take U There*, before *Butterfly Effect* will have your class soaring, connected to drops and melodies unheard of in any Group Fit class.

BODYJAM UNITED is here, it's fierce, get used to it. Right now is the perfect time to use some dance to open up our hearts to our fellow humans and do what we can to help somebody, anybody. Try fill the world with more love!

CREDITS

Program Director – Gandalf Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings and Andrew Newmarch

Production Coordinator – Lily Roelofs

PRESENTER

Gandalf "G" Archer Mills (New Zealand) is Program Director for BODYJAM. He is based in Auckland and has dedicated his life to dance, performance and teaching.

SHADOWS

Apple Zhang (China)

Arnold Warren (Philippines)

Bryan Blameble (France)

Charlotte Ranque (France)

Claude Messi Fouda (France)

Fabien Lesch (France)

Fabienne Humblot (France)

Fetty Fatimah (Indonesia)

Jaime Galinsky (United States)

Johnson Zhang (China)

Jonathan Bramlett (United States)

Phil Harrison (United Kingdom)

Reina Liu (China)

Shey Shehovich (United Kingdom)

Uchop Matt (Malaysia)

West Wan (China)

Willie Chen (China Taiwan)



EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warm-up/ Isolations	Track 01	Warm-up/ Isolations
Track 02 & 03	Hype	Track 02	Hype
Track 04-08	Hip Hop	Tracks 10-15	Oh Damn Dees Tracks Is Fire
Total Time	28:26	Total Time	22:04

45-MINUTE FORMAT	
Track 01	Warm-up/ Isolations
Track 03	Hype
Tracks 04-08	Hip Hop
Tracks 10-15	Oh Damn Dees Tracks Is Fire
Total Time	41:30

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

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

RELEASE FEEDBACK

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

KEY

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

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

	BASE		FLAVA		BREAKOUT
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HEY INSTRUCTORS

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

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

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

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

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

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



01. WARM-UP / ISOLATIONS

VERDE 2:26mins

TRACK FOCUS

Start the class oh so chill, with simple repetitive cues, “7, 6, 5, 4, 3, 2, 1. Turn the hips, bend the knees”.

MUSIC		EXERCISE		REPS	LEVEL
0:05	Bells	1x8	Feet Wide OTS	5	
		5x8	7 Taps L foot Tap x7 in then out Repeat R		
0:30	Tú lo ve'	4x8	Freeze Tap 7 Freeze Tap, feet together L, R x2 7 Taps L, R	2	
0:50	Bien, demasiado bien	4x8	Head Isolation L, R x2 Shoulder Isolation L, R x4	2	
1:10	Dale, móntate, ven	2x8	Hip Isolation F&B	8	
1:20	Tú lo ve'	4x8	Add arm swing, lower body rock	16	
1:41	Tú lo ve'	8x8	Freeze Tap 7	4	



02. HYPE

DON'T START NOW 2:11mins

TRACK FOCUS

Teach the arms with a focus on turning the chest so your class understands we’re going to dance it both sides.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	If you don't	2x8	Slow Chest Turn L, R x2 Hold 8cts	1	Blue
0:07	Eighty	6x8	Chest Turn L, R x2 Hold 4cts	6	
0:31	If you don't	4x8	Fast Whack L Wide walk 2cts	8	
0:46	Don't show up	10x8	Chest Turn L, R x2 Fast Whack L x2 Add Walk L, R with Clap x1	5	Gold
1:25	If you don't	4x8	Step Touch R, L	8	Blue
1:40	Don't show up	8x8	Chest Turn R, L Fast Whack R x2 Walk R, L with Clap x1 Note: Preview Turn on last rep	4	Gold



03. HYPE

DON'T START NOW (PURPLE DISCO MACHINE

REMIX) 3:33mins

TRACK FOCUS

Ride the Hype disco and feel the music, dancing it harder and harder.

MUSIC		EXERCISE		REPS	LEVEL
0:00	If you don't	4x8	Step Touch L, R	8	1
0:15	Disco instrumental	10x8	Hype Combo L, R Chest Turn L, R x2 Fast Whack L x2 Add Turn on Walks Repeat R	2½	
0:54	If you don't	4x8	Step Touch R, L	8	
1:09	Don't show up	12x8	Hype Combo R, L Add another Turn on Walk	3	2
1:56	If you don't	4x8	Step Touch R, L	8	1
2:11	If you don't	4x8	Hip Rock R, L x8 Arms Circle O/H and down body	2	
2:26	Don't show up	4x8	Step Touch R, L	8	
2:42	Don't show up	12x8	Hype Combo R, L	3	2
3:28			Dynamic Freeze to finish		



04. HIP HOP

WHO AM I (WHAT'S MY NAME) 3:55mins

TRACK FOCUS

Create success through repetitive coaching of the rhythms. Firstly, the Cut It, "and 1, and 2" then the Slice, "1 and a 2, 3 and a 4".

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	1x8	Look super cool	1	
Cut It set-up					
0:05	Instr	4x8	Jump side L, R With Double Arm Scoop and lower Body Bounce	4	
0:25	From the depths	18x8	Cut It Jump L, R 4cts Cut It in half L, R 2cts Cut It in half L, R x2 1ct	9	
1:54	Bow wow wow	2x8	Tap L, R	4	
2:03	Just throw your hands	2x8	Tap L, R Add L Arm Sway O/H	4	
Slice set-up					
2:14	My bankrolls on swoll	2x8	Super Slow Slice R, L	1	
2:23	Laying that	2x8	Slow Slice R, L	2	
2:33	What's my name	8x8	Slice Add Tap L, R and fast Slice R, L x2 Jump, feet wide, Chest Pop back on the beat x8	4	
3:13	Doggy dog	8x8	Slice Add Chest Pop back x4, and forward x4	4	
Outro		Feet together – Freeze (Continues into next track)			



05. HIP HOP

CLAP FOR EM 2:21mins

TRACK FOCUS

Repeat and repeat and repeat with simple cues, creating more and more energy. Then set up the Afro Grab, getting the feet wide, abs braced, turning the chest and getting low.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	1x8	(Continues from previous track) Walk OTS		
0:04	Shake shake	12x8	Cut It Slice	3	
1:02	Don't take that trash	1x8 2x8	Chest Pop B&F Walk OTS	1	
1:17	Wobble de wobble	8x8	Cut It Slice	2	
1:58	Brrrrrrrrrr	½x8	Walk OTS		
2:00	Shake shake	4x8	Afro Grab R, L x4 Whip It L x4	2	



06. HIP HOP

FURTHER UP (NA, NA, NA, NA, NA) 2:28mins

TRACK FOCUS

This is a multi-purpose track. Get huge with the Afro Grab, then pull it right back to teach the Kick and Arm Roll. Then when you double time, repeat those rhythmic cues over and over to create success.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	5x8	Afro Grab R, L x2 Whip It L x2	5	LEVEL 1
0:23	Here's a little story	6x8	Twist Kick L Arm Roll at L shoulder	6	
0:52	Get M's and then	8x8	Twist Kick with Arm Roll Add Slide R with double arm push Walk L, R x2 to center	8	
1:31	Get M's and then	12x8	Afro Grab R, L x2 Whip It L x2 Afro Grab R, L x2 Add Twist Kick Walk L, R x8 (Continues into next track)	3	LEVEL 2



07. HIP HOP

AMARILLO 2:27mins

TRACK FOCUS

This song creates contrast, drop into the heavy and slow feel. Work just the wrists, then find the space, turning the chest side-to-side as you wrap the head. Once again, lots of rhythmic cues to coach the Cross Step, "1 and 2 and 3 and 4".

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	2x8	(Continues from previous track) Afro Grab R, L x2 Whip It L x2 Afro Grab R, L x2 Twist Kick	1	1
0:09	Son más de las doce	12x8	Hip Push R with Wrist Flick R x4, O/H x4 L Arm Wrap facing R, drop chest turning to L	6	
1:08	Instrumental	8x8	Fast Cross Step R, L Walk forwards R, L (last 4cts Wide Walk L, R x2)	8	2
1:48	Y yo no me complico	8x8	Afro Grab R, L x2 Whip It L x2 Afro Grab R, L x2 Twist Kick Hip Push (cut in half) Wrap Fast Cross Step R, L	2	1

Hold OTS 4cts



08. HIP HOP

HOLD ON WE'RE GOING HOME 3:24mins

TRACK FOCUS

The world loves this track! Give your class space to flow through the learnings and connect with the Drizz.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	12x8	(Continues from last track) Afro Grab R, L x2 Whip It L x2 Afro Grab R, L x2 Twist Kick Hip Push (cut in half) Wrap Fast Cross Step R, L Hold OTS 4cts	x3	
0:56	Hold on we're going home	4x8	Step Touch L, R	x4	
1:15	Got my eye on you	8x8	Hip Hop Routine Cut It Slice Chest Pop Afro Grab R, L Whip It L x2 Afro Grab R, L Twist Kick Hip Flick R x2, O/H x2 Wrap L and Drop Fast Cross Step Back R, L Hold OTS 4cts	x1	
1:51	Hold on we're going home	4x8	Step Touch L, R	x4	
2:10	You're a good girl	8x8	Hip Hop Routine	x1	
2:47	You're a good girl	4x8	Step Touch L, R	x4	
3:06	Hold on we're going home	4x8	Hip Hop Routine (Continues into next track)	x1	



09. HIP HOP

TWOZERO 3:38mins

TRACK FOCUS

Dance it over and over, harder and harder. The feels are big in this one so stretch your body to the max.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	4x8	(Continues from last track)		
0:18	Drop	24x8	Hip Hop Routine	x3	
2:08	Build	4x8	Step Touch L, R	x4	
2:26	Hey	8x8	Hip Hop Routine	x1	
3:02	Outro	4x8	Step Touch L, R	x4	



10. RECOVERY

KNOW YOUR WORTH 2:55mins

TRACK FOCUS

The feel of this track creates the space for smiles in the class. It’s about to obviously get rather heavy, so get your chill butt pushing side-to-side as you flick the wrist back the other way.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	2x8	Tap F L, R	4	Blue
0:09	He keeps leaving you	4x8	Add opposite Hand Press, low	8	
0:27	You don't know your	4x8	Add Hand Press, shoulder height	8	Yellow
0:45	Gotta keep gotta keep	4x8	Hand Flick R x4 with Hip Rock L Drag L with R Arm Scoop Repeat R	2	Blue
1:03	Don't forget the words	12x8	Hand Flick x2, Drag L Repeat R Tap L, R with opposite Hand Press	6	Yellow
1:58	Instrumental	4x8	Step Touch L, R 16cts Hip Rock with Arm Circle O/H, down body 16cts	1	
2:16	Gotta keep gotta keep	4x8	Hand Flick x2, Drag L Repeat R Tap L, R with opposite Hand Press	2	
2:34	Instrumental	4x8	Step Touch L, R 16cts Hip Rock with breath O/H, down body 16cts	1	



11. OH DAMN DEES TRACKS IS FIRE

LEVI HIGH 2:18mins

TRACK FOCUS

How good can it get? You have the time and space to teach the Chest Isolation slowly, with that aggressive slap on each side. Focus on creating space in the upper body.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	10x8	Slow Chest L, R	5	
0:33	Yeah	1x8	Hold OTS		
0:37	Let's call it	6x8	Fast Double Chest L Stomp L on Chest then hold 4cts Repeat R	3	
0:58	Levi high	4x8	Add forward travel on Stomp	2	
1:10	Let's gooooo	2x8	Run OTS L, R with Hand Cross Flick x4 Twist B L, R with Hand Twist Raise O/H 16cts	1	
1:24	Now I like you	16x8	Fast Double Chest F L, R x4 Hand Cross Flick x4 Twist L, R x8	2	



12. OH DAMN DEES TRACKS IS FIRE

WHERE ARE Ü NOW 3:02mins

TRACK FOCUS

Now we lift higher. One simple combo on the L, then the R. Coach your class to create the L-shape, “Make an L” and demo with that L-shape arm-line.

MUSIC		EXERCISE	REPS	LEVEL
0:00	I need you	12x8 (Cut in half) Fast Double Chest F L, R x2 Hand Cross Flick x2 Twist L, R x4	3	
0:38	Where are you now that I need	4x8 Step Touch L, R	8	
0:51	Where are you now that I need	4x8 Throw It Up set-up Step Knee with Arm Throw L x4 Wave low L (Last 8cts: Preview L step back)	4	
1:04	Panflute	8x8 Throw It Up L Add L step back on Arm Throw	8	
Arm Wave set-up L				
1:30	I gave you attention	8x8 Slow step L back corner, Wave front Arm to diagonal	16	
1:57	Where are you now	4x8 Step Touch R, L	16	
2:10	Where are you now	4x8 Throw It Up R Step Knee with Arm Throw R x4 Wave low R (Last 8cts: Preview R step back)	4	
2:22	Where are you now	8x8 Throw It Up R Add R step back on Arm Throw	8	
2:48	I need you	4x8 Arm Wave R Slow step R back corner, Wave front Arm to diagonal	8	



13. OH DAMN DEES TRACKS IS FIRE

BUMP IT UP 2:59mins

TRACK FOCUS

More hype! Talk your class through the change of sides, “Throw it up and step back right, arm wave the chest, turn, then repeat on the left, step back left”.

MUSIC			EXERCISE	REPS	LEVEL
0:00	Heavy beat	8x8	Fast Arm Wave R x3 Jump together x3, transitioning to L Repeat L	4	Blue
0:25	High as hell	4x8	Add F Turn	2	
0:38	High as hell	4x8	Step Touch L, R	8	Gold
0:51	Bump it up	12x8	Throw It Up L Arm Wave L with Turn Throw It Up R Arm Wave R with Turn	3	
1:29	I'm a g	8x8	Step Touch L, R	16	Gold
1:55	Build	4x8	Throw It Up L Arm Wave L with Turn Throw It Up R Arm Wave R with Turn	3	
Hit The set-up					
2:33	Outro	4x8	Small Chest Pop, Arms shoulder height	16	Blue
2:46	Outro	4x8	Add small up/down, shift to Arms L, R	8	



14. OH DAMN DEES TRACKS IS FIRE MOVE (IF YOU WANNA) 3:08mins

TRACK FOCUS

The complexity of the Hit The is the smallest, hardest, controlled pop of the arms and chest, whilst creating size and hype with huge legs and jumps. Get up high, then use the legs to roll down low. On the shoulder roll, count down heaps "4, 3, 2, 1 Twist!".

MUSIC		EXERCISE		REPS	LEVEL
0:00	Move if you wanna	32x8	Hit The (continued) Hit The Arms L, R, L Add low drop into legs with F Arm Roll Repeat R Add aggressive Jump L, R, L Repeat R	4	
Shoulder Roll, Twist & Grind set-up					
1:39	I'm trying to keep it cool	24x8	Step B R, roll shoulders F x4 Twist Jump R transition L Hip Grind L x4 Jump, feet together Repeat Double Time x2	3	
2:53	Move	1x8	Freeze OTS or preview Throw It Up		
2:56	Ba Ba Ba	4x8	Throw It Up L Arm Wave L Throw It Up R Arm Wave R (Continues into next track)	1	



15. OH DAMN DEES TRACKS IS FIRE SHELLZ 1:39mins

TRACK FOCUS

You know this track bangs! Take a breath at the beginning, then go hard to the end.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	4x8	Hit The L, R Shoulder Roll Twist & Grind	1	
0:12	Build	4x8	Step Touch L, R	8	
0:24	Horns	24x8	Throw It Up L Arm Wave L Throw It Up R Arm Wave R Hit The L, R Shoulder Roll Twist & Grind	3	



16. OH DAMN DEES TRACKS IS FIRE TAKE U THERE 4:56mins

TRACK FOCUS

Set up with simple rhythmic cues to coach the Twist, "bababa jump jump, bababa jump jump" then follow the journey of the song through builds and breakouts.

MUSIC			EXERCISE	REPS	LEVEL
			Jump set-up		
0:00	Intro	4x8	Jump OTS x8 Slow Jump Twist R, L Repeat L	1	Blue
0:12	You show me	4x8	Jump traveling R x8 Fast Jump Twist single single R, L Repeat L	1	
0:24	You got more love to give	4x8	Add Double Arm Throw x2	1	Gold
0:37	You got more love to give	4x8	Step Touch L, R Preview: Throw It Up, Jump Back	8	
0:49	Drop	16x8	Oh Damn Dees Tracks Is Fire Routine Throw It Up L Arm Wave L Throw It Up R Arm Wave R Hit The L, R Shoulder Roll Twist & Grind Jump B R, L Fast Double Chest Hand Cross Flick Twist B	1	Red
1:39	Beat	4x8	Fast Double Chest Hand Cross Flick Twist B	1	
1:50	Piano	4x8	Hip Rock L, R Drizzle hands down torso	8	Gold
2:03	You showed me	4x8	Hip Rock L, R Sway same arm, same leg	8	
2:15	You got more love to give	4x8	Body Rock L, R Drop low into legs, stretch arms long	8	Red
2:28	You got more love to give	4x8	Step Touch L, R	8	Gold



16. OH DAMN DEES TRACKS IS FIRE TAKE U THERE 4:56mins

MUSIC		EXERCISE		REPS	LEVEL
2:40	Drop	16x8	Oh Damn Dees Tracks Is Fire Routine	1	
3:29	You showed me	4x8	Hip Rock L, R Drizzle hands down torso	8	
3:41	You got more love to give	4x8	Body Rock L, R	8	
3:54	You got more love to give	4x8	Step Touch L, R	8	
4:06	Drop	16x8	Oh Damn Dees Tracks Is Fire Routine	1	



17. OH DAMN DEES TRACKS IS FIRE BUTTERFLY EFFECT 5:18mins

TRACK FOCUS

Sink authentically into the energy of the long Tick Wave blocks, extending your body in all directions. Then go hard, throw hard, jump hard, work. This song is amazing.

MUSIC			EXERCISE	REPS	LEVEL
0:00	Intro	8x8	Hip Rock L, R Sway same arm, same leg	16	
0:25	Synths	16x8	Tick Wave L, R Body Rock L, R x2	8	
1:13	Build	8x8	Step Touch L, R	16	
1:38	Drop	16x8	Oh Damn Dees Tracks Is Fire Routine	1	
2:28	Quiet	8x8	Hip Rock L, R Drizzle arms down Sway same arm, same leg	16	
2:53	Synths	16x8	Tick Wave L, R Add O/H Body Rock L, R x2 Add O/H	8	
3:42	Build	8x8	Step Touch L, R	16	
4:07	Drop	16x8	Oh Damn Dees Tracks Is Fire Routine	1	
4:57	Outro		Finish, drizzle arms down		



18. GROOVEDOWN

IN YOUR EYES 3:57mins

TRACK FOCUS

Feel some synth pop vibes to finish off the class. Get that bounce into your class to finish on a high.

MUSIC		EXERCISE		REPS	LEVEL
0:00	Intro	Look super cool, again			
0:05	Instrumental	2x8	Cross Tap L, 3 step side Repeat R	2	Blue
0:14	I just pretend	6x8	Bounce feet together, Arm Roll cts 3 and 7	6	
0:43	When I say when it's done	2x8	Slow Shoulder Roll B R, L Fast Shoulder Roll B x4	2	Gold
0:52	In your eyes	8x8	Cross Tap L, R with Arm Roll Slow/Fast Shoulder Roll	4	Gold
1:31	I tried to find love	4x8	Transition to R Lateral Stretch Transition to L Lateral Stretch	1	Blue
1:50	When I say when its done	2x8	Transition to Adductor Stretch, soft bounce Roll up 4cts	1	
2:00	In your eyes	8x8	Cross Tap L, R with Arm Roll Slow/Fast Shoulder Roll	4	Gold
2:38	Sexy Sax	Transition to R Quad Stretch Transition to L Quad Stretch Freestyle to finish			



BODYJAM COACHING

The aim when coaching BODYJAM is for people to experience the incredible feeling of moving to, and getting lost in, the music. To do this, we coach in a simple and minimalist way. Here's how you can deliver a class that gives even the newest person in the room an amazing dance workout. We use a 3-layer Coaching Model:

LAYER 1 SETUP

- Name of the Movement
- Rhythm
- Direction
- Placement

LAYER 2 FEEL

- Improve Technique
- Develop Feel
- Build Hype

LAYER 3 SHUT UP AND DANCE

- Don't Obstruct the Feel
- Praise
- Build Hype

Layer 1 – SETUP

This is about getting people moving in the same direction at the same time, and understanding the basic choreography.

We use the following parts:

- **Name of Movement** – such as “Wide Bounce Tap” or “Jump Back”
- **Rhythm Cues** – Phonetic and rhythmic cues are acoustic cues or words that match the sounds of the music or action. For example, “tap tap drag”
- **Direction** – tell them the direction of the move e.g. forward, back, side
- **Placement** – tell them where their feet should be e.g. feet under hips

The key is to keep it simple. You won't need to say all parts of the Setup every time. Watch the Masterclass for ideas on what works for each track.

Layer 2 – FEEL

In this Layer, we get people to move better by developing the look and attitude of the choreography.

There are 3 parts to Layer 2:

- **Improve Technique** – cues that relate to foot placement, lower and upper body posture and arm placement. Such as “weight in your heels”, “bend your knees” or “bounce our hips”. These are often expanding on Layer 1 Setup cues
- **Develop Feel** – describe the texture of the move – e.g. is it “sharp”, “fluid” or “stabby”
- **Build Hype** – build or shift your energy to create hype. You can do this by showing an energy shift when a new song comes in, or by using a repetitive cue or movement name that gets louder to pre-cue a combination

The most important part is to look at the class and see what they need to help them dance the move correctly and experience the right feel.

Layer 3 – SHUT UP AND DANCE

This is the heart of BODYJAM. We connect participants to the way the moves fit with the music and encourage them to Breakout.

There are 3 parts to Layer 3:

- **Don't Obstruct the Feel** – avoid talking/singing too much as it drowns out the music. Know your choreography 100%, so that you're not pulled out of Breakout by wondering what's coming next. Use silence as a motivator, dance to the best of your ability and show your love for BODYJAM
- **Praise** – making your class feel good drops them further into the feel and the experience
- **Build Hype** – expanding on what you've already set up in Layer 2, but now taking it to the next level – bigger energy and voice, showing your enjoyment of the dance. This will encourage the class to Breakout

Now that you know **what** you want to say in each of the coaching layers, you can also think about **how** you are going to say it. We use the following tools:

- Short simple phrases – get straight to the point and say the basics of what a person needs to know. Such as “chest up” or “right arm”
- More show than tell – your body is able to express a lot of the coaching cues without you needing to say anything
- Visual cues – use non-verbal, directional or body-part cues to help participants achieve success



BODYJAM COACHING

- Vocal texture – match your voice to the feel of the music and also where you are in the choreography within the track. For example: the voice should be different when setting up a move compared to at the end of the block
- Repetition of cues – simple phrases such as a rhythm cue to help participants pick up the pattern and remember the choreography. E.g. “1, 2, 3, 4, drop, 7, 8”. You can also repeat cues to create hype (as described previously)
- Match the energy of the coaching layer – lower energy when delivering Layer 1 helps to build success and momentum in the right way. Then add more energy to Layer 2 and even more to Layer 3, matching the 3 coaching layers to our execution of Base, Flava and Breakout
- Keep it simple – choose cues wisely. If we say too much it can lessen the experience, and prevent your participants from immersing themselves in the sensation of the music. Most moves are repeated numerous times, so you do not need to say everything all at once

And finally – remember to coach to the people in front of you... and to do this you need to be immersed in their workout, not just your own! Connect to your class and dance WITH them.

Thanks to – Philip Harrison, Les Mills UK, BODYJAM, BODYCOMBAT and SH’BAM Trainer/Presenter and Regional Training Coordinator



WE ARE ONE GLOBAL FAMILY

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

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

Exercise is our global movement.

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

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

While honoring our heritage, we set course for the future looking to inspire, innovate and create as much as humanly possible.

We are ludicrous enough to believe that we can change the world.

We are Les Mills.

OUR DECLARATION OF INTENT

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

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

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

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

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

situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. Sometimes there will be an alternative track (at the bottom of the track list) for you to use instead.

We embrace open communication with our global family so that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

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

