

BODYSTEP 107 EXPRESS FORMATS

30-MINUTE CLASSIC FORMAT

Track 1 Warmup
Track 2 Step Warmup
Track 3 Step Orientation CLASSIC
Track 4 Peak 1
Track 6 Peak 2
Track 7 Step Recovery
Total Time: 26:06

45-MINUTE CLASSIC FORMAT

Track 1 Warmup
Track 2 Step Warmup
Track 3 Step Orientation CLASSIC
Track 4 Peak 1
Track 5 Mixed Strength
Track 6 Peak 2
Track 7 Step Recovery
Track 8 Party Step
Track 10 Peak 3
Total Time: 41:32

30-MINUTE ATHLETIC FORMAT

Track 1 Warmup
Track 3 Step Orientation ATHLETIC
Track 4 Peak 1
Track 5 Mixed Strength
AC Athletic Circuit
Total Time: 27:19

45-MINUTE ATHLETIC FORMAT

Track 1 Warmup
Track 3 Step Orientation ATHLETIC
Track 4 Peak 1
Track 5 Mixed Strength
Track 6 Peak 2
Track 7 Step Recovery
AC Athletic Circuit ATHLETIC
Track 11 Recovery/Conditioning
Total Time: 40:19

As there is no Cooldown/Stretch in both the Classic and Athletic 30-minute and 45-minute formats, advise your class to do their own stretches and keep moving until their breathing and heart rate return to normal.

KEY

alt alternate	PC pre-chorus
ATT Across The Top	QC quiet chorus
ATW Around The World	L&R left and right
B up build up (music)	RA Running Arms
Br bridge (non-chorus)	Ref refrain (recurring phrase or number of song lines)
C chorus	Rep reprise (part of the chorus repeated)
cont continue	ROM range of motion
cts counts	ST Step Touch
F&B forward and back	Tempo normal pace of the music
HOH hands on hips	V verse
Instr instrumental	1/1 2 counts up,
Intro introduction	mins 2 counts down
med medium	2/2 4 counts up,
mins minutes	4 counts down
O/H over head	OTS On The Spot
opp opposite	OTT Over The Top
OTS On The Spot	last few bars of music
OTT Over The Top	
Outro last few bars of music	

CREDITS

4/4 8 counts up, 8 counts down	Choreography Mark Nu'u-Steele
1/2/1 2 counts up, 4 counts hold, 2 counts down	Creative Director Lisa Osborne
 visual preview or cue	Chief Creative Officer Dr Jackie Mills
 repeat	Program Planner Tenille Graham
 New Move	Program Coach Amanda Scales
	Technical Consultant Bryce Hastings

CHECK THIS OUT!

COMPULSORY 'MUST-DO' CUES are in ***Bold Italic font***. These are the cues that you must deliver when coaching each specific move.

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1 WARMUP	Into You © 2017 Les Mills Music Licensing Ltd. Written by: Grande, Kotecha, Salmanzadeh, Sandberg, Kronlund	The Paper Electric 5:22
2 STEP WARMUP	Girls Like © 2017 Les Mills Music Licensing Ltd. Written by: Okogwu, Jankel, J. Bennett, A. Bennett, Larsson, Rogues, Sepehrmanesh, Mack	Karen Knows Karate 3:21
3 STEP ORIENTATION	Can't Stop The Feeling! © 2017 Les Mills Music Licensing Ltd. Written by: Timberlake, Martin, Shellback, Sandberg, Schuster	Crossword Killaz 3:56
4 PEAK 1	Bury It © 2017 Les Mills Music Licensing Ltd. Written by: Doherty, Cook, Mayberry	Baby Cheeses 5:26
5 MIXED STRENGTH	Shake That Thing (Riverside) © 2017 Les Mills Music Licensing Ltd. Written by: Samson, Bailey, Barnett, Calcano, Cruz, Cullen, Newitt, Wallace	Get Low 4:56
6 PEAK 2	Put Your Graffiti On Me © 2017 Les Mills Music Licensing Ltd. Written by: Bair, Watters, Hughes, Audino, Mattski	The Handy Wacks 4:53
7 STEP RECOVERY	I Don't Like It, I Love It © 2017 Les Mills Music Licensing Ltd. Written by: Dillard, Troelsen, Izquierdo, Luttrell, Isaac, Melki, Judrin, Sanderson, Early, Chirescu	KG & The Mandarins 3:08
8 PARTY STEP	Hair © 2017 Les Mills Music Licensing Ltd. Written by: Henriques, Purcell, James, Erfjord, Michelsen, Bay	Scruff 5:24
9 SPEED STEP	Bad Man © 2017 Les Mills Music Licensing Ltd. Written by: Thicke, Perez, Frederic, Gaines, Peyton, Spargur, Youngs	The Husband's Secret 3:27
10 PEAK 3	Just Like Fire © 2017 Les Mills Music Licensing Ltd. Written by: Moore, Martin, Shellback, Holter, Schuster, Sandberg	Big Little Lies 5:06
11 RECOVERY/CONDITIONING	Don't Let Me Down © 2017 Les Mills Music Licensing Ltd. Written by: Schwartz, Taggart, Friedman	Pacific Bliss 4:59
12 COOLDOWN/STRETCH	Let Me Love You Courtesy of The Universal Music Group. Written by: Wolman, Bell, Grigahcine, Lee, Tamposi, Bieber	DJ Snake feat. Justin Bieber 3:23
STEP 3 ORIENTATION ATHLETIC	New Rush © 2017 Les Mills Music Licensing Ltd. Written by: Andrew, Wigmore	Little Beasts 1:30
	Don't Let Me Down © 2017 Les Mills Music Licensing Ltd. Written by: Schwartz, Taggart, Friedman	The Way We Were 1:40
	New Rush © 2017 Les Mills Music Licensing Ltd. Written by: Grande, Kotecha, Salmanzadeh, Sandberg, Kronlund	Little Beasts 1:18
AC ATHLETIC CIRCUIT	Into You © 2017 Les Mills Music Licensing Ltd. Written by: Grande, Kotecha, Salmanzadeh, Sandberg, Kronlund	The Paper Electric 1:14
	Nasty © 2017 Les Mills Music Licensing Ltd. Written by: Flint, Howlett, Hutton, Halkes	Wallows 1:09
	Put Your Graffiti On Me © 2017 Les Mills Music Licensing Ltd. Written by: Bair, Watters, Hughes, Audino, Mattski	The Handy Wacks 0:55
	Nasty © 2017 Les Mills Music Licensing Ltd. Written by: Flint, Howlett, Hutton, Halkes	Wallows 1:22
	Put Your Graffiti On Me © 2017 Les Mills Music Licensing Ltd. Written by: Bair, Watters, Hughes, Audino, Mattski	The Handy Wacks 0:55
	Into You © 2017 Les Mills Music Licensing Ltd. Written by: Grande, Kotecha, Salmanzadeh, Sandberg, Kronlund	The Paper Electric 1:32

1 WARMUP



Into You > 5:22 mins

1

TRACK FOCUS

Keep participants aware of their placement as they warm their bodies by reminding them to step over to the sides of the step in the 4x Marches On Top. Give participants the option to not turn in the L-Hamstring Curl.

TEACH ATHLETIC

COME INTO THIS TRACK

Energized, positive and welcoming, ready to lead your class through this great workout.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:05	Intro	I'm so in to	1x8	Standing slightly to the L. Prepare to move	1-8
0:08	Instr		2x8 A Hamstring Curl L then R. <i>HOH</i>	1-4	4x
			2x8 A ¹ Hamstring Curl L then R. <i>Cross in front</i>	1-4	4x
0:22	C	So baby come	8x8 B 4x March On Top L x3. <i>RA</i>	1-24	
			Hamstring Curl L&R x2. <i>Cross in front</i>	25-32	2x
0:49	V1	I'm so in to	8x8 C Repeater Sequence	1-16	
			8x Repeater Tap L. <i>RA</i>	17-32	
			8x Repeater Knee Lift L. <i>RA</i>	33-64	
			to the other side		
1:16	PC	Oh baby look	2x8 A ¹ Hamstring Curl L&R	1-4	4x
			Next move on the last 8 cts		
			2x8 A ² L-Hamstring Curl L. <i>Cross in front</i>	1-8	2x
1:30	C	So baby come	12x8 B ¹ 4x March On Top & L-Hamstring Curl Combo	1-24	
			4x March On Top L x3. <i>RA</i>	25-32	3x
			L-Hamstring Curl L. <i>Cross in front</i>		
2:10	Instr	(Dubstep)	4x8 D 4x Wide March On Top L. <i>RA</i>	1-8	4x
2:24			4x8 E Next move on the last 8 cts		
			Staggered Jump Squat On Top & March On The Floor L. <i>Bent Raise F, RA</i>	1-8	4x
2:37	Ref	So baby come	4x8 F Active Calf Stretch R. <i>Bent Raise F, L foot on step</i>	1-4	8x
2:51	V2	I'm so in to	8x8 C Repeater Sequence R then L	1-64	
3:18	PC	Oh baby look	4x8 A ¹ Hamstring Curl R&L	1-4	4x
3:25			Next move on the last 8 cts		
			L-Hamstring Curl R	1-8	2x
3:32	C	So baby come	12x8 B ¹ 4x March On Top & L-Hamstring Curl Combo R	1-32	3x
4:12	Instr	(Dubstep)	4x8 D 4x Wide March On Top R. <i>RA</i>	1-8	4x
4:26			4x8 E Next move on the last 8 cts		
			Staggered Jump Squat On Top & March On The Floor R	1-8	4x
4:40	Ref	So baby come	4x8 F Active Calf Stretch L. <i>Bent Raise F, R foot on step</i>	1-4	8x
4:54	C	So baby come	8x8 B ¹ 4x March On Top & L-Hamstring Curl Combo R	1-32	2x

PRE-TRACK

Let your class know that they will be working to the right and left sides of the step, and not stepping to the center of the step AT ALL in Tracks 1, 2 and 3. Then get them to stand across towards the right side of their step, ready to go.

HAMSTRING CURL

PHONETIC CUE: 'Step right, step left, step right, step left'
Heel towards butt to warm the back of the legs

4X MARCH ON TOP

PHONETIC CUE: 'March on top, march down, march on top, march down'
Use a visual cue to HOLD on top of the step, and to show that you are close to the side of the step
Whole foot on the step
A natural walking rhythm
Stay close to the right side of the step

REPEATER SEQUENCE

CUE: 'Step and run'
Use a visual cue to HOLD the Repeater on a 45-degree angle
Bend the front knee to sit low
Front knee in line with toes
Push the moving leg back long, toes down and heel up
Chest up
Body on a 45-degree angle

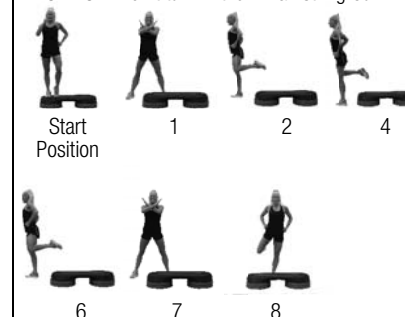
HAMSTRING CURL INTO THE L-HAMSTRING CURL

IMPORTANT: Make sure you are close to the side of the step, and coach your class to be close to the side of the step so that you can safely travel the L-Hamstring Curl around the corner
Preview the L-Hamstring Curl on the 3rd and 4th reps of the Hamstring Curl
PHONETIC CUE: 'Side, front, back, side, side, front, back, side'
It moves around the side of the step
↳ **OPTION:** Don't turn
Layer 2
Bend knees and go down and up to warm the legs more

4X MARCH ON TOP & L-HAMSTRING CURL COMBO

Be close to the side of the step
CUE: 'March on top, march down, march on top, march down, one more time, L-Curl side, front, back'

Use a visual cue to show the direction of the L-Hamstring Curl
↳ **OPTION:** Don't turn in the L-Hamstring Curl



4X WIDE MARCH ON TOP

PHONETIC CUE: 'Wide march, march down, wide march, march down'
Use a visual cue to show that the feet go wide on top of the step

STAGGERED JUMP SQUAT ON TOP & MARCH ON THE FLOOR

Staggered Jump Squat onto the step L.

Bent Raise F 1-2

Stand up. *Pull fists to hips* 3-4

March down L, R, L, R. *RA* 5-8

PHONETIC CUE: 'Squat, stand, march down, squat, stand, march down'

Stagger the landing onto the step to lessen the impact

L foot lands slightly before the R foot

Bend knees on the landing to lessen the jumping impact

Push **knees out**

Chest up

Layer 2

Sit the butt down to squat a little deeper, and warm the legs and glutes

Squeeze your butt to push you up, out of the Squat before you march down



ACTIVE CALF STRETCH

Step L foot closer to the middle of the step. (This gets you closer to the other side of the step for round 2)

Lift R heel. *Bent Raise F* 1-2

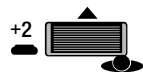
Press R heel to the floor. *Pull fists to hips* 3-4

Move chest forward over the top of the step, and leave it there throughout

Keep front foot flat on the step. (If your toes lift off the step, this shows that your weight is moving backward and not getting the most out of the Active Calf Stretch)

When you do this stretch the 2nd time (to the L calf), warn the class that they are about to march on top of the step with the foot that is **ALREADY** on the step.

2 STEP WARMUP



Girls Like > 3:21 mins

2

TRACK FOCUS

Continue to bring class awareness to stepping placement towards the side of the step. Create physical contrast in the Drop Squat & Top Tap Combo by sitting low then tapping tall, then let loose on the Cha-Cha-Chas to bring out some Flava.

TEACH FLAVA

COME INTO THIS TRACK

Calm, in control and loaded with important information to get your class stepping correctly for the rest of the workout.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 Intro			
0:01 _ What the girls like	1/2x8 4x8 A Up Tap R. RA	1-4	
	Up Tap Staple Step L then R. RA	1-8	4x
0:15 V1 _ Said I was the man	4x8 B Basic Step L. RA	1-4	8x
0:31 PC Every day you ride	4x8 C 4x March On Top L	1-8	4x
	Next move on the last 8 cts		
0:46 Rep _ I know what boys	8x8 D Drop Squat & Top Tap Combo L.		
	Blade RA	1-8	8x
1:16 Br What's the code to	1/2x8 A ¹ Tap Down L. RA	1-4	
1:18 C _ I know what boys	4x8 A ¹ Tap Down R then L. RA	1-8	4x
	Next move on the last 4 cts		
1:32 _ I know what boys	4x8 A ² Cha-Cha-Cha R then L. Natural Arms	1-8	4x
1:47 V2 Yeah roley on wrist	4x8 B Repeat Basic Step R	1-4	8x
2:02 PC Every day you ride	4x8 C Repeat 4x March On Top R	1-8	4x
	Next move on the last 8 cts		
2:17 Rep _ I know what boys	8x8 D Repeat Drop Squat & Top Tap Combo R	1-8	8x
2:47 Br What's the code to	1/2x8 A ¹ Repeat Tap Down R	1-4	
2:49 C _ I know what boys	4x8 A ¹ Repeat Tap Down L then R	1-8	4x
	Next move on the last 4 cts		
3:03 _ I know what boys	4x8 A ² Repeat Cha-Cha-Cha L then R	1-8	4x

UP TAP STAPLE STEP

Up Tap L towards the R side of the step. RA 1-2
Wide Staple Step R then L across towards the L side of the step. RA 3-4
Repeat to the other side 5-8
PHONETIC CUE: 'Up tap, step across, up tap, step across'
Take a wide step across
Use a visual cue to show the direction to step across
Body remains square to the front

BASIC STEP

PHONETIC CUE: 'Walk up, walk down, walk up, walk down'
Use a visual cue to HOLD the Basic Step, and also show where you should be stepping
Natural walking rhythm
Whole foot on the step
Stepping close to the side of the step

4X MARCH ON TOP

PHONETIC CUE: 'March on top, march down, march on top, march down'
Use a visual cue to HOLD the Marches on top of the step
Double-check to make sure that the class is stepping close to the side of the step

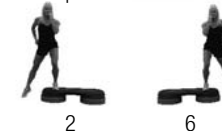
DROP SQUAT & TOP TAP COMBO

Drop Squat L. RA (to the R side) 1-2
Top Tap, weight on R, Tap L. RA 3-4
March L, R, L, R behind the step 5-8
PHONETIC CUE: 'Squat, tap, march down, squat, tap, march down'



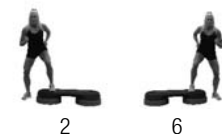
TAP DOWN

PHONETIC CUE: 'Tap down, step across, tap down, step across'
Take a wide step across
Use a visual cue to show the direction to step across
Body remains square to the front



CHA-CHA-CHA

PHONETIC CUE: 'Cha-cha-cha, step across, cha-cha-cha, step across'
Bend knees, and sit a little lower
Be more relaxed, but keep the chest lifted and good control



3 STEP ORIENTATION CLASSIC



Can't Stop The Feeling! > 3:56 mins

3

TRACK FOCUS

Establish the 'Step Down' walking rhythm in all the Kick combos. See what's happening on the floor, then dial up the Flava when you see success.

TEACH FLAVA

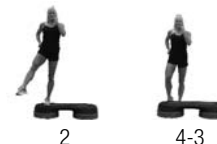
COME INTO THIS TRACK

With great energy, happy and lighthearted.

MUSIC				SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro	_ Can't stop it	5x8	A	Kick L. <i>RA</i> March R, L x3 OTS. <i>RA</i> Repeat to the other side (Stay to the R side of the step) 👁️ Next move on the last 16 cts	1-2 3-8 9-16	2½x
0:17	Rep	Can't stop the feeling	4x8	A¹	Traveling Kick & March Combo R then L 👁️ Next move on the last 8 cts	1-16	2x
0:31	C	I can't stop the	8x8	A²	Traveling Kick & Chassé Combo R then L	1-16	4x
1:01	Instr	_ No no no	2x8	B	Knee Lift R. <i>RA</i> 👁️ Next move on the last 8 cts	1-4	4x
1:08	V1	I've got this feeling	4x8	C	2x Repeater Knee Lift & Heel Dig Combo R 👁️ Next move on the last 8 cts	1-8	4x
1:22		Sunshine in my	4x8	C¹	2x Repeater Knee Lift & Shuffle Combo R	1-8	4x
1:37	PC	And under the lights	4x8	A¹	🔊 Traveling Kick & March Combo R then L 👁️ Next move on the last 8 cts	1-16	2x
1:51	C	I can't stop the feeling	5x8	A²	🔊 Traveling Kick & Chassé Combo R then L	1-16	2½x
2:10	Rep	Sing , got this feeling	4x8	A³	Traveling Kick & Turning Chassé Combo L then R	1-16	2x
2:24	Instr		2x8	B	🔊 Knee Lift L 👁️ Next move on the last 8 cts	1-4	4x
2:31	V2	Sunshine in my pocket	4x8	C	🔊 2x Repeater Knee Lift & Heel Dig Combo L 👁️ Next move on the last 8 cts	1-8	4x
2:45			4x8	C¹	🔊 2x Repeater Knee Lift & Shuffle Combo L	1-8	4x
3:00	PC	And under the lights	4x8	A¹	🔊 Traveling Kick & March Combo L then R 👁️ Next move on the last 8 cts	1-16	2x
3:15	C	I can't stop the feeling	5x8	A²	🔊 Traveling Kick & Chassé Combo L then R	1-16	2½x
3:33	Rep	Sing , got this feeling	4x8	A³	🔊 Traveling Kick & Turning Chassé Combo R then L	1-16	2x
3:47	Outro	_ Come on	1x8		Kick R. <i>RA</i> Strike a dance pose	1-4 5-8	

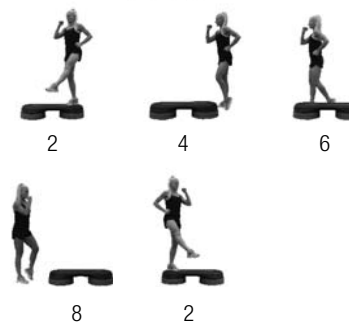
KICK & MARCH COMBO OTS

PHONETIC CUE: 'Step kick, six, five, four, three, two one, step kick, six, five, four, three, two, one'
Use a visual cue to HOLD the 6x Marches on the floor, and close to the R side of the step
Emphasize the walking rhythm of the 6x Marches, as a common mistake is for people to 'Tap down' and end up on the wrong leg



TRAVELING KICK & MARCH COMBO

Kick R. RA (on R diagonal) 1-2
Step down L, R. RA 3-4
Curved March F, L, R, L, R to the other side. RA 5-8
Repeat to the other side 9-16
PHONETIC CUE: 'Step kick, step down, walk across, step kick, step down, walk across'
Use a visual cue to show the direction to walk
Emphasize the 'Step Down' part of the combo, as a common mistake is for people to 'Tap down' and end up on the wrong leg
Curve the March around so that when you kick, you're on a 45-degree angle

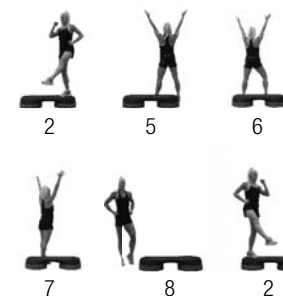


TRAVELING KICK & CHASSÉ COMBO

Kick R. RA (on R diagonal) 1-2
Step down L, R. RA 3-4
Chassé L then R to the other side. RA 5-8
Repeat to the other side 9-16
PHONETIC CUE: 'Kick, step down, cha-cha-cha, cha-cha-cha, kick, step down, cha-cha-cha, cha-cha-cha'
A common mistake is to chassé with the same arm as the leg. To get the opposite arm and leg, tap fists to your hips on ct 4 to reset the arms.
👇 **OPTION:** March instead of Chassé

TRAVELING KICK & TURNING CHASSÉ COMBO

Kick R. RA (on R diagonal) 1-2
Step down L, R. RA 3-4
Rotating Chassé L then R to other side. RA 5-8
Repeat to the other side 9-16
Let loose, and let the music and rhythm drive the rotation, and the feel
In the last chorus, encourage them to raise their arms O/H as they rotate
👇 **OPTION:** March instead of Chassé



KNEE LIFT

PHONETIC CUE: 'Lift your knee, lift your knee'
Use a visual cue to HOLD the Knee Lifts OTS
Body on 45-degree angle

3 STEP ORIENTATION CLASSIC CONTINUED

Can't Stop The Feeling! > 3:56 mins

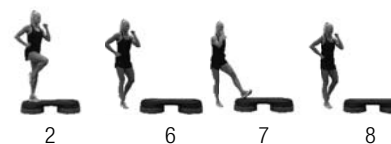
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2X REPEATER KNEE LIFT & HEEL DIG COMBO

2x Repeater Knee Lift R. *RA* 1-4
 Step down L then Tap R to the floor. *RA* 5-6
 Heel Dig R to the step. *RA* 7
 Tap R to the floor. *RA* 8

PHONETIC CUE: 'Knee, knee, down, dig, knee, knee, down, dig'

Body on 45-degree angle



2X REPEATER KNEE LIFT & SHUFFLE COMBO

2x Repeater Knee Lift R. *RA* 1-4
 Shuffle on the floor. *RA* 5-8

PHONETIC CUE: 'Knee, knee, shuffle, knee, knee, shuffle'

Brace abs and **soften knees** in the Shuffles

⇓ **OPTION:** 2x Repeater Knee Lift & Heel Dig Combo

TRACK FOCUS

Set up the rules and options for the Burpee, then work with speed to drive up the intensity. Work the levels of intensity in the Repeater variations, recovery in the base Repeaters, build in the Stapled Repeaters, then drive hard with the added arm-lines.

TEACH ATHLETIC

COME INTO THIS TRACK

Strong athletic, energized and ready to work your way to the first cardio peak.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	_ Bury it, you bury it	1x8	Prepare to move	1-8
0:03	Instr		2x8 A	Bounce L&R. <i>RA</i>	1-2 8x
0:10	Rep	_ Bury it, you bury it	4x8 B	Super Slow Burpee	1-16 2x
0:24		_ Bury it, you bury it	4x8 B ¹	Slow Burpee & Bounce. <i>RA</i>	1-16 2x
0:38	Instr	Above	8x8 B ²	Burpee & Bounce. <i>RA</i>	1-8 8x
1:06	PC	_ Bury it, you bury it	2x8 C	Knee Lift L then R. <i>RA</i> (to center)	1-8 2x
1:13		_ Bury it, you bury it	2x8 C ¹	Knee Lift L then R. <i>RA</i> (to corners)	1-8 2x
1:20	Rep	Above , and rise	4x8 C ²	Propulsive Knee Lift L then R. <i>Single Punch O/H</i> (to corners)	1-8 4x
1:34	V1	_ Cover up cover up	4x8 D	3x Repeater Knee Lift L then R. <i>RA</i> (to center)	1-16 2x
1:48		I never promised you	4x8 D ¹	 Next move on the last 8 cts 3x Repeater Stapled Knee Lift L then R. <i>RA</i>	1-16 2x
2:02	PC	_ Bury it, you bury it	4x8 D ²	3x Repeater Stapled Knee Lift L then R. <i>Reach Up & Down</i>	1-16 2x
2:15	Rep	Above , and rise	4x8 C ²	 Propulsive Knee Lift L then R	1-8 4x
2:29	Instr		2x8 A	 Bounce L&R	1-2 8x
2:36	Instr		8x8 B ²	 Burpee & Bounce	1-8 8x
3:04	V2	Reaching , reaching	4x8 D	 3x Repeater Knee Lift L then R. (to center)	1-16 2x
3:18		I never promised	4x8 D ¹	 Next move on the last 8 cts 3x Repeater Stapled Knee Lift L then R	1-16 2x
3:32	PC	_ Bury it, you bury it	4x8 D ²	 3x Repeater Stapled Knee Lift L then R. <i>Reach Up & Down</i>	1-16 2x
3:46	Rep	Above , and rise	4x8 C ²	 Propulsive Knee Lift L then R	1-8 4x
4:00	Instr		2x8 A	 Bounce L&R	1-2 8x
4:07	Instr		8x8 B ²	 Burpee & Bounce	1-8 8x
4:35	Rep	I never promised	1x8 D	 3x Repeater Knee Lift L then R. (to centre)	1-8 ½x
		You	3x8 D ¹	3x Repeater Stapled Knee Lift R then L	1-16 1½x
4:49	PC	_ Bury it, you bury it	4x8 D ²	 3x Repeater Stapled Knee Lift L then R. <i>Reach Up & Down</i>	1-16 2x
5:03	Rep	Above , and rise	4x8 C ²	 Propulsive Knee Lift L then R	1-8 4x
5:17	Outro	And rise above	½x8	Jump L onto step. <i>Point R O/H</i>	1-4

BOUNCE

CUE: 'Bounce on the spot'

Feet slightly wider than hip-width

Shift body weight from 1 leg to the other

Brace abs and move the whole body as 1 unit

Avoid swinging the hips (like you're doing a hula dance)



SUPER SLOW BURPEE

Bend knees. *Hands on the step* 1-4
Jump feet back to Plank position 5-8
Jump feet in towards the step, knees bent 9-12
Stand tall. *Fists to hips* 13-16

CUE: 'Hands down, jump back, jump in, stand tall'

Bend knees a lot as you place hands onto the step

Brace abs to keep the lower back supported

Eye gaze forward to help keep the spine long

⇓ **OPTION:** Step feet back and step feet in

SLOW BURPEE & BOUNCE

Bend knees. *Hands on the step* 1-2
Jump feet back to Plank position 3-4
Jump feet in towards the step, knees bent. 5-6
Stand tall. *Fists to hips* 7-8
Bounce L&R x4. *RA* 9-16

PHONETIC CUE: 'Down, back, in, stand, hold and bounce, down, back, in, stand, hold and bounce'

Use a visual cue to HOLD the Bounce OTS

⇓ **OPTION:** Slow Double Squat and Bounce



BURPEE & BOUNCE

Bend knees. *Hands on the step* 1
Jump feet back to Plank position 2
Jump feet in towards the step, knees bent 3
Stand tall. *Fists to hips* 4
Bounce L&R x2. *RA* 5-8

PHONETIC CUE: 'Down back in, bounce, down back in, bounce'

Recap these points:

Bend knees

Brace abs

Eye gaze forward

Layer 2

Move faster to increase intensity

Working almost every muscle in the body

Bend the knees and squat lower

Thrust the legs back long

⇓ **OPTION:** Double Squat and Bounce



KNEE LIFT

PHONETIC CUE: 'Right foot, left foot, right foot, left foot'

Set up the alternating foot pattern

Then use a visual cue to show when to move the Knee Lifts to the corners

PROPULSIVE KNEE LIFT

CUE: 'Add a propulsion'

Lead with the heel

Roll through the foot

Push off the toes

⇓ **OPTION:** No propulsion

Layer 2

See what's happening on the floor? Is the knee lifting to hip level? Whether you're jumping or staying low, it's not a Knee Lift unless your knee 'lifts'

Tap your toes to your calf

3X REPEATER STAPLED KNEE LIFT

3x Repeater Knee Lift L, to the R side. *RA* 1-6
Wide Staple Step R, L across towards the L. *RA* 7-8
Repeat to the other side 9-16

PHONETIC CUE: '3, 2, 1, step across, 3, 2, 1, step across'

Use a visual cue to show the wide step across, and to show that the foot placement is to the side of the step

Body remains square to the front

Layer 2

Use the arms to increase the intensity

Extend from the tip of your toes, right up through the fingertips

Bend the supporting leg to sit deeper and load the leg



REPEAT 3X REPEATER KNEE LIFT

PHONETIC CUE: '3, 2, 1, change legs, 3, 2, 1, change legs'

Use a visual cue to show the leading leg

5 MIXED STRENGTH



Shake That Thing (Riverside) > 4:56 mins

5

TRACK FOCUS

Use clear visual cues to HOLD stationary moves, and to show direction in the traveling moves.

TEACH ATHLETIC

COME INTO THIS TRACK

A little breathless from Track 4.
Strong and in control.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 Intro Riverside , let's go	1x8 Prepare to move	1-8	
0:01 Instr	2x8 A Up Tap L then R. <i>RA</i> (to center) 👁️ Next move on the last 4 cts	1-8	2x
	2x8 A ¹ Staped Up Tap L then R. <i>RA</i> 👁️ Next move on the last 4 cts	1-8	2x
0:15 Instr (Riff)	4x8 B Tap Down L then R. <i>RA</i> 👁️ Next move on the last 8 cts	1-8	4x
0:30 Riverside, let's go	4x8 B ¹ Drop Squat L then R. <i>Blade RA</i>	1-8	4x
0:44 Instr (Quiet)	2x8 B ² Squat Pulse L. <i>Hands to thighs</i>	1-2	8x
0:51 V1 _ Club music	4x8 C 3x Squat Pulse & March Across Combo R then L 👁️ Next move on the last 8 cts	1-16	2x
1:06 Dance, let me	4x8 C ¹ 3x Squat Pulse & Pendulum Swing Combo R then L	1-16	2x
1:20 Ref Let me see the way you stomp	1x8 D March R, L. <i>RA</i> (R foot on the floor, L foot on the step) 👁️ Next move on the last 4 cts	1-2	4x
1:24 Let me see the way you stomp	3x8 D Half Stomp R. <i>RA</i> 👁️ Next move on the last 16 cts	1-4	6x
1:34 C _ She got me	8x8 C ² Half Stomp, Squat & Pendulum Swing Combo R then L	1-16	4x
2:03 Instr (Dubstep)	4x8 E Dynamic Squat R. <i>Blade RA</i>	1-4	8x
2:17 Rep So psycho	4x8 F Repeater Knee Lift Sequence 14x Repeater Knee Lift R. <i>RA</i> March R, L, R, L behind the step. <i>RA</i>	1-28 29-32	
2:31 Instr (Riff)	4x8 B ¹ 🎧 Drop Squat R then L	1-8	4x
2:46 Instr (Quiet)	2x8 B ² 🎧 Squat Pulse R	1-2	8x
2:53 V2 _ So bad she can	4x8 C 🎧 3x Squat Pulse & March Across Combo L then R 👁️ Next move on the last 8 cts	1-16	2x
3:07 Come and ride	4x8 C ¹ 🎧 3x Squat Pulse & Pendulum Swing Combo L then R	1-16	2x
3:21 Ref Let me see the way you stomp	1x8 D 🎧 March L, R (L foot on the floor, R foot on the step) 👁️ Next move on the last 4 cts	1-2	4x
	3x8 D 🎧 Half Stomp L 👁️ Next move on the last 16 cts	1-4	6x
3:36 C _ She got me	8x8 C ² 🎧 Half Stomp, Squat & Pendulum Swing Combo L then R	1-16	4x
4:04 Instr (Dubstep)	4x8 E 🎧 Dynamic Squat L	1-4	8x
4:18 Rep So psycho	4x8 F 🎧 Repeater Knee Lift Sequence L	1-32	
4:33 Instr (Riff)	4x8 B ¹ 🎧 Drop Squat L then R	1-8	4x
4:47 Outro	1x8 Drop Squat L & Hold	1-8	

UP TAP

PHONETIC CUE: 'Up tap, change legs, up tap, change legs'

Use a visual cue to show the leading leg

STAPLED UP TAP

PHONETIC CUE: 'Up tap, step across, up tap, step across'

Use a visual cue to show the wide step across
Keep body square to the front

TAP DOWN

PHONETIC CUE: 'Tap the floor, tap the floor'

Bend the supporting leg to sit deeper
Extend the tapping leg out long

DROP SQUAT

PHONETIC CUE: 'Sit, stand, sit, stand'

Feet outside hip-width

Sit the **butt back and down**

Abs braced and tip slightly forward from the hips

Chest up

After the March on the floor, use a visual cue to show the direction of the first Drop Squat

SQUAT PULSE

CUE: 'Hold and squat, squat, squat, squat'

Use a visual cue to HOLD the Squat Pulse OTS

Hands to the top of the thighs and **lift the chest**

3X SQUAT PULSE & MARCH ACROSS COMBO

3x Squat Pulse L (To the R side). *Hands to the top of thighs*

March R, L, R on top, across to L side. *RA*

Repeat to the other side

PHONETIC CUE: '3, 2, 1, walk across, 3, 2, 1, walk across'

Use a visual cue to HOLD the 3 Squat Pulses, and to show the direction to walk across

REPEAT 3X SQUAT PULSE & PENDULUM SWING COMBO

3x Squat Pulse L (To the R side). *Hands to the top of thighs*

Pendulum Swing R, L, R on top, across to L side. *RA*

Repeat to the other side

PHONETIC CUE: '3, 2, 1, swing swing swing, 3, 2, 1, swing swing swing'

Soften knees to lessen impact on the Swings

Layer 2

Brace abs and lock the hips in place

Move the Swings from the hip joint



MARCH

March R to the R side on the floor. *RA*

March L on the step. *RA*

PHONETIC CUE: 'Walk right, left, right, left'

Use a visual cue to HOLD and march OTS

Natural walking rhythm

HALF STOMP

March R to the R side on the floor. *RA*

March L on the step. *RA*

March R to the B on the floor. *RA*

March L on the step. *RA*

PHONETIC CUE: 'Side, back, side, back'

Maintain the natural walking rhythm

5 MIXED STRENGTH CONTINUED



Shake That Thing (Riverside) > 4:56 mins

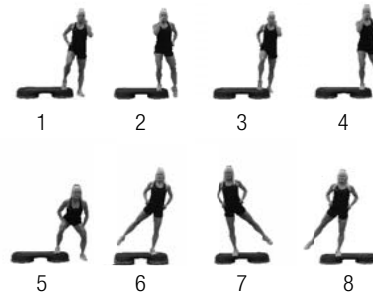
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HALF STOMP, SQUAT & PENDULUM SWING COMBO

March R to the R side on the floor. *RA* 1
 March L on the step. *RA* 2
 March R to the B on the floor. *RA* 3
 March L on the step. *RA* 4
 Squat R on the floor. *Hands to the top of thighs* 5
 Pendulum Swing R, L, R. *HOH* 6-8
 Repeat to the other side 9-16
CUE: 'Side, back, squat, swing swing swing, side, back, squat, swing swing swing'

Layer 2

Bent knees and sit deeper into the Squat
 ↕ **OPTION:** 3x Squat Pulse & March Across Combo



REPEATER KNEE LIFT SEQUENCE

CUE: 'Repeater, HOLD'

Use a visual cue to HOLD the Repeater

Chest up

Layer 2

Bend supporting leg to sit deeper and load the leg

Push the leg back long

Count down the last 4 reps to cue the class to march to the back of their step

DYNAMIC SQUAT

PHONETIC CUE: 'Sit, stand, sit, stand'

Drop down to the Squat fast then drive up fast to the Knee Lift

Count down the last 2 reps and prepare the class to hold for Repeaters

Feet outside hip width apart

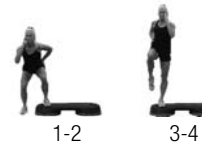
Sit the **butt back and down**

Abs braced and tip slightly forward from the hips

Chest up

Layer 2

Bend knees to sit deeper and work the legs and glutes more



6 PEAK 2



Put Your Graffiti On Me > 4:53 mins

6

TRACK FOCUS

Clearly coach the compulsory cues for the 1-Arm Side Climber, and offer the Mountain Climber as a lighter option. Tap into the different feels for each move to create contrast: 'chilled' in the L-Step, build the energy in the Propulsive L-Step, strong in the 1-Arm Side Climber, playful with the 6x Jog Across and 'Tag'.

TEACH ATHLETIC

COME INTO THIS TRACK

Strong, a little out of breath, legs burning and ready to flush out the legs then smash the cardio.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 Intro	Put your name	1x8	Prepare to move
0:03 Instr	_ Tag me	4x8	A 6x March Across The Step L then R. <i>RA</i> 👁️ Next move on the last 8 cts
0:17 C	_ Tag me	8x8	A ¹ 6x Jog Across The Step L then R. <i>RA & Tag L</i>
0:45 Rep	Put your name on	4x8	B Propulsive ATT L then R. <i>Reach Up & Down</i>
0:59 Instr	(Quiet)	2x8	C Knee Lift L. <i>RA</i> (Body square to front) 👁️ Next move on the last 8 cts
1:06 V1	Denim jean jacket	4x8	C ¹ L-Step L. <i>RA</i> 👁️ Next move on the last 8 cts
1:20	Denim jean jacket	4x8	C ² Propulsive L-Step L. <i>Blade RA</i>
1:33 Ref	(Breathing)	4x8	D Step L to step & Freeze. <i>L flexed hand F</i> Swivel into step & step L leg B. <i>Place L hand on the step</i> Hold 1-Arm Plank Position 👁️ Next move on the last 4 cts
1:47 Rep	Put your name on	4x8	E 1-Arm Side Climber L then R. <i>RA</i>
2:01 Br	(Breathing)	2x8	F Jump feet in towards step Slowly roll body up to standing position Prepare to move
2:08 C	_ Tag me	8x8	A ¹ 🎧 6x Jog Across The Step L then R. <i>RA & Tag L</i>
2:36 Br	Me me me me	½x8	B ¹ ATT L. <i>HOH</i>
2:38 Rep	_ Put your graffiti	4x8	B 🎧 Propulsive ATT R then L
2:51 Instr	(Breathing)	2x8	C 🎧 Knee Lift R 👁️ Next move on the last 8 cts
2:58 V2	Cotton candy	4x8	C ¹ 🎧 L-Step R 👁️ Next move on the last 8 cts
3:13	Denim jean jacket	4x8	C ² 🎧 Propulsive L-Step R
3:26 Ref	(Breathing)	4x8	D 🎧 Step R to step & Freeze. <i>R flexed hand F</i> Swivel into step & step R leg B. <i>Place R hand on the step</i> Hold 1-Arm Plank Position 👁️ Next move on the last 4 cts
3:40 Rep	Put your name on	4x8	E 🎧 1-Arm Side Climber R then L. <i>RA</i>
3:54 Br	(Breathing)	2x8	F 🎧 Jump feet in towards step Slowly roll body up to standing position Prepare to move
4:01 C	_ Tag me	8x8	A ¹ 🎧 6x Jog Across The Step R then L. <i>RA & Tag R</i>
4:29 Br	Me me me me	½x8	B ¹ 🎧 ATT R. <i>HOH</i>
4:31 Rep	_ Put your graffiti	4x8	B 🎧 Propulsive ATT L then R
4:45 Out-ro		½x8	ATT L. <i>HOH</i> Cross R behind L. <i>Open L flexed hand to L side</i>

6X MARCH ACROSS THE STEP

PHONETIC CUE: '6, 5, 4, 3, 2, 1, step down, 6, 5, 4, 3, 2, 1, step down'

Use a visual cue to show the direction to march
Bring attention to the tap behind on count 8
Then bring attention to the 'Tag' arm-line

6X JOG ACROSS THE STEP

6x Jog across the step L. *RA* 1-6
Step L to the floor. *L flexed hand to R shoulder* 7
Cross R foot behind L foot. *Open L flexed hand to the R side* 8

6x Jog across the step R. *RA* 9-14
Step R to the floor. *R hand to L shoulder* 15
Cross L foot behind R foot. *R flexed hand to R side* 16

PHONETIC CUE: '6, 5, 4, 3, 2, 1, tag me, 6, 5, 4, 3, 2, 1, nothing'

Only 'Tag' to one side
Make the 'Tag' strong and sharp
Tap your hand to the opposite shoulder on ct 7, then open your flexed hand to the side on ct 8

Layer 2

Flick your heels towards your butt to increase intensity

👁️ **OPTION:** 6x March Across The Step



PROPULSIVE ATT

PHONETIC CUE: 'Step up, step down, step up, step down'

Step to the middle to the step to get halfway across the step

👁️ **OPTIONS:** Low ATT, no arms or move across on the floor

KNEE LIFT

PHONETIC CUE: 'Lift your knee, lift your knee'
Use a visual cue to HOLD the Knee Lift OTS

L-STEP

PHONETIC CUE: 'Knee to the back, knee to the side, knee to the back, knee to the side'

The same foot ALWAYS steps onto the step
The same knee ALWAYS lifts

PROPULSIVE L-STEP

PHONETIC CUE: 'Jump to the back, jump to the side, jump to the back, jump to the side'

👁️ **OPTION:** L-Step

TRANSITION TO 1-ARM SIDE CLIMBER

Step L to the step & freeze. *L flexed hand F* 1-4
Rotate to 45 degrees, Step L foot back long. *Place L hand on the step, R hand to R hip* 5-8
Coach the compulsory cues 9-32

Get class to freeze with their hand forward
Get class to rotate to 45 degrees
Get class to step back LONG and place that hand on the step

Push hand in to the step to stabilize the upper body

Strong ab brace

Chest up

Long split stance



1-ARM SIDE CLIMBER

Split L foot F, R foot back long. *RA, R forward, L Back* 1-2

Repeat to the other side 3-4

PHONETIC CUE: 'Split, split, split, split'
Count down the last 4 Climbers so that your class knows where the finish line is

👁️ **OPTION:** Mountain Climber with both hands on the step



NEW MOVE

7 STEP RECOVERY



I Don't Like It, I Love It > 3:08 mins

7

TRACK FOCUS

Set up the '3' rhythm for the Squat and Lunge combos, then coach the target zones for weighted Lunge – Ribcage and forehead. Use a countdown and challenge your participants to complete every rep in the Repeaters, and if they don't in this class, tell them to remember where they got up to today, and try to do more next time they do this class.

TEACH ATHLETIC

COME INTO THIS TRACK

Out of breath and in need of cardio recovery. Create vocal contrast by speaking calmly.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	I don't like it	4x8	Set up Next move on the last 8 cts	1-32
0:15	C	I don't like it	4x8 A	3x Squat Pulse & Knee Lift Combo 3x Squat Pulse L. <i>Weight held into chest</i> Lift L knee. <i>Weight held into chest</i> Next move on the last 8 cts	1-6 7-8 4x
0:29	V1	Like it, I love it	4x8 B	3x Lunge Pulse & Knee Lift Combo 3x Lunge Pulse L. <i>Weight held into chest</i> Lift L Knee. <i>Weight held into chest</i> Next move on the last 8 cts	1-6 7-8 4x
0:44	Ref	I don't like it	8x8 B'	Weighted 3x Lunge Pulse & Knee Lift Combo Lunge Pulse L. <i>Press weight F to 40°</i> Lunge Pulse L. <i>Lift weight up to 80°</i> Lunge Pulse L. <i>Hold weight up at 80°</i> Lift L Knee. <i>Pull weight to top of chest</i>	1-2 3-4 5-6 7-8 8x
1:14	Rep	I don't like it	4x8 C	Repeater Knee Lift L. <i>Hold weight O/H at 80°</i>	1-2 16x
1:28	Br	Like it	½x8	Step B. <i>Release arms down</i>	1-4
1:30	Instr		4x8	Recover & set up to work the other side	1-32
1:45	C	I don't like it	4x8 A	3x Squat Pulse & Knee Lift Combo R Next move on the last 8 cts	1-8 4x
2:00	V2	Like it, I love it	4x8 B	3x Lunge Pulse & Knee Lift Combo R Next move on the last 8 cts	1-8 4x
2:15	Ref	I don't like it	8x8 B'	Weighted 3x Lunge Pulse & Knee Lift Combo R	1-8 8x
2:44	Rep	I don't like it	4x8 C	Repeater Knee Lift R	1-2 16x
2:58	Outro		½x8	Step B. <i>Release arms down</i>	1-4

SETUP

Choose a 2.5kg or 5kg weight plate. Suggest that new steppers use a lighter weight, or no weight at all
Stand on top of the step, close to the back
Hold **weight plate into the chest** (Make contact between the weight plate and chest)
Create a squeeze between shoulder blades (Open the chest, squeeze the back)

3X SQUAT PULSE & KNEE LIFT COMBO

3x Squat Pulse L. *Hold weight plate into chest* 1-6
Lift L knee. *Hold weight plate into chest* 7-8
PHONETIC CUE: 'Squat, 2, 1, knee, squat, 2, 1, knee'



3X LUNGE PULSE & KNEE LIFT COMBO

3x Lunge Pulse L. *Hold weight plate into chest* 1-6
Lift L knee. *Hold weight plate into chest* 7-8
PHONETIC CUE: 'Lunge, 2, 1, knee, lunge, 2, 1, knee'
Long step backward



WEIGHTED 3X LUNGE PULSE & KNEE LIFT COMBO

Lunge Pulse L. *Press weight plate F to ribcage level* 1-2
Lunge Pulse L. *Lift weight plate up to forehead level* 3-4
Lunge Pulse L. *Hold weight plate up to forehead level* 5-6
Lift L knee. *Lower weight plate to the top of chest* 7-8

PHONETIC CUE: 'Weight forward, up... to chest, forward, up... to chest'

Target zones for the weight plate

Forward – just below chest, **to ribcage level**

Up – **forehead level**

Front **knee in line with toes**

Front **thigh parallel to the floor**

❖ **OPTIONS:** No weight plate, or hold the weight plate into chest



REPEATER KNEE LIFT

CUE: 'Keep the weight up, Repeater'

Hold the **weight at forehead level**

Count down the last 4 reps so that the class knows where the finish line is

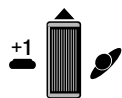
Brace abs to support lower back

Layer 2

Bend supporting leg to sit deeper and load the leg
Extend the arms out more



8 PARTY STEP



Hair > 5:24 mins

8

TRACK FOCUS

Use clear uncluttered phonetic cues to set up the patterns of each move. Trust that the music will do its job and naturally bring out the fun feel to the track, so really focus on getting success on the floor. Add your own authentic 'sass' and 'attitude' in the last chorus, and encourage your class to join you.

TEACH FLAVA

COME INTO THIS TRACK

Excited, re-energized and buzzing.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	Get him out my	½x8	Prepare to move	1-4
0:02	Instr	_ Ooh ooh ooh	8x8 A	Kick L then R to the front & back of the step 👁️ Next move on the last 16 cts	1-8 8x
0:30	C	_ He was just a	8x8 B	Kick & Walk Around The Step Combo L	1-16 4x
0:58	Rep	Get him out my	4x8 C	Propulsive OTT L then R. <i>Scoop & Clap</i>	1-8 4x
1:12			4x8 C¹	Switch Curl L then R. <i>Scoop & Clap</i>	1-8 4x
1:26	V1	_ I call my girl	4x8 D	6x March On Top L then R. <i>RA</i> 👁️ Next move on the last 8 cts	1-16 2x
1:40		_ Let's switch it	4x8 D¹	Indecision Straddle L then R. <i>RA</i> 👁️ Next move on the last 8 cts	1-16 2x
1:54	Rep	Get him out my	8x8 D²	Indecision Switch Curl L then R. <i>RA</i>	1-16 4x
2:22	Ref	Do do do do do	4x8 A	🔊 Kick L then R to the front & back of the step 👁️ Next move on the last 16 cts	1-8 4x
2:37	C	_ He was just a	8x8 B	🔊 Kick & Walk Around The Step Combo L	1-16 4x
3:05	Instr		½x8 C²	OTT L. <i>HOH</i>	1-4
3:07	Rap	_ Thought that forever	4x8 C¹	🔊 Switch Curl R then L	1-8 4x
3:21	V2	_ Gonna bleach him	4x8 D	🔊 6x March On Top R then L 👁️ Next move on the last 8 cts	1-16 2x
3:35		_ We're going out	4x8 D¹	🔊 Indecision Straddle R then L 👁️ Next move on the last 8 cts	1-16 2x
3:49	Rep	Get him out my	8x8 D²	🔊 Indecision Switch Curl R then L	1-16 4x
4:17	Ref	Do do do do do	4x8 A	🔊 Kick R then L to the front & back of the step 👁️ Next move on the last 16 cts	1-8 4x
4:32	C	_ He was just	8x8 B	🔊 Kick & Walk Around The Step Combo R	1-16 4x
4:59	Instr		½x8 C²	🔊 OTT R. <i>HOH</i>	1-4
5:01	Rap	_ Thought that forever	4x8 C¹	🔊 Switch Curl L then R	1-8 4x
5:15	Outro	Get him out my	½x8	Switch Curl L. <i>Circle R hand around head</i> Tap L to L side. <i>Bent point upward R</i>	1-3 4

KICK L THEN R TO THE FRONT & BACK

Step L to the front then kick R. *RA* 1-2
Step down R, L, turning to face the back. *RA* 3-4
Step R to the back then kick L. *RA* 5-6
Step down L, R, turning to face the front. *RA* 7-8
PHONETIC CUE: 'Kick to the front, kick to the back, kick to the front, kick to the back'

Layer 2

Move the kick from the hip joint. Avoid flicking the foot forward from the knee joint



KICK & WALK AROUND THE STEP COMBO

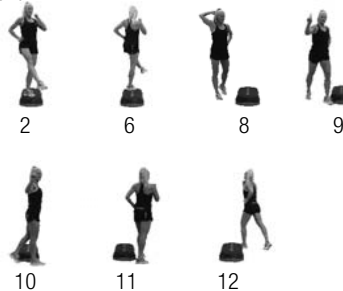
Step L to the front then kick R. *RA* 1-2
Step down R, L, turning to face the back. *RA* 3-4
Step R to the back then kick L. *RA* 5-6
Step down L, R, turning to face the front. *RA* 7-8
Walk F L, R x4 around the step. *RA* 9-16

PHONETIC CUE: 'Kick to the front, kick to the back, walk around, kick to the front, kick to the back, walk around'

Use a visual cue to show the direction to walk around the step

Layer 3

Inject some Flava by adding some attitude as you walk around the step. Make it authentic and cool and fun.



PROPULSIVE OTT

PHONETIC CUE: 'Step up, step down, step up, step down'

Use a visual cue to show the direction of the 1st OTT

👇 **OPTION:** Low OTT

SWITCH CURL

PHONETIC CUE: 'Step switch, step down, step switch, step down'

Jump and **release the heel as you turn** so that you don't twist at the ankle or knee joint

If you're not jumping, stay with OTT

👇 **OPTIONS:** Low or Propulsive OTT

6X MARCH ON TOP

March L, R x3 on top of the step. *RA* 1-6
Step L down to the L side then Tap R to the floor.

RA 7-8
Repeat to the other side 9-16

PHONETIC CUE: '6, 5, 4, 3, 2, 1, step down, 6, 5, 4, 3, 2, 1, step down'

Use a visual cue to HOLD the Marches on top of the step, then to show the direction to step down

INDECISION STRADDLE

Step up L, R. *RA* 1-2
Straddle down L, R. *RA* 3-4

Straddle up L, R. *RA* 5-6
Step L down to the L side then Tap R to the floor.

RA 7-8
PHONETIC CUE: 'Up, straddle, up, side, up, straddle, up, side'

Use a visual cue to show the direction to step down

👇 **OPTION:** 6x March On Top

INDECISION SWITCH CURL

Step up L, R. *RA* 1-2
Straddle down L, R. *RA* 3-4

Step up L. *RA* 5
Switch Curl L. *RA* 6

Step down R, L to the L side. *RA* 7-8
Repeat to the other side 9-16

PHONETIC CUE: 'Up, straddle, switch, up, straddle, switch'

Jump and release the heel on ct 6

👇 **OPTIONS:** 6x March On Top or Indecision Straddle



9 SPEED STEP



Bad Man > 3:27 mins

9

TRACK FOCUS

Use short, clear and uncluttered phonetic cues to describe the footwork, together with clear visual cues to assist with these phonetics. The best time to connect to the 'Bad Man' lyrics is in the least complex move (the Speed Straddle).

TEACH FLAVA

COME INTO THIS TRACK

Hyped and ready to move quickly.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	I'm a bad man	1x8	Prepare to move	1-8
0:02	Instr		8x8 A	Slow Knee Lift & 6x March On Top Combo L then R. <i>RA</i>	1-32 2x
0:21	V1	They say he don't	8x8 A ¹	Freeze Knee Lift & 6x Jog On Top Combo L then R. <i>RA</i> 👁️ Next move on the last 8 cts	1-16 4x
0:40	Rep	I'm a bad man	8x8 A ²	Freeze Knee Lift & Speed Straddle Combo L then R. <i>RA</i>	1-16 4x
0:59	C	I'm a bad man	10x8 B	4x Stutter & Jog On Top L. <i>Raise fists O/H & RA</i>	1-16 5x
1:23	Instr	Oooh oooh	4x8 C	Speed Straddle L. <i>RA</i>	1-4 8x
1:33		Oooh oooh	4x8 C ¹	Bigger ROM Speed Straddle L. <i>RA</i>	1-4 8x
1:42	Ref	I'm a bad man	6x8 A	🔊 Slow Knee Lift & 6x March On Top Combo L then R	1-32 1½x
1:57	V2	Building a billion	8x8 A ¹	🔊 Freeze Knee Lift & 6x Jog On Top Combo R then L 👁️ Next move on the last 8 cts	1-16 4x
2:16	Rep	I'm a bad man	8x8 A ²	🔊 Freeze Knee Lift & Speed Straddle Combo R then L	1-16 4x
2:36	C	I'm a bad man	10x8 B	🔊 4x Stutter & Jog On Top R. <i>Raise fists O/H & RA</i>	1-16 5x
3:00	Instr	Oooh oooh	4x8 C	🔊 Speed Straddle R	1-4 8x
3:09		I'm a bad man	4x8 C ¹	🔊 Bigger ROM Speed Straddle R	1-4 8x
3:19	Outro	I'm a bad man	½x8	Step R to the floor. <i>Thumbs up</i>	1-4

SLOW KNEE LIFT & 6X MARCH ON TOP COMBO

Step L to the L side then lift R knee. *RA* 1-4
March R, L x3 on top of the step. *RA* 5-16
Repeat to the other side 17-32
PHONETIC CUE: 'Step, knee, 6, 5, 4, 3, 2, 1, step, knee, 6, 5, 4, 3, 2, 1'
Use a visual cue to show the direction to step down, and to HOLD the 6x Marchs on top of the step



FREEZE KNEE LIFT & 6X JOG ON TOP COMBO

Freeze Knee Lift L to the floor. *RA* 1-2
Jog R, L x3 on top of the step. *RA* 3-8
Repeat to the other side 9-16
PHONETIC CUE: 'Freeze, 6, 5, 4, 3, 2, 1, freeze, 6, 5, 4, 3, 2, 1'
Use a visual cue to HOLD the 6x jog on top of the step
Bend supporting knee in the Freeze Knee to soften the landing



FREEZE KNEE LIFT & SPEED STRADDLE COMBO

Freeze Knee Lift L to the floor. *RA* 1-2
Jog R, L on top of the step. *RA* 3-4
Straddle Jog R, L down. *RA* 5-6
Straddle Jog R, L on top of the step. *RA* 7-8
Repeat to the other side 9-16
PHONETIC CUE: 'Freeze, run down run up, freeze, run down run up'
Use a visual cue to show the direction of the Speed Straddle

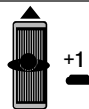
4X STUTTER & JOG ON TOP

4x Stutter Jog L on the floor, R on the step. 1-8
Slowly raise fists O/H 9-16
Jog L, R x4 on top of the step. *RA* 9-16
PHONETIC CUE: '4, 3, 2, 1, jog on top, 4, 3, 2, 1, jog on top'
Use a visual cue to HOLD the Stutter OTS, and to HOLD the 4x Jog on top of the step
👁️ **OPTION:** No arms



SPEED STRADDLE

PHONETIC CUE: 'Run down down, up up, down down, up up'
Use a visual cue to show the leading leg and the direction to straddle down
Layer 2
Lift your feet higher to increase intensity



TRACK FOCUS

Clearly set up the single-single-double rhythm, and remove the arms if you don't see success on the floor. Use vocal and physical contrast in each sequence. Be uplifting in the Single Single Double Taps, be calm and 'chill' in the Taps that lead into the Straddles, be strong in the Straddle Jumps, and full of energy in the OTTs.

TEACH ATHLETIC

COME INTO THIS TRACK

Strong with contained energy, ready to be released. Show excitement for the final cardio blast.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	No one can be	½x8	Prepare to move	1-4
0:02	Instr	Just like fire	2x8	A	Down Tap L then R. RA
		Just like fire	2x8	A¹	Propulsive Down Tap L then R. RA
0:16	C	Just like fire	4x8	B	Single Single Double Combo L then R. RA
0:30		Just like fire	4x8	B¹	Single Single Double Combo L then R. Single Single Double Arms
0:43	Rep	Run it, run it	4x8	C	Propulsive OTT L then R. Reach Up & Down
0:57	Br	Just like fire	1x8	A	Down Tap L then R
					Next move on the last 4 cts
1:00	V1	I know that	4x8	D	Straddle L. RA
					Next move on the last 4 cts
1:14	Rep	Just like fire	4x8	D¹	Straddle Jump Down & Up. Fists to hips & Bent Raise F
1:28	Ref	Just like fire	2x8	A	Down Tap L then R
1:35	C	Just like fire	8x8	B¹	Single Single Double Combo L then R.
2:02	Br	Just like fire	½x8	C¹	OTT L. HOH
2:04	Rep	Run it, run it	4x8	C	Propulsive OTT R then L
2:18	Br	Just like fire	1x8	A	Down Tap R then L
					Next move on the last 4 cts
2:21	V2	People like to	4x8	D	Straddle R
					Next move on the last 4 cts
2:35	Rep	Just like fire	4x8	D¹	Straddle Jump Down & Up
2:49	Ref	Just like fire	2x8	A	Down Tap R then L
2:56	C	Just like fire	8x8	B¹	Single Single Double Combo R then L
3:23	Br	Just like fire	½x8	C¹	OTT R. HOH
3:25	Rep	Run it, run it	4x8	C	Propulsive OTT L then R
3:39	Ref	So look I came here	4x8	A	Down Tap L then R
3:52	Rep	Just like fire	4x8	D¹	Straddle Jump Down & Up
4:06	Ref	Just like fire	2x8	A	Down Tap L then R
4:13	C	Just like fire	8x8	B¹	Single Single Double Combo L then R
4:40	Br	Just like fire	½x8	C¹	OTT L. HOH
4:42	Rep	Run it, run it	4x8	C	Propulsive OTT R then L
4:56	Outro	Just like fire	½x8		Step R to the floor. Fire arms O/H then down

DOWN TAP

PHONETIC CUE: 'Tap left, right, left, right'

PROPULSIVE DOWN TAP

CUE: 'Add a push off the step'
Toes lightly to the floor, keep heels lifted

SINGLE SINGLE DOUBLE COMBO

Propulsive Tap L then R. Single Punch O/H L then R
2x Repeater Knee Lift L. Reach Up & Down x2
Repeat to the other side
PHONETIC CUE: 'Single, single, double, single, single, double'
Use a visual cue to HOLD the Doubles
OPTION: No arms, or no propulsion



PROPULSIVE OTT

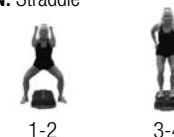
PHONETIC CUE: 'Step down, step up, step down, step up'
Use a visual cue to show the direction to step down
OPTION: Low OTT, no arms

STRADDLE

PHONETIC CUE: 'Walk down, walk up, walk down, walk up'
Use a visual cue to show the direction to step down
Natural walking rhythm

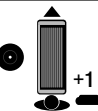
STRADDLE JUMP DOWN & UP

Straddle Jump down to the floor. Bent Raise F
Jump on top of the step. Fist to hips
PHONETIC CUE: 'Down, up, down, up'
Land on the floor with knees and toes out slightly and knees soft to absorb impact
Land the jump on top with feet slightly apart and soft knees to soften the landing
Chest up
Knees in line with toes
OPTION: Straddle



11 RECOVERY/CONDITIONING

Weight Plate
2.5kg or 5kg



Don't Let Me Down > 4:59 mins

11

TRACK FOCUS

In the weighted exercises, coach the arm angles and weight positions. Also coach the Lat squeeze in the pull down and the contraction through the rear deltoids and upper back in the Rotating Lat Raise, and the chest squeeze as the weight moves above the knee. Coach correct alignment, technique and option for the Rotating Plank.

TEACH ATHLETIC

COME INTO THIS TRACK

Out of breath and in need of cardio recovery.

MUSIC	SEQUENCE/EXERCISE	CTS	REPS
0:00 Intro	Set up, prepare to Lunge	1-24	
0:17 V1 _ Crashing, hit a	Slow Lunge Combo L	1-16	
0:29 PC I need you	Lunge Combo L	1-8	4x
0:52 C _ Don't let me	Lunge with Rotating Lat Raise L	1-4	8x
1:17 Instr	Recover and set up to work the other side	1-16	
1:30 V2 _ Running out of	Slow Lunge Combo R	1-16	
1:42 PC I need you	Lunge Combo R	1-8	4x
2:05 C _ Don't let me	Lunge with Rotating Lat Raise R	1-4	8x
2:29 Instr _ I think I'm losing	Recover and set up Plank position	1-32	
2:53 V3 I need you	Rotating Plank – Level 1 L	1-8	4x
3:17 C _ I think I'm losing	Rotating Plank – Level 2 L	1-8	4x
3:41 Instr	On knees, stretch back, then prepare to work the other side	1-16	
3:53 V4 I need you	Rotating Plank – Level 1 R	1-8	4x
4:17 C _ I think I'm losing	Rotating Plank – Level 2 R	1-8	4x
4:41 Instr _ Don't let me down	Plank Staggered Tricep Pushup down	1-14 15-16	

SETUP

Back of the step, R foot on the step, L foot back long to Lunge position, heel off the floor
Hold weight plate in the L hand, and across and above R knee



SLOW LUNGE COMBO

Lunge down L. *Weighted Diagonal Raise L* 1-4
Hold the Lunge down. *Lower weight plate towards shoulder* 5-8
Hold the Lunge down. *Press weight plate up* 9-12
Lunge up. *Lower weight plate down and across towards the top of the R knee* 13-16

CUE: 'Lunge diagonal up, pull down, press up, diagonal down and above knee, diagonal up, pull down, press up, diagonal'

Knee in line with toes

Abs braced

Chest up



LUNGE COMBO

Lunge down L. *Weighted Diagonal Raise L* 1-2
Hold the Lunge down. *Lower weight plate towards shoulder* 3-4
Hold the Lunge down. *Press weight plate up* 5-6
Lunge up. *Lower weight plate down and across towards the top of the R knee* 7-8

PHONETIC CUE: 'Diagonal, pull, extend, across, diagonal, pull, extend, across'

Diagonal raise: Work the shoulder

Pull down: Squeeze and work the back muscles

Keep the **weight above shoulder level**

Extend: Work the shoulder

Diagonal down: Squeeze the chest

Brace the abs and avoid twisting



LUNGE WITH ROTATING LAT RAISE

Lunge down L. *Weighted Bent Rotating Raise L* 1-2
Lunge up. *Lower weight plate down and across towards the top of the R knee* 3-4

PHONETIC CUE: 'Open, across, open, across'

Keep the weight slightly in front of the body in the Rotating Lat Raise

Brace the abs and avoid twisting



SET UP PLANK POSITION

Place weight plate to the front of the step
Bend knees and place hands onto the step
Step feet back long to Plank position, feet slightly wider than hip-width
Hips down and brace abs
Shift your weight forward so that shoulders are above the wrists



PLANK

CUE: 'Hold the Plank'
Move your **shoulders above your wrists**
Hips down and **brace abs**

STAGGERED TRICEP PUSHUP

CUE: 'Just 1 Staggered Tricep Pushup, down down down'

ROTATING PLANK-LEVEL 1

Slow Rotating Plank up R. *Slowly extend R arm towards ceiling* 1-4
Slow Rotating Plank down R. *Slowly lower R arm down and place hand on the step* 5-8
PHONETIC CUE: 'Left hand up, rotate, and lower, put your hand down, same side, rotate, and lower'
Your **whole body rotates as 1 unit**
Swivel on the balls of your feet
Both heels lower sideways towards the floor
All 4 reps rotate the same way
⇩ **OPTION:** R knee on the floor

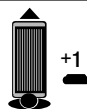


ROTATING PLANK-LEVEL 2

Slow Rotating Plank up R. *Slowly extend R arm towards ceiling* 1-4
Slow Rotating Plank down R. *Slowly lower R arm down and thread under chest* 5-8
CUE: 'Rotate, and lower, keep your hand up and thread through'
⇩ **OPTIONS:** Level 1 or R knee on the floor



12 COOLDOWN/STRETCH



Let Me Love You > 3:23 mins

12

TRACK FOCUS

'Chill', and create a 'cool' vibe as you stretch. Work your timing with the music to get in sync with the vibe.

COME INTO THIS TRACK

Calmed down, proud of your class for their efforts in the workout.

	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
0:00	Intro	2x8	Stand up, and move to the B of the step	1-16	
0:08	V1 I used to believe	2x8	A Calf Stretch L. <i>Shoulder Stretch L</i>	1-16	
0:18	Selling a dream	2x8	B Standing Calf & Quad Stretch L	1-16	
0:28	PC Go through the	2x8	C Hip Flexor Sequence Step L F to the floor Step R B long Place R hand to the step Drop hip	1-4 5-8 9-12 13-16	
	It's been a	2x8	C ¹ Hold Hip Flexor Stretch R	1-16	
0:47	C Don't you give up Don't you give up	2x8	D Move toes of L foot beside R knee Achilles Stretch L. <i>Hug R leg</i>	1-16 1-16	
1:06	Instr	4x8	E <i>Place hands onto step</i> Step R to Adductor Stretch L	1-32	
1:25	V2 Don't fall asleep	2x8	A Card Calf Stretch R. <i>Shoulder Stretch R</i>	1-16	
1:35	All that we need	2x8	B Standing Calf Quad & Stretch R	1-16	
1:44	PC Go through the	2x8	C Card Hip Flexor Sequence L	1-16	
	It's been a	2x8	C ¹ Hold Hip Flexor Stretch L	1-16	
2:04	C Don't you give up Don't you give up	2x8	D Card Move toes of R foot beside L knee Card Achilles Stretch R. <i>Hug L leg</i>	1-16 1-16	
2:23	Instr	4x8	E <i>Place hands onto step</i> Card Step L to Adductor Stretch R	1-32	
2:43	Instr (Horns)	2x8	F ITB Stretch R. <i>R bent arm O/H</i>	1-16	
		2x8	F Card Step R (Behind the step) Card ITB Stretch L	1-16	
3:02	C Don't you give up Don't you give up	2x8	G Standing Hamstring Stretch L	1-16	
		2x8	G Card Standing Hamstring Stretch R	1-16	

CALF STRETCH L & SHOULDER STRETCH

R foot on the step, L foot back long
Press **heel to the floor** and shift body **weight forward**
L arm across to stretch the shoulder
Keep body square to the front



STANDING CALF & QUAD STRETCH

On top of the step
Pull L foot towards butt
Close the gap between the legs
Soften the standing leg to maintain balance



HIP FLEXOR SEQUENCE

Step forward and down, hand up
Take a long step backward
Hand down to the step
Press hips downward
Make yourself long, from the heel right up to the top of your head



1-4



5-8



9-16

ACHILLES STRETCH

R knee down
L toes beside knee
Press L **heel to the floor**
Hug the leg with your arms
Shift body **weight forward**, keeping the L heel on the floor



ADDUCTOR STRETCH

Place hands on the step
Step R foot across long to the Adductor Stretch, taking R arm to rest on the R thigh
R knee in line with R toes
Push away from the L leg



ITB STRETCH

Cross R foot behind the L foot
Bent R arm O/H and over to the L
Hips towards the R



HAMSTRING STRETCH

L foot onto the step
Tip Forwards from the hips
Chest stays lifted
Belly button towards the top of the thigh



ATHLETIC FORMAT

LOOK *Strong, role-modeling great fitness*

FEEL *Training to get results*

COACHING FOCUS *Excellent cueing with strength and motivation*

TRACK SELECTION

1 Warmup

3 Step Orientation ATHLETIC

4 Peak 1

5 Mixed Strength

6 Peak 2

7 Step Recovery

10 Peak 3

AC Athletic Circuit ATHLETIC

11 Recovery/Conditioning

12 Cooldown/Stretch

BODYSTEP ATHLETIC – MIXING RELEASES

You can teach **TRACK 1** FROM ANY previous release.

TRACKS 3, 4, 5 & 6 MUST BE FROM THE SAME RELEASE and be from Release 89 onwards.

This is because we introduce moves in Track 3 that will be used in Tracks 4, 5 & 6.

TRACKS 7, 10, 11, 12 AND THE ATHLETIC CIRCUIT CAN BE FROM ANY RELEASE. You choose. You must do the Athletic Circuit after Track 10.

IN THIS RELEASE...

- The **Athletic Format** must be taught as a whole **ATHLETIC** class.
- **Track 3: ATHLETIC** Use Step Orientation Athletic – *New Rush / Don't Let Me Down*
- **Track 6:** Teach Track 6
- **Track 7:** Use a weight plate (2.5kg or 5kg max.)
- Use **ATHLETIC CIRCUIT** in place of Tracks 8 and 9 – *Into You / Nasty / Put Your Graffiti On Me*
- The **ATHLETIC CIRCUIT** must be taught after Track 10
- **Track 11:** Use a weight plate (2.5kg or 5kg max.)

3 STEP ORIENTATION ATHLETIC



New Rush/ Don't Let Me Down > 4:28 mins

3

TRACK FOCUS

Set up walking rhythm in Basic Step and establish the Triple Squat rhythm that they'll do again in Track 5. Clearly set the rules for 1-Arm Side Climber in the slow setup, and use this round of climbers as a 'practice' round for the workout phases later on in the class. So we're not driving the class to 'work hard' here, just to get a feel for it.

TEACH ATHLETIC

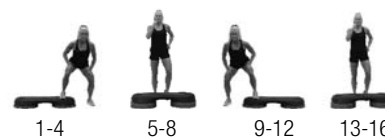
COME INTO THIS TRACK

With a game plan, loaded with technique knowledge and options for the moves you're about to teach.

MUSIC				SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro		2x8		Prepare to move 👁️ Next move on the last 8 cts	1-16	
0:07	Instr		8x8	A	Double Squat Pulse & March Behind The Step Double Squat Pulse L. <i>Hands to thighs</i> March R, L, R, L behind the step. <i>RA</i> Repeat to the other side	1-4 5-8 9-16	4x
0:35	C	I step on you	4x8	B	Basic Step L. <i>RA</i> (Close to the R side of the step) 👁️ Next move on the last 4 cts	1-4	8x
0:49		I burn my eyes	4x8	B'	Basic Jog L. <i>RA</i>	1-4	8x
1:03	Instr	(Guitars)	4x8	C	3x Squat Pulse & March Across Combo 3x Squat Pulse L. <i>Hands to thighs</i> March R, L, R across the step. <i>Fists to hips</i> Repeat to the other side	1-5 6-8 9-16	2x
1:18			4x8	C'	👁️ Next move on the last 8 cts 3x Squat Pulse & Pendulum Swing Combo 3x Squat Pulse L. <i>Hands to thighs</i> Pendulum Swing R, L, R across the step. <i>Fists to hips</i> Repeat to the other side	1-5 6-8 9-16	2x
1:32	Instr	(Quiet)	2x8	D	Set up 1-Arm Side Climber position <i>L hand on the step</i> Step L leg B long. <i>R arm in Blade RA position</i>	1-16	
1:44	PC	I need you	4x8	E	Slow 1-Arm Side Climber L then R	1-8	4x
2:08	C	_ Don't let me down	4x8	E'	1-Arm Side Climber L then R	1-4	8x
2:21	Instr		4x8		Jump in & stand up, move to the other side of the step Set up 1-Arm Side Climber position <i>R hand on the step</i> Step R leg back long. <i>L arm in Blade RA position</i>	1-16 1-16	
2:32	PC	_ Crashing, hit a wall	4x8	E	🔊 Slow 1-Arm Side Climber R then L	1-8	4x

DOUBLE SQUAT PULSE & MARCH BEHIND THE STEP

Double Squat L (To the R side). *Bent Raise F* 1-4
March R, L, R, L to the back of the step. *RA* 5-8
Repeat to the other side 9-16
PHONETIC CUE: 'Squat, squat, march to the back, squat, squat, march to the back'
Use a visual cue to show the direction to squat
Feet hip width apart
Sit butt back and down
Knees in line with toes
Chest up



BASIC STEP

PHONETIC CUE: 'Walk up, walk down, walk up, walk down'
Use a visual cue to HOLD the Basic Step
Natural walking rhythm
Whole foot on the step

BASIC JOG

PHONETIC CUE: 'Run up, run down, run up, run down'
👇 **OPTION:** Basic Step

3X SQUAT PULSE & MARCH ACROSS COMBO

3x Squat Pulse L (To the R side). *Hands to the top of thighs* 1-5
March R, L, R on top, across to L side. *RA* 6-8
Repeat to the other side 9-16
PHONETIC CUE: '3, 2, 1 walk across, 3, 2, 1 walk across'
Use a visual cue to HOLD the 3 Squats, and to show the direction to walk across

3X SQUAT PULSE & PENDULUM SWING COMBO

3x Squat Pulse L (To the R side). *Hands to the top of thighs* 1-5
Pendulum Swing R, L, R on top, across to L side. *RA* 6-8
Repeat to the other side 9-16
PHONETIC CUE: '3, 2, 1 swing swing swing, 3, 2, 1 swing swing swing'
Soften knees to lessen impact on the Pendulum Swings
Layer 2
Brace abs and lock the hips in place
Move the Swings from the hip joint



SET UP 1 ARM SIDE CLIMBER POSITION

To the R side of the step, on a **45-degree angle**
Step L foot back long, place R hand on the step



SLOW 1-ARM SIDE CLIMBER

Split L foot F, R foot back long. *RA, R forward, L Back* 1-4
Repeat to the other side 5-8
PHONETIC CUE: 'Split, split'
Push your hand in to the step to stabilize the upper body
Chest up
Brace abs
Long Split Stance
👇 **OPTION:** Slow Mountain Climber with both hands on the step



NEW MOVE

3 STEP ORIENTATION CONTINUED

New Rush/ Don't Let Me Down > 4:28 mins

3

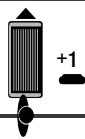
	MUSIC			SEQUENCE/EXERCISE	CTS	REPS
2:56	C	_ Don't let me down	4x8	E ¹  1-Arm Side Climber R then L	1-4	8x
3:08	Instr		4x8	Jump in & stand up Move to the back of the step, close to the L side	1-32	
3:22	C	I step on you	4x8	B  Basic Step R (Close to the L side of the step)	1-4	8x
3:36		I burn my eyes	4x8	B ¹  Next move on the last 8 cts  Basic Jog R	1-4	8x
3:51	Instr		4x8	C  3x Squat Pulse & March Across Combo R then L	1-16	2x
4:05			4x8	C ¹  Next move on the last 8 cts  3x Squat Pulse & Pendulum Swing Combo R then L	1-16	2x
4:20	Outro		1x8	Step L to the floor. <i>R flexed hand F</i>	1-8	

NEW MOVE

1-ARM SIDE CLIMBER

Split L foot F, R foot back long. *RA, R forward, L Back* 1-2
Repeat to the other side 3-4
PHONETIC CUE: 'Split, split, split, split'
↕ **OPTION:** Mountain Climber with both hands on the step





TRACK FOCUS

Coach technique, placement and options for each exercise sequence. In this track, it is IMPORTANT to have people on the correct side of the step as most exercises only work one side; so go in with clear knowledge of the choreography, and a strong game plan to nail the track.

TEACH ATHLETIC

COME INTO THIS TRACK

Strong and authoritative.

MUSIC				SEQUENCE/EXERCISE		CTS	REPS
0:00	Intro	Tag me T T T T T	4x8		Set up. Split class down the middle, facing towards the center, at the back of their steps 👁️ Next move on the last 8 cts	1-40	
0:15	C	So baby come light	8x8	A	Power ATT L then R. <i>Bent Raise F</i>	1-8	8x
0:43	Ref	_ Tell me what	2x8		Stand to the R side of the step, L toes on the step	1-16	
		_ I'm on the edge	2½x8	B	Light Leap Of Faith L then R. <i>Blade RA</i> 👁️ Next move on the last 4 cts	1-4	5x
0:58	Rep	So baby come light	4x8	B¹	Speed Tap L&R. <i>Blade RA</i>	1-2	16x
1:12	Br		½x8		Speed Tap L & Freeze. <i>Blade RA</i>	1-4	
1:14	Instr	_ So raw	4x8	C	Recover, Stay to the L side of the step Set up for Half Side Climber on the L side of the step 👁️ Next move on the last 16 cts	1-32	
1:28	Instr	Take it down	4x8	C	Slow Half Side Climber R	1-8	4x
1:41	C	Nasty nasty	4x8	C¹	Half Side Climber R 👁️ Next move on the last 4 cts	1-4	8x
1:55		So raw , so nasty	4x8	C²	Side Vault R then L	1-4	8x
2:09	Ref	So raw	4x8		Side Vault R & Freeze Stand up & recover. Stay on the R side of the step	1-4	
						5-32	
2:22	Instr	_ Tag me	4x8	D	Small ROM Skater OTT L then R. <i>RA</i>	1-4	8x
2:36	C	_ Tag me	4x8	D¹	3 & 1 Skater OTT L. <i>3x RA and 1x Tag the step</i>	1-8	4x
2:50		_ Tag me	4x8	D²	1 & 1 Skater OTT L. <i>1x RA and 1x Tag the step</i> Freeze the last Tag to the step	1-4	8x
3:03	Instr	_ Put your graffiti	2x8		Step L leg B long. <i>Place L hand on the step</i>	1-16	
		_ Put your graffiti	2x8	E	Slow 1-Arm Side Climber L then R	1-8	2x
3:17		Take it down	4x8	E¹	1-Arm Side Climber L&R	1-4	8x

POWER ATT

Power ATT L. *Bent Raise F* 1-2
Step L foot down. *Pull fists towards hips* 3
Tap R foot to the floor, sit deeper. *Fists to hips* 4
Repeat to the other side 5-8
PHONETIC CUE: 'Drive up, sit low, drive up, sit low'
Push off the step and explode upward as you jump
Bend knees with **chest up** and sit low as you step down
👁️ **OPTION:** Low ATT



NB: This is a front on view

LIGHT LEAP OF FAITH

Leap OTT L on the floor, R toes lightly tap the step. *RA* 1-2
Repeat to the other side 3-4
PHONETIC CUE: 'Leap side to side, side to side'
Body weight on the floor
Toes touch the step lightly

SPEED TAP

PHONETIC CUE: 'Go go go go'
Body **weight on the floor**
Toes **touch the step lightly**
Layer 2w
Bend knees, chest up and sit lower



SLOW HALF SIDE CLIMBER

Jump feet onto the step and bend knees a lot.
Hands on the step 1-4
Jump feet onto the floor and bend knees a lot.
Hands on the step 5-8
PHONETIC CUE: 'Jump up, jump down, jump up, jump down'
Hands to the front of the step
Brace abs
Bend knees heaps as you land on and off the step
Eye gaze in front of the hands
👁️ **OPTION:** Standing Slow Leap onto the step, then onto the floor



HALF SIDE CLIMBER

Jump feet onto the step and bend knees a lot.
Hands on the step 1-2
Jump feet onto the floor and bend knees a lot.
Hands on the step 3-4
PHONETIC CUE: 'Faster, up, down, up, down'
Hands to the front of the step
Brace abs
Bend knees heaps as you land on and off the step
Eye gaze in front of the hands
👁️ **OPTION:** Standing Leap onto the step, then onto the floor



SIDE VAULT

Jump feet over the step and bend knees a lot.
Hands on the step 1-2
Repeat to the other side 3-4
PHONETIC CUE: 'This time, side to side, side to side'
Hands to the front of the step
Brace abs
Bend knees heaps as you land on and off the step
Eye gaze in front of the hands
👁️ **OPTION:** Low Leap Of Faith over the step



	MUSIC		SEQUENCE/EXERCISE	CTS	REPS
3:31	Instr	_ So raw	4x8	Jump feet in & stand up Recover, stay to the R side of the step Set up for Half Side Climber on the L side of the step 👁️ Next move on the last 8 cts	1-8 9-32
3:45	Instr	Take it down	4x8	C 🏃 Slow Half Side Climber L	1-8 4x
3:58	C	Nasty nasty	4x8	C¹ 🏃 Half Side Climber L 👁️ Next move on the last 4 cts	1-4 8x
4:12		So raw , so nasty	4x8	C² 🏃 Side Vault L the R	1-4 8x
4:26	Ref	So raw	4x8	🏃 Side Vault L & Freeze Stand up & recover. Stay on the L side of the step	1-4 5-32
4:40	Instr	_ Tag me	4x8	D 🏃 Small ROM Skater OTT R then L. <i>RA</i>	1-4 8x
4:53	C	_ Tag me	4x8	D¹ 🏃 3 & 1 Skater OTT R. <i>3x RA and 1x Tag the step</i>	1-8 4x
5:07		_ Tag me	4x8	D² 🏃 1 & 1 Skater OTT R. <i>1x RA and 1x Tag the step</i> Freeze the last Tag to the step	1-4 8x
5:20	Instr	_ Put your graffiti	2x8	Step R leg back long. <i>Place R hand on the step</i>	1-16
		_ Put your graffiti	2x8	E 🏃 Slow 1-Arm Side Climbers R then L	1-8 2x
5:34		Take it down	4x8	E¹ 🏃 1-Arm Side Climber R&L	1-4 8x
5:48	Instr		4½x8	Jump feet in & stand up Recover	1-8 9-36
6:03	C	So baby come light	8x8	A 🏃 Power ATT R then L. <i>Bent Raise F</i>	1-8 8x
6:31	Ref	_ Tell me what	2x8	Stand to the L side of the step, R toes on the step	1-16
		_ I'm on the edge	2½x8	B 🏃 Light Leap Of Faith R then L. <i>Blade RA</i> 👁️ Next move on the last 4 cts	1-4 4½x
6:47	Rep	So baby come light	4x8	B¹ 🏃 Speed Tap R&L. <i>Blade RA</i>	1-2 16x
7:00	Outro	So baby come light	½x8	Speed Tap R & Freeze. <i>Blade RA</i>	1-4

SMALL ROM SKATER OTT

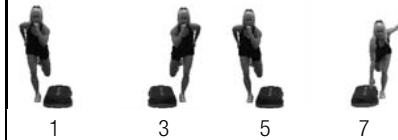
PHONETIC CUE: 'Skate side to side, side to side'
Bend knees on the landings
Knee in line with toes
Abs braced
Chest up
 ⚡ **OPTION:** Skater behind the step



NEW MOVE 3 & 1 SKATER OTT

Skate Step OTT L then R then L. *RA* 1-6
 Skate Step OTT R, sit deeper. *Tag L towards the step* 7-8

PHONETIC CUE: '3, 2, 1, tag, 3, 2, 1, tag'
Bend knees
Chest up
 ⚡ **OPTION:** Reach forward to 'Tag' – reach toward the step to 'Tag' – lightly touch the step with finger tips to 'Tag' – 3 and 1 Skater behind the step, with a reach forward
 The lower you 'Tag,' the more knee bend required



NEW MOVE 1 & 1 SKATER OTT

Skate Step OTT L. *RA* 1-2
 Skate Step OTT R, Sit deeper. *Tag L toward the step.* 3-4

PHONETIC CUE: 'Skate, tag, skate, tag'
 ⚡ **OPTIONS:** Reach forward to 'Tag' – Reach toward the step to 'Tag' – Lightly touch the step with finger tips to 'Tag' – 1 and 1 Skater behind the step, with a reach forward
 The lower you 'Tag' The more knee bend required



SLOW 1-ARM SIDE CLIMBER

Split L foot F, R foot back long. *RA, R forward, L back* 1-4
 Repeat to the other side 5-8

PHONETIC CUE: 'Split, split'
Push your hand into the step to stabilize the upper body
Chest up
Brace abs
Long Split Stance
 ⚡ **OPTION:** Slow Mountain Climber with both hands on the step



1-ARM SIDE CLIMBER

Split L foot F, R foot back long. *RA, R forward, L Back* 1-2
 Repeat to the other side 3-4

PHONETIC CUE: 'Split, split, split, split'
 ⚡ **OPTION:** Slow Mountain Climber with both hands on the step
Layer 2
 See what's happening on the floor, and coach to success

