

BODYJAM

88

MUSIC, CREDITS AND INFO

WARMUP

ISOLATIONS

SUPER HAPPY BANANA PARTY FUN TIME

FLY HIGH IN SHANGHAI

RECOVERY

**THE HOTTEST FITNESS CLASS IN THE WHOLE
WORLD TO DATE**

GROOVEDOWN

MASH IT!

BODYJAM COACHING UPDATE

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MUSIC

WARMUP

- 01
- Save Yourself (3:23)

Tea Gold

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Written by: Taggart, Marenji

ISOLATIONS

- 02
- Lie To Me (3:00)

Steve Aoki feat. Ina Wroldsen

© 2018 Liberator Music.
Written by: Aoki, Holmes, Wroldsen, Dahl, Bonsaksen, Leigh

SUPER HAPPY BANANA PARTY FUN TIME

- 03
- Good Vibes Soldier (4:14)

KSHMR feat. Head Quattaz

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Written by: Thorbourne, Fender, Ezra, Wilson, Zulu, Hollowell-Dhar, Saharai, Kadosh

FLY HIGH IN SHANGHAI

- 04
- Push It (2:19)

Bad Royale feat. Bunji Garlin & Fay-Ann Lyons

© 2018 Dim Mak Inc.
Written by: Unknown

- 05
- Turn Up (Squeaky Clean) (2:34)

Joel Fletcher & Reece Low feat. Savage

© 2018 Hussle Recordings, a division of TMRW Music Pty Ltd.
Written by: Allan, Low, Savelio

- 06
- breathin (2:35)

Ariana Grande

Courtesy of the Universal Music Group.
Written by: ILYA, Grande, Kotecha, Martin

- 07
- Jump (2:41)

Kris Kross

© 1992 Columbia Records, a division of Sony Music Entertainment.
Written by: Dupri, Nicolo

- 08
- LFGD (0:56)

Dillon Francis

© 2018 IDGAFOS.
Written by: Francis

- 09
- The Drop (Jstjr Remix) (3:05)

Gammer

© 2017 Monstercat.
Written by: Unknown

- 10
- Get Low (3:07)

Ruling Blue

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Written by: Francis, Grigahcine

RECOVERY

- 11
- Play That Funky Music (4:32)

Wild Cherry

© 1976 Epic Records, a division of Sony Music Entertainment.
Written by: Parissi

THE HOTTEST FITNESS CLASS IN THE WHOLE WORLD TO DATE

- 12
- Epic (Garmiani Remix) (3:14)

Sandro Silva & Quintino

© 2018 Musical Freedom Label Ltd.
Written by: Vorwerk, Jahangier, Van den Berg

- 13
- Harpoon (4:01)

Knife Party & Pegboard Nerds

© 2018 Monstercat.
Written by: McGrillen, Swire, Odd

- 14
- Everybody (1:37)

Shapov, N.E.R.A.K & M.E.G

© 2015 Axtone Records Ltd.
Written by: Bikirov, Magaev, Shapovalov

- 15
- Throne (2:29)

MATTN, Futuristic Polar Bears & Olly James

© 2018 Smash The House.
Written by: Matton, Hayes, Cosgrave

- 16
- Lie To Me (Nicky Romero Extended Festival Edit) (0:28)

Steve Aoki feat. Ina Wroldsen

© 2018 Liberator Music.
Written by: Aoki, Holmes, Wroldsen, Dahl, Bonsaksen, Leigh

-
- Lie To Me (Nicky Romero Extended Festival Edit) (4:07)

Steve Aoki feat. Ina Wroldsen

© 2018 Liberator Music.
Written by: Aoki, Holmes, Wroldsen, Dahl, Bonsaksen, Leigh

- 17
- Lie To Me (Maurice West Extended Mix) (4:32)

Steve Aoki feat. Ina Wroldsen

© 2018 Liberator Music.
Written by: Aoki, Holmes, Wroldsen, Dahl, Bonsaksen, Leigh



MUSIC

GROOVEDOWN

- 18

Summertime Magic (3:34)

Childish Gambino

© 2018 mcDJ Recording, under license to RCA Records, a division of Sony Music Entertainment.
Written by: Goransson, Glover

MASH IT!

- 19

Arcade Mammoth (4:37)

Dimitri Vegas and Like Mike, W&W & MOGUAI

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Written by: Bierbrodt, Guido
- 20

Get Low (2:16)

Finding Rogan

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Written by: Francis, Grigahcine
- 21

Here We Go (Hey Boy, Hey Girl) (Extended) (3:03)

Dimitri Vegas & Like Mike & Nicky Romero

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Written by: Nickolas



L-R: Brian Peralta, Uchop Matt, Apple Zhang, Gandalf “G” Archer Mills, Fetty Fatimah, Johnson Zhang, TinTin Wang, Hank Wang, Chris Cao.

BODYJAM 88 – it’s the hottest fitness class in the whole world to date. No? Too much?? THEN SHOW ME WHAT’S HOTTER!?!

My incredible team in Shanghai were tearing up track after track, move after move, so you can experience the simple complexity that is pure feel and pure dance in this release.

Track 1, OMG it’s possibly too much for Track 1... Start the class the way you want to finish it.

Track 2, *Lie To Me* is a floating pavilion of gorgeousness that repeats not once, but two more times. I could listen to this track all day and maybe stop crying from the sadness around 2pm.

Track 3 is called SUPER HAPPY BANANA PARTY FUN TIME. I don’t know what else to tell you.

Track 4 is a banger called *Push It*. It’s got simple choreo with those driving electro Hip Hop feels, and the rappy rap rap over the tops. Before maybe the most internationally famous Kiwi rapper of all time got you turned up “PITO SAUTE AUKILAG!!!”

Track 6, *breathin* is stunning, but thank gosh she finally had another hit. I was getting worried about her career for a second there as the whole album is super average. Come at me.

If you wanted oldschool hype, then you came to the right place. Feel free to wear your pants to the back and *Jump* jump.

LFGD is bangerin’.

The Drop is bangerin’.

Get Low is BANGIN’, and you know how I know? ‘Cause I remixed it myself. You’re welcome.

Play That Funky Music is gonna have your whole class singing along (that is unless you’re teaching in China and somehow a class of a thousand people have never heard that song before...).

Then the 2nd half is gonna take you to cardio town (yeah I said it), with an epic remix of *Epic* (thanks my bro). *Harpoon* is exactly where you want EDM to head. Everybody is gonna test exactly how good the subs in your studio are, before this track called *Throne* is basically TOO LOUD, like just listen to it on the tiniest speakers and it’s still TOO LOUD.

Two more remixes of *Lie To Me* are gonna take your class on an euphoric bike ride of thunderous emotion, before the man of the year takes our class home with *Summertime Magic*.

I told you.

BODYJAM 88 – it’s the hottest fitn– you get it.

CREDITS

Program Director – Gandalf Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultants – Bryce Hastings & Andrew Newmarch

Program Coach – Nicky Lord

Production Coordinator – Alex Pugh

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.

Johnson Zhang (China) is a BODYJAM and BODYCOMBAT Trainer/Presenter, a BODYPUMP, BODYATTACK and RPM Instructor and a LES MILLS GRIT Coach. He is from Da Lian.

Brian Peralta (Hong Kong) is a BODYJAM and BODYCOMBAT Trainer/Presenter, a BODYPUMP and RPM Instructor and a LES MILLS SPRINT and LES MILLS GRIT Coach.

Fetty Fatimah (Indonesia) is a BODYJAM Trainer/Presenter and a SH’BAM Presenter. She is from Jakarta.

Shadows:

Uchop Matt (Malaysia)

TinTin Wang (Taiwan)

Apple Zhang (China)

Hank Wang (China)

Chris Cao (China)



EXPRESS FORMATS

30-MINUTE OPTION 1		30-MINUTE OPTION 2	
Track 01	Warmup	Track 01	Warmup
Track 02	Isolations	Track 02	Isolations
Track 03	Super Happy Banana Party Fun Time	Tracks 12-17	The Hottest Fitness Class In The Whole World To Date
Tracks 04-10	Fly High In Shanghai	Total Time	26:51mins
Total Time	24:47mins		

45-MINUTE FORMAT

Track 01	Warmup
Tracks 04-10	Fly High In Shanghai
Tracks 12-17	The Hottest Fitness Class In The Whole World To Date
Total Time	41:08

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.

BE LOUD AND HEARD
Tell us what you think of this release.
Visit lesmills.com/BLAH



01. WARMUP

TRACK FOCUS

Ni Hao! Track 1 hits you in the face at full club banger intensity, so use clear Layer 1 cues to set up **Front to the Back**, then let the music build hype as you unleash the combo to the other side.

MUSIC		EXERCISE		REPS	LEVEL
0:03	(Synth melody)	3x8	Slow Chest Pop F/B	6x	Blue
Front To The Back setup					
0:12	Have known what	4x8	Wide Bounce L, R "Bounce" (Last 4cts: preview Tap Side, Tap Front) "Right leg, right leg"	16x	Blue
0:25	So call it what	4x8	Add Tap Side, Tap Front L "Side, to the front"	8x	
0:38	(B up)	12x8	Tap Side, Tap Front L x2 "4, 3, 2, 1" Double Chest Pop L, R "Double chest" Repeat R "Left leg" (Last ½ rep: Preview face F/B x2) "Front to the back"	3x	Yellow
1:16	1, 2, 3 _	8x8	Add (face F/B x2)	2x	
1:42	(Synth blast)	2x8	Wide Hip Sway L, R with Breathe Arms to O/H	4x	Blue
1:48	I hit till	4x8	Add transition to Hands On Head	8x	
2:01	So call it what	4x8	Add Double Time	16x	Yellow
2:13	(Ascending synth)	2x8	Jump Together with Breathe Arms to O/H "Feet together"	1x	
Preview Front To The Back Setup					
2:20	(B up)	10x8	Front To The Back R, L "Left, to the back"	2x	Red
2:52	(Synth melody)	4x8	Step Touch L, R with Hand Throw on ct 3 "Throw it"	8x	
3:05	(Quiet synth)	2x8	Wide Hip Sway L, R with Breathe Arms to O/H	4x	Yellow
3:11	(Synth fade)	2x8	Add transition to Hands On Head	4x	



01. SAVE YOURSELF 3:23mins

Ni Hao BODYJAM People!

Here we have an amazing blend of music from start to finish. There's a little bit everything for everyone! The Warmup track hits you in the face with a retro vibe and club banger intensity, so use clear Layer 1 cues to setup **Front To The Back**, then let the music build hype as you unleash the combo on the other side.

TECHNIQUE AND COACHING

FRONT TO THE BACK

- Feet outside shoulder-width, chest lifted, knees soft, bounce side to side, light on the balls of the feet
- Bounce-tap outside leg, outside shoulder-width, front/side, torso transitions to the outside
- Double Chest Pop, feet outside shoulder-width, knees slightly bent, feet flat, hips to corner
- Arms long, hands relaxed, palms B
- Increase range
- Bounce-tap side to side, torso transitions F to B



STEP TOUCH WITH HAND THROW

- Feet outside shoulders, knees super soft, wide step touch the feet, chest drop F/B
- Hands throw up, outside shoulder width, elbows bent, palms in, fingers super loose



COACHING

FRONT TO THE BACK

Use clear Layer 1 cues to setup the footwork. Say something like:

"Right leg, right leg"

"Side to the front"

When adding the changes in direction, simple Layer 2 cues will get your class turning in the right direction:

"Front to the back"

CONNECTION

Use the *Hip Sway* as an active recovery and an opportunity to connect with your class.

PERFORMANCE

Here comes the music! Take moment to breathe and build hype before unleashing **Front To The Back** on the other side.



02. ISOLATIONS

TRACK FOCUS

Slow everything down and ease into Isolations, start with simple language to setup the **Cross** walk, then take your time in the **Hip Roll** combo. Fill the music with super smooth movement and dramatic desperation.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Vocal effect)	1x8	Low Hip Rock L, R, Hands On Head “Sink your hips”	2	
0:04	Lie, lie, lie	3x8	Low Hip Rock Combo L, R x6 Add Elbow Slide In (8cts) “Elbows in” Add Cross The Forearms (4cts) “Cross your arms” Add Slide Elbows Wide (12cts) “Slide the elbows wide”		
0:17	Me touching you	4x8	Wide Walk with Shoulder Roll B L, R	8	
Cross setup					
0:35	Your hand in	4x8	3 Steps L (R, L, R), Wide Tap L “Cross your left leg” Note: Ball Change to start Repeat R “3, 2, 1, tap”	4	
Hip Roll setup					
0:52	Wanna know, ah	4x8	Hip Roll L x2 (4cts) Add Hip Roll L x4 with Palm Drag to face (8cts) “Two hands” Add Hip Roll L x10 with Elbow Slide combo (20cts) “Elbows in”	1	
1:10	Lie, lie, lie	4x8	Cross L, R	4	
Shoulder Roll setup					
1:28	You want from	1x8	Slow Wide Walk with Shoulder Roll B R, L “Turn your chest”	2	
1:32	Have it all	3x8	Add Slow Transition to High Elbows “Bring your elbows up”	6	
1:46	In the eyes, let	4x8	Add Quick Quick Slow “Find the freeze”	4	
2:03	Wanna know, ah	4x8	Hip Roll R with Elbow Slide combo	1	
2:21	Lie, lie, lie	4x8	Cross R, L “Cross your right leg”	4	
2:39	Lie to me, oh no	4x8	Shoulder Roll L, R “Turn your chest” (Last 2cts: performance option)	4	

02. LIE TO ME 3:00mins

Our Isolations track delivers a dramatic desperation that’s somehow subtle whilst packing a serious punch!

You need to ease into this track people! Start with simple language to setup the **Cross** footwork, then take your time in the **Hip Roll** combo. Fill the music with super smooth movement and dramatic desperation. *Love it!*

TECHNIQUE AND COACHING

CROSS

- Ball change the feet, face side, walk across, feet shoulder-width apart, knees super soft
- Shoot the toes wide, torso transitions to face opposite side, slight drop into the legs, weight on the balls of the feet



HIP ROLL

- Feet outside shoulder-width, knees super soft, roll the hips, walk the heels, slight weight shift side to side
- Thumb-drag the side of the body to top of head, elbows wide, palm B
- Elbows slide in, hands top of head, forearms come together at front of face
- Cross forearms at front of face, hands open and relaxed, palms B
- Elbows drag wide to full extension, hands open, fingers slightly splayed, finish palms F



FREEZE

- Wide-walk feet outside shoulder-width, knees super soft
- Arms long, outside shoulder rolls B, elbow leads, chest turns out, elbows ascend to head height
- *Rhythm; quick quick slow*
- Slight freeze at the top, elbow wide, outside heel lift, other arm long, hand open, palm down

WIDE WALK WITH SHOULDER ROLL

- Wide walk the feet, outside shoulders, knees super soft, arms long, elbows soft, hands soft, palms in
- Outside shoulder rolls B, elbow leads, weight shift to the outside, slight turn of the chest

COACHING

CROSS

Start with simple language to setup the footwork;
“Cross your left leg”
“3, 2, 1, tap”
 Then talk to the feel of the move with Layer 2 cues. Say something like:
“Shoot the toe”
“Make it explosive”

PERFORMANCE

Is it Performance or Connection! You can make it both!
 Fill the music with super smooth movement and *dramatic desperation. Love it!*



03. SUPER HAPPY BANANA PARTY FUN TIME

TRACK FOCUS

Super happy banana party fun time! Wait.... What?! Talk to the lower body twist in the **Kick Jump**, then take your time setting up the arm line. As the combination comes together, tell your class to “stay light and bouncy. Then WHACK your hands super fancy”.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Steady beat)	4x8	Jump Split L, R “Jump, split”	8	
Kick Jump setup					
0:14	(Male vocal)	8x8	Freeze Together with Slow Whack, Cross, Shoulder Flick “Back, cross, shoulder, flick”	8	
0:44	_Conga drum	8x8	Kick Jump L, R x2 “Kick, jump, kick, jump” Walk B L, R x2 “Walk back” Walk F L, R x2 “Front”	4	
1:13	Tell me who ...	4x8	Add Fast Whack, Cross, Shoulder Flick on Walk B “1 & 2 & 3 & 4”	2	
1:28	Good vibe soldier _	8x8	Add Breakout “Light and bouncy”	4	
1:57	(Male vocal)	4x8	Freeze with Elbow Shift R, L x3 “Feet together” Two Hands Freeze R “Both hands” Repeat L “Shift your ribs”	1	
2:12	(Female vocal)	4x8	Knee Swivel L x3, Slide L “3, 2, 1, slide” Repeat R	2	
2:27	Heap of people	8x8	Add Elbow Shift (Double Time) “Use the legs to get low” Add Two Hands Freeze	4	
2:57	If I go out here	4x8	Step Touch L, R	4	
3:11	Tell me who ...	4x8	Kick Jump		
3:26	Good vibe soldier _	8x8	Add Breakout	4	
3:56	(Instr)	1x8	Step Touch L, R	4	
4:00	(Instr)	3x8	Jump L, R (Last ct: Dynamic Freeze)		

03. GOOD VIBES SOLDIER 4:14mins

Time to celebrate with my people! It's a 'Super happy banana party fun time'! *Wait, what?!*
Talk to the lower body posture in the **Kick Jump**, then take your time setting up the arm line. As the combination comes together, tell your class to *"stay light and bouncy. Then, on the Whack, hands are fancy!!!"*

TECHNIQUE AND COACHING

KICK JUMP

- Feet under hips, knees soft
- Double-whack the fingers top of back, rolling up/down through the wrists, elbows wide, hands open
- Fingers cross-tap the shoulders, elbows down, wide Shoulder Tap
- Fingers flick wide, arms to full extension, hands open, palms up
- Finger-tap the shoulders, finish palms up
- Low corner kick, feet shoulder-width, knees super soft, arms long and relaxed with natural swing
- Land wide, feet outsider shoulders, knees bent, hips to corner, back heel lift, bouncing through the legs
- Walk B/F, feet under hips, low in the legs
- Hands bounce front of chest, super loose
- **Add** Whack arm-line (double time)
- Increase range



KNEE SWIVEL WITH ELBOW SHIFT

- Feet together, knees soft, prayer hands F of chest, palms flat, fingers up, elbows wide at chest height
- Hands shift side to side at shoulder-width, chest and ribs shift in opposite direction, face F throughout
- Outside arm extends wide at shoulder height, elbow soft, hand open, palm down, head turns out
- Inside hand O/H, elbow bent, hand open, palm up
- Feet shoulder-width apart, knees bent, arms long and relaxed
- Inside knee swivels, on the ball of the foot, knee turns out/in, heel lifts, bouncing through the legs
- Step side, trailing toes drag, travel side
- Increase range
- **Add** Elbow Shift and Two Hands arm-line



COACHING

KICK JUMP

Talk to the lower body posture in the **Kick Jump**:
"Kick, jump"
"Feet together, then split"
"Bend your knees"
"Little bounce"

When adding the arm line, use language that is simple, clear and well-spaced:

- "Back"*
- "Cross"*
- "Shoulder"*
- "Flick"*

Finish with Rhythm cues to help you class nail the super-fast timing:

"Out and cross and out and flick"



04. FLY HIGH IN SHANGHAI

PUSH IT 2:19mins

TRACK FOCUS

Smash those elbows back and keep the feet wider than hips to make **Pull It** massive, then plenty of rhythm cues when setting up the two step Jump, “right, left JUMP”. When adding the **Turn**, remind your class to bring their feet together.

MUSIC		EXERCISE		REPS	LEVEL
Pull It setup					
0:04	_ Mic check	4x8	Wide Hip Push L x4 "4 hips" Wide Hip Push with R x4 with Triple Hand Flick L "Ba-ba-ba"	4	
0:23	(Huh, ay) _	8x8	Add Pull It, Arm Swing x2 (face L corner) "Pull it" Flick (Last rep: preview Triple Jump Turn L)	8	
Palms Up setup					
1:02	_ Push it back	12x8	Pull It Flick with Triple Jump Turn L "Jump your feet together" Add Wide Rib Shift L, R x4 with Palms Up "Feet wide" (Last 4cts: preview Step F L, R, Jump)	6	
Jump Turn setup					
2:00	_ Push it back	4x8	Pull It Flick Turn Palms Up Add travel B "Take it back 4, 3, 2, 1" Add Step F L, R, Jump (face L corner) "Right, left, jump" (Continues into next track)	2	



05. FLY HIGH IN SHANGHAI

TURN UP (SQUEAKY CLEAN) 2:34mins

TRACK FOCUS

Jump Turn and you need to set this move up really well providing ‘no-turn’ options to create success. Remind your class to land weight centered with soft knees. When adding the 360°, bring your feet together in the air to create more speed.

Music		Exercise		REPS	LEVEL	
0:00	(Steady beat)	4x8	(Continues from previous track) Pull It Flick Turn Palms Up Step F L, R, Jump “2 steps before you jump” (Last rep: preview 360° Jump Turn L)	2		
Hips Back setup						
0:19	I need a _	4x8	Wide Hip Push B x3 (face L) “Back, back, back” Jump In/Out (transition to face R) “In, out” Repeat R	4		
0:38	Atlas _ (Huh) If the	2x8	Freestyle Walk L, R	8		
0:47	(Let’s go). Don’t	22x8	Pull It Flick Turn Palms Up Jump Turn “Use your legs to jump” Hips Back (x2) Feet together, Freestyle Walk L, R x6 (Last rep: remove Freestyle Walk)	4		



06. FLY HIGH IN SHANGHAI

BREATHIN 2:35mins

TRACK FOCUS

Take your time setting up the **Left Heel Wave** using simple language and well-spaced repetitive cues that draw focus to each isolation. When adding the **Swim**, hold each move a little longer to create space and sharpness.

MUSIC		EXERCISE		REPS	LEVEL
Heel Wave setup					
0:00	(Siren) _	10x8	Step B R with Arm Wave F (face L) (4cts) "Left heel" Lower Body Swivel R (hips to F), Freeze "Turn your hips" Upper Body Swivel R (chest to R) with hands at chest, Freeze "Turn your chest" (Last rep: preview Swim Walk Back) "Step on your left leg"	5	
0:47	Every time _	½x8	Freestyle Walk L, R x2		
0:50	Keep breathin'	12x8	Heel Wave (Double Time) "Wave, hips, chest swim" Add Step F R with Swim Arms (face R) Add Walk Back L, R x2, Feet Together, Snap L on ct8 "Right, left, right, snap" Wide Hip Rock with Hand Snap R, L x2	6	
1:47	Every time _	½x8	Freestyle Walk L, R x2		
1:50	Keep breathin'	8x8	Pull It Flick Turn "Turn" Palms Up "Walk back" Jump Turn Hips Back (x1 L, R only) Heel Wave "Left heel" Swim Walk Back (remove Snap)	2	
2:28	(yeah) _ Just	1½x8	Dynamic Freeze		



07. FLY HIGH IN SHANGHAI

JUMP 2:41mins

TRACK FOCUS

Kick It old skool. Use clear directional cues to setup the footwork. When adding the cross turn, tell your class to “unwind the legs...swiveling on the ball of the heel and the toe”.

MUSIC		EXERCISE		REPS	LEVEL
0:00	_ Jump, jump	8x8	Pull It Flick Turn Palms Up Jump Turn Hips Back Heel Wave Swim Walk Back	2	
Kick It setup					
0:38	Wiggida wack. I	10x8	Low Bounce Kick R, L x4 “Feet wide” “Kick, hop” Cross Turn R “Left cross behind and turn” Walk L, R x2		
1:25	Mental. Two lil’	8x8	Add Low Bounce Kick R, L x2 “Chop it in half” Cross Turn R “Cross turn” Add Walk Around L, R x4 with Hand Snap O/H on ct 4 “Right leg cross”	4	
2:03	It out. Some	8x8	Add Double Cross Turn cts & 5 & 7 “Step turn, step turn” (Continues into next track)	4	



08. FLY HIGH IN SHANGHAI

LFGD 0:56mins

TRACK FOCUS

Jump Smash. Give your class the tools to nail this move slow, then unleash some hard trap and hit everything full power.

MUSIC			EXERCISE	REPS	LEVEL
0:00	(Fast drums)_	8x8	(Continues from previous track) Kick It Walk Around	4	
Jump Smash setup					
0:37	Freakin' go, dude _	4x8	Jump Wide, Hands To head L, R "Jump, right, left" Chest Elbows Drop F, Freeze "Drop" Elbow Smash Wide on ct 7, eyes up, Freeze "Smash" Freestyle Wave (8cts) "Wave" (Continues into next track)	2	



09. FLY HIGH IN SHANGHAI

THE DROP 3:05mins

TRACK FOCUS
Drop this... that is all.

					LEVEL
0:00	(High synth)	4x8	(Continues from previous track) Jump Wide, Hands To Head L, R Drop F, Freeze Elbow Smash Wide, Freeze Freestyle Wave “Wave any way you want to”	2	
0:18	(Light steady beat)	4x8	Add Double Time “Double time” Add Freestyle Bounce on cts 1,2,3, snap (8cts)	2	
0:36	Drop this _	8x8	Add Breakout “Wave in any direction”	4	
1:13	(High vocal effect)	4x8	Freestyle Walk L, R (Option: preview routine)	16	
Fly High In Shanghai setup					
1:31	Drop this / _	16x8	Pull It Flick Turn Palms Up Jump Turn Hips Back Left Heel Wave Swim Walk Back Kick It Walk Around Jump Smash Freestyle Bounce (8cts)	2	
2:45	(High synth)	4x8	Wide Heel Tap L, R	16	



10. FLY HIGH IN SHANGHAI

GET LOW 3:07mins

TRACK FOCUS

Three minutes and 7 seconds of bangin Arche M_Ills that your class are gonna know the words to i.e. “get low, get get get low”. Hype the build, smash the smash, Jam your Body.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Get low, get)	2x8	Feet Together with Slow Breathe Arms to O/H		
0:08	(Get low, get)	2x8	Freestyle Walk L, R	8	
0:18	Low , low, low	16x8	Fly High In Shanghai Routine	2	
1:30	Habibi. (Get low)	4x8	Freestyle Walk L, R	16	
1:48	Low , low, low	16x8	Fly High In Shanghai Routine	2	
3:01	Habibi (yallah)	1x8	Dynamic Freeze		

FLY HIGH IN SHANGHAI

Keep the feet wider than hips to make **Pull It** massive and intense, then cue the level change as you **Flick** and slice low into the legs. Always provide 'no turn' options when setting up the **Jump Turn** in Track 5. Tell your class to land with their weight centered and soft knees. When adding the 360°, bring your feet together to create more speed.

Take your time setting up the **Left Heel Wave**, holding each move a little longer to create space. It's important to nail the feel here and show contrast in your movements, before **Kicking It** old skool! Use clear, directional cues to setup the footwork. When adding the cross turn, tell your class to "unravel the legs, turning on the ball of one foot and the heel of the other".

Now track 8 is all about the **Jump Smash**! Give your class the tools to nail this move slow, then unleash to the hard trap remix and cool techno exterior...before...three minutes and 7 seconds of thumping electro house combined with Middle Eastern synth sounds and a trappy base. *This drop is likely to make even your grandmother want to twerk.* What more could you want?

TECHNIQUE AND COACHING

PULL IT

- Step L leg wide, feet outside shoulder-width, knees soft, torso square to front
- Hip Push wide, hard, small bounce through the legs, arms long and relaxed
- Step L leg wide, torso to L corner, feet flat, knees slightly bent
- Elbows pull high and wide, hands to shoulder height, palms down, fingers slightly splayed
- Arm Swing down and back, to full extension, hands open, palms in
- *Rhythm: 1 2, 3, 4*
- Increase range



FLICK TURN

- Feet outside shoulder-width, knees soft, Hip Push R, hard, small bounce through the legs
- L hand flicks across, below chest height, head and chest turn wide, slight Chest Drop F
- Other arm long, elbow soft, hand open behind hip
- Triple Jump Turn, feet under hips, L shoulder turns back
- Elbows in, hands wide at chest height, palms F, finish feet outside shoulder-width
- *Rhythm: 5&6, 7&8*
- Increase range
- Chest Drop F, other arm extends B, long, full extension at chest height



PALMS UP

- Wide-walk feet outside shoulder-width, knees bent, low in the legs, weight shift side to side
- Hands rock from shoulder to hip height, elbows down, palms up, shifting through the ribcage
- Travel B
- *Rhythm: 1, 2, 3, 4*



JUMP TURN

- Two steps F, face L corner, feet under shoulders, knees bent, dropping down into the legs
- Jump OTS, chest lifts, landing low in the legs, hands to thighs, elbows wide, knees bent
- Jump Turn L, L shoulder turns B, arms long and relaxed
- Increase range





FLY HIGH IN SHANGHAI

HIPS BACK

- Face side, feet outside shoulder-width, knees bent, hips push B, bouncing through the legs, arms long
- Jump the feet in/out, under hips, transition to face opposite side
- Increase range



LEFT HEEL WAVE

- Face L, step R foot B, heel up, back knee bent
- Arm Wave F to full extension, at shoulder height, hands open, palms down at shoulder width
- Swivel lower body to face F, feet flat, arms L at full extension, eyes to hands
- Upper body and head swivel to face R, hands in at shoulder height, elbows wide, palms down, toes F
- Double time



SWIM WALK BACK

- Feet shoulder-width apart, upper torso faces R, step R leg F, long, heel leads
- Arms reach F to full extension, hands shoulder-width apart, palms wide
- Arms sweep wide, at full extension, upper body surging F, chest opens, drag the trailing toes
- Walk B, feet under hips, torso transitions to F, arms long, hands slightly behind hips, chest lifted
- Double time
- L hand snaps, front of shoulder, elbow down, feet shoulder-width apart, chest wide, other arm long
- Wide-rock the hips, feet outside shoulder-width, knees bent, dropping low into the legs
- Outside hand snaps front of shoulder, other arm long



KICK IT

- Feet under shoulders, knees super soft, Wide Kick to low diagonal, arms long with natural swing
- Foot flexed, toes up, double bounce through the supporting leg, weight shifting side to side
- R foot cross behind, weight on the balls of the feet, swivel-turn R, unwinding the legs to face F
- Increase range
- Arms super loose with natural swing



WALK AROUND

- L leg crosses in front, walk around R, feet at hip-width apart, knees soft
- Snap O/H on ct 4, face B, arms at full extension, hands at shoulder-width apart
- *Rhythm: Cross, 2, 3, snap, 5, 6, 7, 8*



JUMP SMASH

- Jump wide, feet outside shoulder-width, knees super soft, arms long, palms in
- Hands to back of head, elbows wide, palms F, chest lifted
- Chest Drop F, knees bent, dropping down into the legs, elbows together F of chest, eyes down
- Elbows throw wide on ct 7, sharp, chin lifts, eyes F, staying low in the legs
- Jump feet under hips, freestyle Body Wave down/up, lifting up out of the legs, 8 full counts
- *Rhythm: Jump, left, right, drop, 7, 8, slow wave*
- Double time
- Freestyle Bounce through the legs, feet under shoulders, knees super soft
- Increase range
- *Rhythm: 1&2&, 3, 4, 5, 6, 7, 8*





FLY HIGH IN SHANGHAI

COACHING

JUMP TURN

- 1. You need to set this move up **REALLY** well with simple, well-spaced Layer 1 cues
- 2. **ALWAYS** offer the option to jump without turning
- 3. Remind your class to land with their weight centered and soft knees

LEFT HEEL WAVE

Take your time setting up this move with simple language that draws focus to each isolation:

“Wave”

“Turn your lower body”

“Turn your upper body”

Then, when adding the **Swim**, hold each move a little longer to create space and intensity.

KICK IT

Use clear, directional cues to setup the footwork:

“4, 3, 2, left cross, turn”

“Left cross behind”

“Step, turn”

When adding the double cross turn, remind your class to “unravel the legs, turning on the ball of one foot and the heel of the other”.

JUMP SMASH

Give your class the tools to nail this move slow, then unleash to the hard trap remix and cool techno exterior. “Jump, right, left”

“Drop”

“Smash”

“Wave...anyway you want!”

CONNECTION

Get Low unleashes three minutes and seven seconds of thumping electro house combined with Middle Eastern sounds likely to make even your grandmother want to twerk! *You’re welcome!*



11. RECOVERY

PLAY THAT FUNKY MUSIC 4:32mins

TRACK FOCUS

The most oldschool of the oldschool?? Bring the heart rate down with some **Heel Toe** action, before unleashing all 5 moves, one at a time with lots of space. Simple repetitive layer 1 cues, talk to the feel of the music, then smell that funk mmmmmmm mmmmmmmmm...

MUSIC		EXERCISE		REPS	LEVEL
Heel Toe setup					
0:00	(Intro)	2x8	Slow Heel Toe L "Heel, toe, heel, toe"	8	
0:08	Hey, do it now	10x8	Add Fast Heel Toe L x3½ "Tap the same spot" Add Two Steps L (tap wide to finish) Repeat R	5	
Kris Kross, Run setup					
0:52	Was dancin' and	2x8	Kris Kross R, L x3 "Kris Kross" (Last ½ rep: preview Run) Run OTS with Arms Wide (4cts) "Run"	1	
1:01	Play that funky	3x8	Heel Toe L, R, L	1	
Push Your Hips setup					
1:14	Lay down the	5x8	Wide Hip Push B x3, Knee Snap L "3, 2, 1, snap" Repeat R "Push your butt back"	5	
Feel That Funk setup					
1:36	How could I be	2x8	Feet Together, Elbow Bounce R x4 (transition to face L) "Left" Repeat L "Right"	2	
1:45	So still I kept	2x8	Push Your Hips		
1:54	I said I must go	2x8	Feel That Funk "Jump your feet together"		
2:02	Were dancin' and	2x8	Kris Kross, Run		
2:11	Play that funky	3x8	Heel Toe L, R, L		
2:24	Lay down the	3x8	Push Your Hips "Freeze"		
Ice Cube setup					
2:38	(Electric guitar)	4x8	Slow Pull B L x4 (face R diagonal) "Right arm" "4, 3, 2, 1" Two Steps R with L Fist at Shoulder "Two steps" Repeat R (Last ½ rep: preview Elbow Circle F)	2	
2:55	Now first it wasn't	8x8	Add Elbow Circle F	4	
3:30	Was dancin' and	2x8	Kris Kross, Run	1	
3:39	Play that funky	3x8	Heel Toe L, R, L	1	
3:52	Lay down the	3x8	Push Your Hips	3	
4:04	They shouted, play	4x8	Feel That Funk	4	
4:22	Play that funky	2x8	Freestyle Walk	8	

11. RECOVERY

...And you can smell the funk!

Bring the heart rate down with some **Heel Toe** action, before unleashing all 5 moves in quick succession. There's lots of learning to be had here, so start with simple Layer 1 cues, then talk to the feel of the music.

TECHNIQUE AND COACHING

HEEL TOE

- Feet under shoulders, knees super soft, weight over the supporting leg
- Heel/toe tap the floor, on the same spot, turning out from the hips, arms relaxed with natural swing
- Double time, slight bounce through the legs
- 2 steps, travel side, drag the trailing toes, tap inside toes wide to finish
- Arms loose and relaxed, hands bounce at chest height



KRIS KROSS, RUN

- Jump-cross the feet, lead leg crossing F, travel side, land wide outside shoulder-width, knees bent
- Weight shift to the outside, arms loose with natural swing, slight bounce through the legs
- High Knee Run, feet under hips, knees below hip height
- Arms wide at full extension, elbows soft, palms out, fingers up



PUSH YOUR HIPS

- Feet outside shoulder-width, knees super soft, Hip Push B, slight bounce through the legs
- Weight shift to the outside, hands open, palms F at chest height, elbows down
- Inside knee lifts to hip height, Hand Snap either side at full extension, slight drop of the chest F



FEEL THAT FUNK

- Jump feet together under hips, knees super soft, bouncing through the legs
- Elbow Bounce F/B at shoulder height, torso turns to the inside, soft fist above shoulder
- Other arm long, elbow soft, soft fist, palm down



ICE CUBE

- Feet outside shoulder-width, knees soft, inside heel lifts
- Double Arm Reach to the low diagonal, at full extension, chest out, tight fists
- Inside elbow pulls up/back, chest turns F, back heel drops to floor, finish tight fist at shoulder height, elbow down, chest F
- Other arm long to the low diagonal, tight fist, palm down
- 2 steps, heel leads, toes up, travel side, slight lift of the front knee, drag the trailing toes, small bounce through the chest
- Circle the elbow F at chest height x4, slight flex of the wrist





11. RECOVERY

COACHING

5 moves; all with simple Layer 1 cues:

HEEL TOE

"Heel, toe, heel, toe"

"Tap the same spot"

KRIS KROSS

"Kris Kross"

"Run"

PUSH YOUR HIPS

"3, 2, 1, snap"

"Push your butt back"

FEEL THAT FUNK

"Left, right"



12. THE HOTTEST FITNESS CLASS IN THE WHOLE WORLD TO DATE

EPIC (GARMIANI REMIX) 3:14mins

TRACK FOCUS

Make your focus setting up all 3 moves with simple Layer 1 cues. When it comes to the **Switch**, tell your class to get their feet wide, body shifting side to side using the power of the legs. This move should smash your legs.

MUSIC		EXERCISE		REPS	LEVEL
Clap Clap setup					
0:00	(Low synth)	8x8	Wide Walk L, R x2 with Hand Clap F L, R x2 (face R, Front, L) "Side, front, front side" Wide Walk L, R x2	8	Blue
Swipe Grab setup					
0:29	(Long synth note)	4x8	Swipe R, Knee Lift R with Hand Grab L "Swipe, grab" Repeat L	4	Blue
0:44	(Steady beat)	4x8	Add Double Time "Bounce" Add Step Touch L, R	4	
0:59	(B up)	4x8	Swipe Grab Clap Clap Step Touch L, R x2	2	
1:14	Fire _	12x8	Add Breakout	6	Red
Switch setup					
1:59	(Synth melody)	4x8	Step Wide L, Hop Knee R "Right, right" Repeat R "Left, left"	4	Blue
2:14	(Yo) _ Put up	2x8	Add Double Time "Side to side"	4	Yellow
2:22	(In the air, air, air)	2x8	Add Corner Turn L, R "Turn to the corner"	4	
2:30	Fire _	12x8	Add (travel B) "Travel back 3, 2, 1" Add Step Wide R, Jump In/Out (face R corner) "Out, in, out" Step Touch L, R x2 (travel F)	6	Red



13. THE HOTTEST FITNESS CLASS IN THE WHOLE
WORLD TO DATE

HARPOON 4:01mins

TRACK FOCUS

Use the space to slow everything down, taking time to teach weight placement through the Ricky Martin. Coach the timing of the repetitive **Ball Change** footworks.

MUSIC		EXERCISE		REPS	LEVEL
0:01	Now we see.	4x8	Step Touch L, R	8	
0:16	Take me there	12x8	Swipe Grab Clap Clap Switch Add Bounce F L, R x2 with Double Wrist Circle "Double circle the wrist" Step Touch L, R x2	3	
1:00	(Heavy beat)	16x8	Add Breakout	4	
Ricky Martin, Scoop setup					
2:00	(Synth blast)	4x8	Ball Change L, R with Slow Breathe Arms to O/H (face R) "Super slow" Ball Change R, L (transition to F) with Slow Floor Sweep R "Touch the floor"		
2:15	_ You take me	8x8	Add Double Time "Use the chest"	4	
2:46	Take me there	8x8	Add Triple Time "Faster" Add Ball Change L with Scoop Arm R "Left, right, scoop" Step Touch R, L, R	4	
3:16	Take me there	4x8	Step Touch L, R	8	
3:31	Take me there	8x8	Swipe Grab Clap Clap Switch Bounce Ricky Martin Scoop Add Step Touch L, R x6 (Continues into next track)		



14. THE HOTTEST FITNESS CLASS IN THE WHOLE WORLD TO DATE

EVERYBODY 1:37mins

TRACK FOCUS

Nail your Layer 1 cues in **Jump**, then talk to the freedom of the music. You need to make it loose and light, before using that power in the lower body again to **Get Low**.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Heavy beat)	8x8	(Continues from previous track) Swipe Grab Clap Clap Switch Bounce Ricky Martin Scoop L (Last 8cts: preview Step Together, Double Jump)		
Jump setup					
0:30	(Quiet blast)	2x8	Step Together L, Double Jump OTS "Jump, jump" Repeat R "Keep it light" (Last ½ rep: preview Elbow Bounce O/H)	2	
0:37	(Everybody)	8x8	Add Double Elbow Bounce O/H "Bounce, bounce" Add Arm Cross F L, R "Right arm, cross cross" Add Double Elbow Bounce O/H "Make it loose"	8	
Get Low setup					
1:07	(Fast beat)	4x8	Low Step Touch L, R with Fast Circle Punch L, R arm strong x4 "Get low" "Punch it, hold it strong"	8	
1:21	(B up)	4x8	Step Touch L, R	8	



15. THE HOTTEST FITNESS CLASS IN THE WHOLE
WORLD TO DATE
THRONE 2:29mins

TRACK FOCUS

And the momentum continues to build...
A thunderous rolling bassline and aggressive beat guaranteed to get your smash on...then right on cue, comes mo’ **Afro**...

MUSIC		EXERCISE		REPS	LEVEL
0:00	Your hands up /	32x8	Swipe Grab Clap Clap “Clap it, clap it, in the air” Switch Bounce Ricky Martin Scoop Jump Get Low (x2) Step Touch L, R x4	4	
Afro setup					
1:58	(Steady beat)	4x8	Slow Wide Walk L with Elbow Wave “Lead with the elbows” Wide Hip Rock R, L Repeat R (Last ½ rep: preview Double Grab)	4	
2:13	(Outro)	4x8	Add Double Grab L, R “Grab it, right, left” Repeat R “Use your ribcage to create length” (Last 16cts: Elbow Wave ascending to O/H) “Higher, higher”	4	



16A. THE HOTTEST FITNESS CLASS IN THE WHOLE WORLD TO DATE

LIE TO ME (NICKY ROMERO EXTENDED FESTIVAL REMIX) 0:28mins

TRACK FOCUS

An unexpected change in sound! Let the music draw focus with calm, well-spaced cues to setup the **Afro** turn combo. Then, as the desperation builds, make it next level with huge drops.

MUSIC		EXERCISE		REPS	LEVEL
0:00	(Cymbal hit)	4x8	Add Elbow Wave O/H	4	
0:14	(Single note)	4x8	Slow Wide Walk L, R with Fast Hand Pulse x4	8	

Afro setup continued



16B. THE HOTTEST FITNESS CLASS IN THE WHOLE WORLD TO DATE

LIE TO ME (NICKY ROMERO EXTENDED FESTIVAL REMIX) 4:07mins

MUSIC		EXERCISE		REPS	LEVEL
0:00	Me touching you	4x8	Slow Pivot Turn L, Low Wide Twist L "Pick up your left leg" Repeat R "Turn on the ball of the foot"	2	
0:15	Your hand in	4x8	Add Flava "Use your legs to lift up in the turn" (Last 4cts: preview Step Touch)	2	
0:30	To know , ah	4x8	Step Touch L, R (Last 16cts: preview Afro) "3, then turn"	8	
Afro setup continued					
0:44	(Lie , lie, lie,)	8x8	Afro L (L, R, L), Pivot Turn R "3, 2, 1, turn" Repeat Afro R	2	
1:14	(Heavy synth)	8x8	Add Breakout "Now show me length"	2	
1:44	(Synth blast)	2x8	Wide Walk L, R	4	
1:08	You want from	8x8	Slow Wide Walk with Arm Wave L, R (8cts) Fast Wide Walk L, R x2 Hand Roll B L, R x2 "Get into your legs"	4	
2:22	To know , ah	4x8	Add Double Time "Faster"	4	
2:36	(Lie , lie lie)	8x8	Step Touch L, R (Preview Block 2 Routine)	16	
The Hottest Fitness Class In The Whole World To Date setup					
3:06	(Heavy synth)	16x8	Swipe Grab Clap Clap Switch Bounce Ricky Martin Scoop Jump Get Low (x2) Afro (x3, turn R)	2	



17. THE HOTTEST FITNESS CLASS IN THE WHOLE
WORLD TO DATE
LIE TO ME (MAURICE WEST EXTENDED MIX) 4:32mins

TRACK FOCUS

Full Body Jam, full Shut Up and Dance, layer 3 million. Don't talk, DYFAO.

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Low synth blast)	1x8	Low Wide Walk L, R	2	
0:03	Me touching you	8x8	Slow Wide Walk L, R with Single Hand Pulse ascending to O/H	16	
0:32	To know , ah	6x8	Step Touch L, R	12	
0:55	(Heavy synth)	16x8	The Hottest Fitness Class In The Whole World To Date Routine		
1:54	(baby lie to me)	1x8	Dynamic Freeze	1	
1:59	(Vocal effect)	4x8	Freestyle Wide Walk L, R (Last 16cts: preview Wide Walk with Arm Wave)	8	
2:13	To know , ah	8x8	Wide Walk with Arm Wave L, R Fast Wide Walk L, R x2 Hand Roll B L, R x2	8	
2:43	Me. (Me, me,)	8x8	Freestyle Step Touch L, R	16	
3:13	(baby lie to me)	16x8	The Hottest Fitness Class In The Whole World To Date Routine	2	
4:12	(Steady beat)	4x8	Step Touch L, R	8	



THE HOTTEST FITNESS CLASS IN THE WHOLE WORLD TO DATE

Track 12 is **Epic!** Make your focus setting up all 3 moves with simple Layer 1 cues. When it comes to the **Switch**, tell your class to get their feet wide, body shifting side to side.

*You need to channel **Ricky Martin** in track 13! Connect with the music and members here, then use the space to slow everything right down. When adding the **Scoop**, give your class plenty of warning to ball change the feet and redistribute their weight.*

Track 14 brings 2 new moves with contrasting feels! Nail your Layer 1 cues in **Jump**, then talk to the feel of the music. *You need to make it loose and light people, before tapping into the surging bass in **Get Low**.*

Throne unleashes a thunderous rolling bassline and aggressive beat...before an unexpected change in sound! Let the music draw focus while you deliver calm, well-spaced cues to setup the **Afro** turn combo. Then, as the desperation builds, pull back your vocals and say it with movement!

TECHNIQUE AND COACHING

SWIPE GRAB

- Slow wide-walk the feet, outside shoulders, knees bent, dropping down into the legs
- Outside knee lifts to hip height, turning out from the hips, weight shifting to the outside
- Outside hand circle-sweeps the torso, from shoulder to hip height, palm flat, wrist flexed
- Other hand grabs front of shoulder, tight fist, elbow down, palm in, weight to the outside
- Double time, bouncing through the legs
- Increase range



CLAP CLAP

- Wide-walk the feet outside shoulder-width, knees soft, rocking through the hips, weight shifts side to side
- Hands clap to full extension x4, at shoulder height, sharp
- Other hand pulls back to front of shoulder, elbow down, palm in
- Upper body rotates from R to L (chest and eyes face R, Front, L)
- Increase range



SWITCH

- Feet outside shoulder-width, knees soft, arms long and relaxed, step wide, weight shifts to the outside
- Slight bounce through the legs, chest turns wide
- Knees bent, turning out from the hips, dropping down into the legs
- Small jump onto supporting leg, hips square to front, inside knee lifts below hip height
- Slight flex of the ankle, foot relaxed, toes F
- Double time
- Chest Turn corner to corner
- Increase range
- Travel B, natural swing of the arms
- Jump feet under hips (in/out), small, knees super soft, face R corner



BOUNCE

- Step-touch feet to shoulder width, knees super soft, travel F, bouncing down through the legs
- Double-circle the wrist F, arms long, soft fists outside hips, slight bounce through the shoulders, elbows super soft
- Increase range
- Chest Turn corner to corner





THE HOTTEST FITNESS CLASS IN THE WHOLE WORLD TO DATE

RICKY MARTIN

- Ball Change, R leg step F, long, face R, front heel lifted, front knee bent, weight F, back heel down
- Arms sweep wide to O/H, super slow, hands open, wrists flexed, palms wide, fingers long
- Ball-change the feet to step wide L, hips square, knees bent, dropping low into the legs
- R hand sweeps the floor at full extension, chest drop F, eyes down
- Chest transitions to face L, R palm sweeps up, elbow bent, hand flat at elbow height
- Weight transfers to the inside, outside heel lifts, other arm long, elbow super soft, hand at shoulder height
- Double time, using the chest to create lift
- Triple time



SCOOP

- Ball change the feet, small, step L leg wide, knees super soft, hips square to front
- R arm sweeps wide at shoulder height, hand open, palm out, slight drop down into the legs
- Increase range
- **Add** Jump



JUMP

- Step outside shoulders, knees super soft, feet together under hips, light Double Bounce OTS
- Arms long and relaxed, slight turn of the chest corner to corner
- Loose Arm Throw O/H, elbows super soft, hands at shoulder-width, bouncing from the elbows
- Double-cross the forearms F, below chest height, chest drop F, hands open and relaxed



GET LOW

- Step-touch the feet outside shoulder-width, knees bent, chest drops F, eyes F
- Circle punch L arm to the low diagonal, from shoulder to hip height, strong, tight fist
- Other arm long to the low diagonal, wrist flexed, hand open, palm down
- Increase range



WIDE WALK WITH ARM WAVE AND HAND ROLL

- Feet outside shoulders, knees super soft, slow wide walk the feet, weight shift to the outside
- Arm wave across to the high diagonal, at full extension, elbow soft, hand open, palm down
- Other hand to the low diagonal, hand open, palm B, slight chest turn wide, head turn to the outside
- Wide walk the feet, knees bent, dropping down into the legs, chest drop F
- Hands open front of torso, fingers slightly splayed, elbows wide, palms roll B from chest to hip height
- Double time





THE HOTTEST FITNESS CLASS IN THE WHOLE WORLD TO DATE

AFRO

- Wide-walk the feet outside shoulder-width, knees super soft, Hip Shift side to side, weight transfers to the outside
- Arm Sweep to shoulder height, chest to corner, elbows lead, hands open, palms down, lifting through the ribcage
- Swing the arms F/B, Chest Drop F, knees bent, dropping low into the legs
- Grab the fists front of chest, other arm swings B, long, elbow soft
- Arm Sweep ascending to full extension O/H, palms wide
- Pivot Turn on the ball of the foot, trailing heel lifts B, foot at knee height, slight flex of the ankle
- Arms wide to full extension, elbows bent, hands at shoulder height, palms F
- Create lift, drawing up through the legs onto the ball of the foot
- Finish feet outside shoulder-width, knees bent, dropping down into the legs, trailing heel lift
- Chest turns wide, F arm wraps the torso, eyes F
- Increase range
- Wrists flexed on the Pivot Turn, palms wide
- Head and chest drop F, eyes down (*on the twist out of the Pivot Turn*)



COACHING

3 moves in quick succession. Make your focus simple Layer 1 & 2 cues:

RIGHT LEFT RIGHT LEFT

“Side, front, front, side”

SWIPE GRAB

“Swipe, grab”

“Bounce”

SWITCH

“Right right, left left”

“Side to side”

“Turn to the corner”

“Travel back, 3, 2, 1”

CONNECTION

TRACK 13 HARPOON

Connect with the music and members here, then use the space to **SLOW** everything right down.

*Track 14 brings 2 new moves with contrasting feels! Nail your Layer 1 cues in **Jump**, then talk to the feel of the music. You need to make it loose and light people, before tapping into the surging bass in **Get Low**.*

Throne unleashes a thunderous rolling bassline and aggressive beat...*before an unexpected change in sound!* Let the music draw focus while you deliver calm, well-spaced cues to setup the **Afro** turn combo.

PERFORMANCE

Lie to Me makes a dramatic reappearance in the final tracks. As the desperation builds, keep your vocals to a minimum. **SERIOUSLY!** You can say it all with your body.



20. GROOVEDOWN

SUMMERTIME MAGIC 3:34mins

TRACK FOCUS

Super chill to finish, connect with the beautiful slowed down feels. Rock your butt to the drums, slow your body down and fill the space with more space.

MUSIC			EXERCISE	REPS	LEVEL
0:00	(Steel drums)	2x8	Dynamic Wide Freeze		
Moana setup					
0:09	(Single steel note)	2x8	Wide Hip Sway L, R with Slow Wrist Circle "Just your hands" (Last 4cts: preview Feet Together)	4	
0:18	_ You feel like	4x8	Add Hip Sway L, R with Slow Wrist Circle x4 "4, 3, 2" Add Double Snap (4th rep) "Snap"	2	
0:38	_ You are my	4x8	Add Double Time "Lift your heels"	4	
0:57	_ Do love me,	8x8	Add Slow Chest Drop F, Clap Low "4, 3, 2, clap" Add Slow Chest Rise, Clap O/H	4	
1:35	_ Is it summertime	8x8	Low Wide Walk L, R with Shoulder Roll B R, L "Slow" Fast Wide Walk L, R x2 with Shoulder Roll B R, L x2 "Quick"	8	
2:13	Oh!_You feel like	2x8	Wide Sway L, R x4 with Breathe Arms (ascending/ descending)	4	
2:23	_ You'll be my	2x8	Wide Hip Sway L, R with Slow Wrist Circle (Last 4cts: preview Feet Together)	4	
2:33	_ (Do love me,)	8x8	Moana "4, 3, 2, clap"	4	
3:11	Summertime magic / _	4x8	Freestyle Walk	16	

20. GROOVEDOWN

Let’s get super chilled in the **Summertime**. Start by rocking your butt to the steel drums, then slow your body down and fill the space with movement.

TECHNIQUE AND COACHING

MOANA

- Feet under shoulders, knees super soft, weight slightly forward
- Small Hip Rock side to side, heels lift, weight shifts to the outside
- Circle the wrists in, at chest height, hands open, fingers super soft
- Feet under hips, Hip Rock, walk the heels, weight shifts side to side
- Circle the wrists, Double Snap on the 4th rep, at chest height, palms up
- Double time, small bounce through the legs
- Slow Chest Drop F, tipping F from the hips, clap the hands F on the 4th rep, neck long, eyes down
- Slow lift of the chest, hands lifting to O/H, clap above the head on the 4th rep, chin lifts, eyes up



SLOW WIDE WALK WITH SHOULDER ROLL

- Wide walk the feet, outside shoulder-width, knees super soft, arms long, elbows soft, hands soft, palms in
- Inside shoulder rolls B, elbow leads, weight shifts to the outside, slight turn of the chest
- *Rhythm: 1, 3, 5, 6, 7, 8*





MASH IT!

After teaching this release four or five times, you can combine the main routines into one giant extravaganza of a dance cardio experience.

Teach this release to the end of Track 16A ‘Lie to Me’, leave out Tracks 16B-18 and go straight into Track 19 ‘Arcade Mammoth’ to continue with the MASHIT! Block.

19. ARCADE MAMMOTH 4:37mins

Music			Exercise		REPS	LEVEL
Afro setup continues from Track 16A						
0:01	Me touching you	4x8	Slow Pivot Turn L, Low Wide Twist L Repeat R	2		
0:16	Your (synth note) in	4x8	Add Flava	2		
0:31	To (synth note), ah	4x8	Step Touch L, R (Last 16cts: preview Afro)	8		
Afro setup continued						
0:46	(Lie , lie, lie,)	8x8	Afro L (L, R, L), Pivot Turn R Repeat R	2		
1:16	(Steady synth)	1x8	Step Touch L, R	2		
1:19	(Heavy synth)	8x8	The Hottest Fitness Class In The Whole World To Date Routine			
1:49	Get your, get	4x8	Step Touch L, R	8		
2:04	Your hands up _	8x8	The Hottest Fitness Class In The Whole World To Date Routine			
2:34	(Synth fade)	1x8	Wide Walk L, R	2		
2:38	(Light synth)	4x8	Slow Wide Walk with Arm Wave L, R (8cts) Fast Wide Walk L, R x2 Hand Roll B L, R x2	2		
2:52	(Heavy synth)	8x8	Add Double Time	8		
3:22	Get your, get	4x8	Step Touch L, R	8		
3:37	(Heavy synth)	16x8	The Hottest Fitness Class In The Whole World To Date Routine			



MASH IT!

20. GET LOW 2:16mins

	MUSIC		EXERCISE	REPS	LEVEL
0:00	(Tempo decreasing)	4x8	Step Touch L, R	8	
0:16	(Low , low, low)	16x8	Fly High In Shanghai Routine	2	
1:29	(Tempo increasing)	4x8	Wide Heel Tap L, R	16	
1:45	(Low, low, low)	8x8	Step Touch L, R	16	

21. HERE WE GO (HEY BOY, HEY GIRL) 3:03mins

	MUSIC		EXERCISE	REPS	LEVEL
0:00	Here we go_	16x8	The Hottest Fitness Class In The Whole World To Date Routine	2	
0:59	(Light synth)	4x8	Step Touch L, R	8	
1:14	Here we go _	4x8	Slow Wide Walk with Arm Wave L, R (8cts) Fast Wide Walk L, R x2 Hand Roll B L, R x2	2	
1:29	_ Hey girl,	4x8	Add Double Time	4	
1:43	Here we go _	4x8	Step Touch L, R	8	
1:58	Go (Heavy synth)	16x8	The Hottest Fitness Class In The Whole World To Date Routine	2	



BODYJAM COACHING UPDATE

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 & 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 Setup every time. Watch your 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 & 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 - for example 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 basic 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 UPDATE

- 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. Eg “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 LMUK BODYJAM, BODYCOMBAT & SH'BAM Trainer/Presenter and Regional Training Coordinator



WE ARE THE LES MILLS TRIBE

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

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

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. 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 the Les Mills Tribe.

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At Les Mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen the music we use and try to avoid language and references that may cause offense. If we can, 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 differences of opinion can be expressed, and compromises reached.

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

