



PRESENTERS FROM
NEW ZEALAND
UNITED STATES

LES MILLS
BODYSTEP

RELEASE **107**

FEATURES:
BORN TO MOVE: NEW RESEARCH
BODYSTEP COACHING UPDATE
CLASSIC & ATHLETIC CLASS FORMATS

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.

BLAH BE LOUD AND HEARD

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

Hey instructors! When it comes to mixing up past releases, please try to teach the majority of the class from the past 15 releases. The odd 'throwback' track now and then is OK, but these should be limited to a few tracks per class.

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BORN TO MOVE: New Research BODYSTEP Coaching Update Classic & Athletic Class Formats

TRACK TYPE	ARTIST	
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, Calciano, 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, Ertford, 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: Wotman, Bell, Grigahcine, Lee, Tamposi, Bieber	DJ Snake feat. Justin Bieber 3:23
STEP 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

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	

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 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	

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, 2 counts down
Intro	introduction	2/2	4 counts up, 4 counts down
med	medium	3/1	6 counts up, 2 counts down
mins	minutes		
O/H	over head		
opp	opposite		
OTS	On The Spot		
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
	light option	Program Planner	Tenille Graham
	repeat	Program Coach	Amanda Scales
NEW MOVE	New Move	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.

The Fine Print

Les Mills' instructor resources are unique, valuable resources provided to you as a Les Mills' certified instructor to enable you to learn each new release and teach it in Les Mills' licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the internet or selling Les Mills' instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.

BODYSTEP 107



From L-R: Charlotte Fleetwood-Smith, Lisa Osborne, Mark Nu'u-Steele, Amanda Scales

We turn, we jump and we squat to warm the body and get into the BODYSTEP 107 workout to the song *Into You*. In the first 3 tracks, we work on the sides of the step, so foot placement is a big focus in these tracks.

Track 2 is the Step Warmup. This is where we learn techniques to step effectively, and safely, and continue to warm our stepping muscles to *Girls Like*.

We just *Can't Stop The Feeling* of fun fitness in Track 3, as we inject a huge dose of 'Flava' into the final phase of the Warmup.

Then it's time to work, so we jump, burpee and move with speed to hit our first cardio peak, then Track 5 has our legs and glutes going a little psycho, as we get lower and train them harder to *Shake That Thing*.

Peak 2, *Put Your Graffiti On Me*, is my personal favorite. It's a good mix of athletic lateral training, strength and just a touch of sassy attitude.

We're now at the halfway point in the workout. Track 7 sees us backing off on the cardio, and working the entire body with a weight plate for integrated strength.

Our Party Step is up next, and it's all about the *Hair* and more sassy attitude.

We move fast in the Speed Step track to *Bad Man*, then we ignite the energy in Peak 3 to our high-energy remake of *Just Like Fire*.

Rotations are the common theme in Track 11, where we gain cardio recovery, and work with a weight plate for full-body conditioning work. We have a Rotating Lat Raise to work the back and shoulders, and a Rotating Plank to work our core muscles.

And our final track in the BODYSTEP Classic format is our Cooldown, where we gently stretch to *Let Me Love You*.

But wait, there's more!

The BODYSTEP Athletic Class is packed with dynamic exercises that will both thrill and challenge you. Half Side Climbers, Full Side Climbers, Power Across The Tops, Skaters, Speed Taps and the feature move for this release, the 1-Arm Side Climber. We get a feel for it in Track 3A, then work at it in Track 6 and in the Athletic Circuit track.

You guys are going to love this release!

BODYSTEP Presenters

Mark Nu'u-Steele (New Zealand) is the BODYSTEP Program Director and an International Presenter for BODYVIVE™ 3.1. He is a former international and national aerobics competitor, based in Auckland.

Lisa Osborne (New Zealand) is the BODYSTEP Creative Director and the BODYATTACK™ Program Director. She is a former three-time world champion and seven-time Australian aerobics champion, who is based in Auckland.

Charlotte Fleetwood-Smith (New Zealand) is a BODYSTEP and BODYATTACK Instructor, based in Auckland.

Amanda Scales (United States) is a BODYSTEP, BODYATTACK, BODYPUMP™ and CXWORK™ Trainer, and a BODYBALANCE™/BODY FLOW®, BODYCOMBAT™ and RPM™ Trainer, and a LES MILLS GRIT™ Series Coach. She is based in Minnesota.

BORN TO MOVE: NEW RESEARCH

How much exercise did you do as a child?
How much exercise do you do now?
Can you see a correlation between the two?

Research has shown that your activity levels as a child will predict how active you are as an adult.¹

Youth Physical Activity Guidelines recommend that children and adolescents should accumulate a minimum of 60 minutes of moderate-to-vigorous physical activity every day², and yet statistics show that most children fall tragically short of this. A report from the US found that only 27% of high-school students manage to achieve the minimum recommendations.³

The question is, HOW do we get our kids to move more? The answer – **we need them to WANT to exercise.**

LES MILLS BORN TO MOVE™ classes have been designed to engage and motivate children. They're fun, action packed and social. The buzz of learning new moves, fresh routines, plus the excitement of being in a group will all ensure the classes instill a love of fitness from an early age. They include easy-to-follow exercises and games, set to age-specific music. We know it works but **we needed some evidence.**

A study conducted in the UK⁴ set out to investigate whether BORN TO MOVE delivers on its promise to get kids moving and change their attitude towards being active. In a six-week study of 10 to 11 year olds, two schools acted as a control and continued with their regular two physical education classes a week. The other two received two BORN TO MOVE classes a week.

The researchers were particularly interested in how active the children were during the class, and how the classes affected their motivation to exercise when compared with standard PE

classes. The children also answered questions relating to enjoyment, the music, the teacher and how competent they felt during the class.

The results clearly demonstrated that BORN TO MOVE is a fantastic solution to getting children motivated to exercise. The children in the BORN TO MOVE group accumulated **more moderate to vigorous physical** activity over the day as a whole than the children who just did their regular PE classes. And they **spent less time being sedentary.** Enjoyment levels during BORN TO MOVE were significantly higher when compared to the control group which meant that their **intrinsic motivation** scores were higher also.

The children of today's world spend more time staring at a screen and are less physically active than previous generations. Obesity has more than doubled in children and quadrupled in adolescents over the past 30 years. The obese children of today become the obese adults of tomorrow, and it's of growing urgency that we find a solution to this global epidemic.

Getting children to fall in love with movement from a young age will ensure they build the healthy habits of a lifetime. As we battle to draw their attention away from screens and get them active, finding a solution to keep them engaged is the key. As this study shows, BORN TO MOVE is the perfect remedy to get our children moving!

1. Childhood Physical Fitness Tests: Predictor of Adult Physical Activity Levels? Dennison, B.A., Straus, J.H.E., Mellits, D. & Charney, E. (1988). *Pediatrics* 82(3):324-330.
2. 2008 Physical Activity Guidelines for Americans, Centers for Disease Control and Prevention.
3. 2009 Youth Risk Behavior Surveillance System, Centers for Disease Control and Prevention.
4. <http://bmcpublikehealth.biomedcentral.com/titles/10.1186/s12889-016-3550-7>.

BODYSTEP COACHING UPDATE

BODYSTEP Coaching has undergone some key changes. Here's everything you need to know:

BODYSTEP COACHING MODEL

LAYER 1

- Track Introduction
- Choreography Setup
- Compulsory Cues
- Options

LAYER 2

- Improve Execution
- Coach Intensity
- Educate

LAYER 3

- Motivate
- Celebrate

LAYER 1

Layer 1 is where we set up our participants for success. There are 4 components:

1. Track Introduction

- Say the **Track Name** and explain the **Track Objective** so participants know exactly what the training focus is.
- Address the **Step Height** if it needs adjusting, and the **direction** of the step.
- We also include **Participant Orientation** – telling participants where to stand before we start to move, eg *"Beside the step"*, *"On top of the Step"*.
- You may also need to demonstrate any **New Moves** before you press play.

2. Choreography Setup

- Always start by stating the **Name of the Move** and the **Lead Leg**, eg *"Basic Step, right foot leads"*. In general, these cues should be delivered at least 2 counts before the movement occurs. For some movements, **Foot Placement** cues are necessary to explain where the foot needs to be on the step – eg *"Feet wide on the step"*.

- **Phonetic Cues** are what we use to teach Foot Patterns. The key to making Phonetic Cues work is to describe what the feet do in time with the music, eg Down Tap; *"Step tap, change sides, step tap, change sides."* Keep the cues short and sharp, and say the same phrase at least twice.
- **Visual Cues** assist our verbal cues. We use our arms and head to indicate direction, when to stop, when to go, which leg leads, and we often use our fingers to signal the number of repetitions.
- **Previewing** is where you physically show a choreography change or new move that is coming up. Tell the class to keep doing what they are doing, and use the last rep to show the next move.
- **Pre-cues** are verbal cues used to communicate a choreography change, and are often delivered in conjunction with Previewing. They are normally said 2 to 8 counts before the change occurs.

3. Compulsory Cues

Compulsory Cues cover safety and alignment, ensuring participants are moving safely. They are always listed in bold in your choreography notes.

Space out your Compulsory Cues and aim to deliver only one cue per rep. Use short, direct and clear cues so they have time to land with your participants.

4. Options

Options offer ways to **Decrease the Intensity or Complexity** of a move or sequence.

To deliver Layer 1 successfully:

- **Keep your cues uncluttered** from any unnecessary 'chitchat' in the Setup phase.
- **Use repetitive Phonetic Cues.** At least 2 in a row.
- **Use short, sharp, clear cues** – not long sentences. Most of your cues should be like bullet points.
- **Space out your cues** so they land with participants.

Remember to also check your **Track Focus** to ensure your Layer 1 cues are aligned with this.

LAYER 2

Layer 2 has 3 components:

1. Improve Execution

Look at what your class needs and coach them how to improve their execution – this includes **expanding on appropriate Layer 1 cues**, cueing **range of motion** for arm-lines and lower leg movements and **correcting common faults**.

2. Coach Intensity

Tell participants who are ready for a challenge, how they can **increase the intensity** of the movement.

3. Educate

Explain the **Benefits** of the movements to help your class understand why they are doing the move.

Just like Layer 1, keep it simple and space out your cues. In this layer, your role is to be a coach – deliver your cues in a personal, yet direct, manner.

LAYER 3

The final layer is where we **Motivate** and **Celebrate** the workout.

1. Motivate

Throughout the class, look for opportunities to use the

4 Key Ways to Motivate your participants:

- **Intrinsic Motivation** taps into how BODYSTEP makes you feel. Eg: *"How good will this feel if you push it to the end?"*
- **Extrinsic Motivation** is where we focus on the external recognition of improvements. Eg: *"We're strengthening and toning our glutes right now!"*
- **Positive Motivators** encourage people to keep going. Eg: *"You're looking great – you can do this!"*
- **Challenging Cues** are for our more advanced participants, challenging them to do better. Eg: *"I'm dropping one inch lower – who's coming with me?"*

2. Celebrate

This is everything from tapping into the music and hooking into the uplifting lyrics, to congratulating participants for finishing the track. Always finish on a high and invite your class to hit the finale poses with you.

BODYSTEP CLASSIC & ATHLETIC Class Formats

Hey instructors!

Thanks for all your work and commitment to teaching BODYSTEP! We love how passionate and supportive our BODYSTEP community is, so keep it up! In this release, you will see the Classic and Athletic formats more clearly differentiated so you can completely understand each, and teach both with confidence.

When you watch this release you will now see BODYSTEP Classic run from beginning to end, with the BODYSTEP Athletic tracks completely separated.

The setup of the Masterclass footage will run like this:

- BODYSTEP Classic Masterclass (Tracks 1–12)
- BODYSTEP Athletic Tracks 3 & AC

This booklet has also had a complete overhaul to make learning each format easier. It will now be in two sections so that the full Classic class is together, followed by the Athletic Tracks 3, 4, 5 and AC, and any variations for that release.

Here are a few other important updates to help you fully understand what's going on:

- BODYSTEP Athletic has a new format with tracks running as follows: 1, 3 Athletic, 4, 5, 6, 7, 10, AC, 11, 12.
- Track 10 **must** go before the Athletic Circuit.
- There is no longer a Track 2 (these movements are incorporated into the start of Track 3).
- Double option – Tracks 5, 6 and 10 could have an Athletic variation, which will be different from release to release. The Athletic variations **will not** be filmed, so make sure you read the Athletic notes.

These changes will be ongoing, so you will see this setup every release from now on.

We hope these latest updates, along with the new *Getting Started* brochures and timetable buttons which your club will receive, encourage you to learn and teach both BODYSTEP Classic and BODYSTEP Athletic!

CLASSIC

FORMAT

LOOK *Happy, motivating and full of energy*

FEEL *Uplifting and alive*

COACHING FOCUS *Excellent Repetitive Phonetic cueing with high energy. Fun and interactive*

TRACK SELECTION

- 1 Warmup
- 2 Step Warmup
- 3 Step Orientation **Classic**
- 4 Peak 1
- 5 Mixed Strength
- 6 Peak 2
- 7 Step Recovery
- 8 Party Step
- 9 Speed Step
- 10 Peak 3
- 11 Recovery/Conditioning
- 12 Cooldown/Stretch

IN THIS RELEASE...

- The **CLASSIC Format** must be taught as a whole **CLASSIC** class.
YOU MUST NOT USE ANY EXERCISES OR TRACKS FROM THE **ATHLETIC CLASS.**
- **Track 3:** Use Step Orientation **Classic** – *Can't Stop The Feeling*
- **Track 7:** Use a weight plate (2.5kg or 5kg max.)
- **Track 11:** Use a weight plate (2.5kg or 5kg max.)

1 WARMUP



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 2x8 A ¹	Hamstring Curl L then R. <i>HOH</i> Hamstring Curl L then R. <i>Cross in front</i>	1-4 4x 1-4 4x
0:22	C	So baby come	8x8 B	4x March On Top L x3. <i>RA</i> Hamstring Curl L&R x2. <i>Cross in front</i>	1-24 25-32 2x
0:49	V1	I'm so in to	8x8 C	Repeater Sequence 8x Repeater Tap L. <i>RA</i> 8x Repeater Knee Lift L. <i>RA</i> to the other side	1-16 17-32 33-64
1:16	PC	Oh baby look	2x8 A ¹ 2x8 A ²	Hamstring Curl L&R Next move on the last 8 cts L-Hamstring Curl L. <i>Cross in front</i>	1-4 4x 1-8 2x
1:30	C	So baby come	12x8 B ¹	4x March On Top & L-Hamstring Curl Combo 4x March On Top L x3. <i>RA</i> L-Hamstring Curl L. <i>Cross in front</i>	1-24 25-32 3x
2:10	Instr	(Dubstep)	4x8 D	4x Wide March On Top L. <i>RA</i> Next move on the last 8 cts	1-8 4x
2:24			4x8 E	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 Next move on the last 8 cts	1-4 4x
3:25			A ²	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> Next move on the last 8 cts	1-8 4x
4:26			4x8 E	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

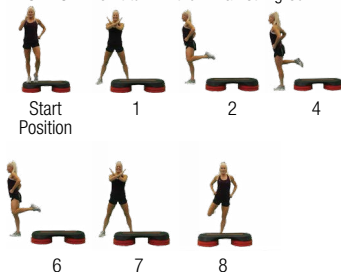
CUE: 'Step and run'
Use a visual cue to HOLD the Repeater on a 45-degree angle
Bend the front knee to sit low
Front knee in line with toes
Push the moving leg back long, toes down and heel up
Chest up
Body on a 45-degree angle

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



1-2



3-4



6

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*

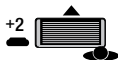
3-4

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



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	½x8 4x8	A Up Tap R. <i>RA</i> Up Tap Staple Step L then R. <i>RA</i>	1-4 1-8	4x
0:15	V1 _ Said I was the man	4x8	B Basic Step L. <i>RA</i>	1-4	8x
0:31	PC Every day you ride	4x8	C 4x March On Top L 👁️ Next move on the last 8 cts	1-8	4x
0:46	Rep _ I know what boys	8x8	D Drop Squat & Top Tap Combo L. <i>Blade RA</i>	1-8	8x
1:16	Br What's the code to	½x8	A¹ Tap Down L. <i>RA</i>	1-4	
1:18	C _ I know what boys	4x8	A¹ Tap Down R then L. <i>RA</i> 👁️ Next move on the last 4 cts	1-8	4x
1:32	_ I know what boys	4x8	A² Cha-Cha-Cha R then L. <i>Natural Arms</i>	1-8	4x
1:47	V2 Yeah role y on wrist	4x8	B 🎧 Basic Step R	1-4	8x
2:02	PC Every day you ride	4x8	C 🎧 4x March On Top R 👁️ Next move on the last 8 cts	1-8	4x
2:17	Rep _ I know what boys	8x8	D 🎧 Drop Squat & Top Tap Combo R	1-8	8x
2:47	Br What's the code to	½x8	A¹ 🎧 Tap Down R	1-4	
2:49	C _ I know what boys	4x8	A¹ 🎧 Tap Down L then R 👁️ Next move on the last 4 cts	1-8	4x
3:03	_ I know what boys	4x8	A² 🎧 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'



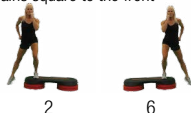
TAP DOWN

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

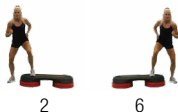


CHA-CHA-CHA

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



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

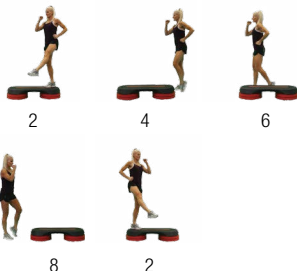
PHONETIC CUE: 'Step kick, six, five, four, three, two one, step kick, six, five, four, three, two, one'
Use a visual cue to HOLD the 6x Marches on the floor, and close to the R side of the step
Emphasize the walking rhythm of the 6x Marches, as a common mistake is for people to 'Tap down' and end up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



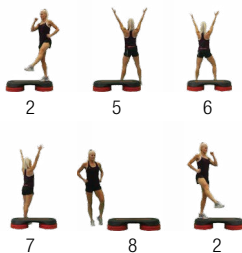
TRAVELING KICK & CHASSÉ COMBO

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

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

2X REPEATER KNEE LIFT & HEEL DIG COMBO

2x Repeater Knee Lift R. <i>RA</i>	1-4
Step down L then Tap R to the floor. <i>RA</i>	5-6
Heel Dig R to the step. <i>RA</i>	7
Tap R to the floor. <i>RA</i>	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. <i>RA</i>	1-4
Shuffle on the floor. <i>RA</i>	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* 7-8Bounce 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* 4Bounce 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



1



2

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



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	Stapled 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
		Let me see the way you stomp	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* 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 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* 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 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* 1

March L on the step. *RA* 2

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* 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

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

Maintain the natural walking rhythm

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



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



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

6 PEAK 2



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	1-8
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	1-16 2x
0:17	C	_ Tag me	8x8 A'	6x Jog Across The Step L then R. <i>RA & Tag L</i>	1-16 4x
0:45	Rep	Put your name on	4x8 B	Propulsive ATT L then R. <i>Reach Up & Down</i>	1-8 4x
0:59	Instr	(Quiet)	2x8 C	Knee Lift L. <i>RA</i> (Body square to front) 👁️ Next move on the last 8 cts	1-4 4x
1:06	V1	Denim jean jacket	4x8 C'	L-Step L. <i>RA</i> 👁️ Next move on the last 8 cts	1-8 4x
1:20		Denim jean jacket	4x8 C'	Propulsive L-Step L. <i>Blade RA</i>	1-8 4x
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	1-4 5-16 17-32
1:47	Rep	Put your name on	4x8 E	1-Arm Side Climber L then R. <i>RA</i>	1-4 8x
2:01	Br	(Breathing)	2x8 F	Jump feet in towards step Slowly roll body up to standing position Prepare to move	1-4 5-8 9-16
2:08	C	_ Tag me	8x8 A'	🔊 6x Jog Across The Step L then R. <i>RA & Tag L</i>	1-16 4x
2:36	Br	Me me me me	½x8 B'	ATT L. <i>HOH</i>	1-4
2:38	Rep	_ Put your graffiti	4x8 B	🔊 Propulsive ATT R then L	1-8 4x
2:51	Instr	(Breathing)	2x8 C	🔊 Knee Lift R 👁️ Next move on the last 8 cts	1-4 4x
2:58	V2	Cotton candy	4x8 C'	🔊 L-Step R 👁️ Next move on the last 8 cts	1-8 4x
3:13		Denim jean jacket	4x8 C'	🔊 Propulsive L-Step R	1-8 4x
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	1-4 5-16 17-32
3:40	Rep	Put your name on	4x8 E	🔊 1-Arm Side Climber R then L. <i>RA</i>	1-4 8x
3:54	Br	(Breathing)	2x8 F	🔊 Jump feet in towards step Slowly roll body up to standing position Prepare to move	1-4 5-8 9-16
4:01	C	_ Tag me	8x8 A'	🔊 6x Jog Across The Step R then L. <i>RA & Tag R</i>	1-16 4x
4:29	Br	Me me me me	½x8 B'	🔊 ATT R. <i>HOH</i>	1-4
4:31	Rep	_ Put your graffiti	4x8 B	🔊 Propulsive ATT L then R	1-8 4x
4:45	Out-ro		½x8	ATT L. <i>HOH</i> Cross R behind L. <i>Open L flexed hand to L side</i>	1-3 4

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

Fllick 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 1-4

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



7 STEP RECOVERY



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'



1-6



7-8

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



1-6



7-8

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



1-2



3-6



7-8

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

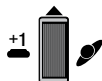


1



2

8 PARTY STEP



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		
0:02	Instr	_ Ooh ooh ooh	8x8 A	1-4	8x
0:30	C	_ He was just a	8x8 B	1-8	4x
0:58	Rep	Get him out my	4x8 C	1-16	4x
1:12			4x8 C¹	1-8	4x
1:26	V1	_ I call my girl	4x8 D	1-16	2x
1:40		_ Let's switch it	4x8 D¹	1-16	2x
1:54	Rep	Get him out my	8x8 D²	1-16	4x
2:22	Ref	Do do do do do	4x8 A	1-8	4x
2:37	C	_ He was just a	8x8 B	1-16	4x
3:05	Instr		½x8 C²	1-4	
3:07	Rap	_ Thought that forever	4x8 C¹	1-8	4x
3:21	V2	_ Gonna bleach him	4x8 D	1-16	2x
3:35		_ We're going out	4x8 D¹	1-16	2x
3:49	Rep	Get him out my	8x8 D²	1-16	4x
4:17	Ref	Do do do do do	4x8 A	1-8	4x
4:32	C	_ He was just	8x8 B	1-16	4x
4:59	Instr		½x8 C²	1-4	
5:01	Rap	_ Thought that forever	4x8 C¹	1-8	4x
5:15	Outro	Get him out my	½x8	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



2



6

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.



2



6



8



9



10



11



12

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



2



3



4



5



6



8

9 SPEED STEP



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 Marches on top of the step



1-2



3-4



5-16

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



1-2



3-8



9-10



11-16

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
Straggle 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.

Slowly raise fists O/H

1-8

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



1



2-4



5-8



9-16

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

10 PEAK 3



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. <i>RA</i>	1-4 4x
		Just like fire	2x8 A¹	Propulsive Down Tap L then R. <i>RA</i>	1-4 4x
0:16	C	Just like fire	4x8 B	Single Single Double Combo L then R. <i>RA</i> 👁️ Next move on the last 8 cts	1-16 2x
0:30		Just like fire	4x8 B¹	Single Single Double Combo L then R. <i>Single Single Double Arms</i>	1-16 2x
0:43	Rep	Run it, run it	4x8 C	Propulsive OTT L then R. <i>Reach Up & Down</i>	1-8 4x
0:57	Br	Just like fire	1x8 A	👁️ Down Tap L then R 👁️ Next move on the last 4 cts	1-4 2x
1:00	V1	I know that	4x8 D	Straddle L. <i>RA</i> 👁️ Next move on the last 4 cts	1-4 8x
1:14	Rep	Just like fire	4x8 D¹	Straddle Jump Down & Up. <i>Fists to hips & Bent Raise F</i>	1-4 8x
1:28	Ref	Just like fire	2x8 A	👁️ Down Tap L then R	1-4 4x
1:35	C	Just like fire	8x8 B¹	👁️ Single Single Double Combo L then R.	1-16 4x
2:02	Br	Just like fire	½x8 C¹	OTT L. <i>HOH</i>	1-4
2:04	Rep	Run it, run it	4x8 C	👁️ Propulsive OTT R then L	1-8 4x
2:18	Br	Just like fire	1x8 A	👁️ Down Tap R then L 👁️ Next move on the last 4 cts	1-4 2x
2:21	V2	People like to	4x8 D	👁️ Straddle R 👁️ Next move on the last 4 cts	1-4 8x
2:35	Rep	Just like fire	4x8 D¹	👁️ Straddle Jump Down & Up	1-4 8x
2:49	Ref	Just like fire	2x8 A	👁️ Down Tap R then L	1-4 4x
2:56	C	Just like fire	8x8 B¹	👁️ Single Single Double Combo R then L	1-16 4x
3:23	Br	Just like fire	½x8 C¹	👁️ OTT R. <i>HOH</i>	1-4
3:25	Rep	Run it, run it	4x8 C	👁️ Propulsive OTT L then R	1-8 4x
3:39	Ref	So look I came here	4x8 A	👁️ Down Tap L then R	1-4 8x
3:52	Rep	Just like fire	4x8 D¹	👁️ Straddle Jump Down & Up	1-4 8x
4:06	Ref	Just like fire	2x8 A	👁️ Down Tap L then R	1-4 4x
4:13	C	Just like fire	8x8 B¹	👁️ Single Single Double Combo L then R	1-16 4x
4:40	Br	Just like fire	½x8 C¹	👁️ OTT L. <i>HOH</i>	1-4
4:42	Rep	Run it, run it	4x8 C	👁️ Propulsive OTT R then L	1-8 4x
4:56	Outro	Just like fire	½x8	Step R to the floor. <i>Fire arms O/H then down</i>	1-4

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

⇓ **OPTIONS:** No arms, or no propulsion



1



3



5



6

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* 1-2
Jump on top of the step. *Fist to hips* 3-4

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



1-2



3-4

11 RECOVERY/CONDITIONING

Weight Plate
2.5kg or 5kg



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		3x8	Set up, prepare to Lunge	1-24	
0:17	V1	_ Crashing, hit a	2x8 A	Slow Lunge Combo L	1-16	
0:29	PC	I need you	4x8 A ¹	Lunge Combo L	1-8	4x
0:52	C	_ Don't let me	4x8 B	Lunge with Rotating Lat Raise L	1-4	8x
1:17	Instr		2x8	Recover and set up to work the other side	1-16	
1:30	V2	_ Running out of	2x8 A	 Slow Lunge Combo R	1-16	
1:42	PC	I need you	4x8 A ¹	 Lunge Combo R	1-8	4x
2:05	C	_ Don't let me	4x8 B	 Lunge with Rotating Lat Raise R	1-4	8x
2:29	Instr	_ I think I'm losing	4x8	Recover and set up Plank position	1-32	
2:53	V3	I need you	4x8 C	Rotating Plank – Level 1 L	1-8	4x
3:17	C	_ I think I'm losing	4x8 C ¹	Rotating Plank – Level 2 L	1-8	4x
3:41	Instr		2x8	On knees, stretch back, then prepare to work the other side	1-16	
3:53	V4	I need you	4x8 C	Rotating Plank – Level 1 R	1-8	4x
4:17	C	_ I think I'm losing	4x8 C ¹	Rotating Plank – Level 2 R	1-8	4x
4:41	Instr	_ Don't let me down	2x8	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



Start Position

1-4

5-8



9-12

13-16

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



Start Position

1-2

3-4

5-6

7-8

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



Start Position

1-2

3-4

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



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'	Hold Hip Flexor Stretch R	1-16
0:47	C	Don't you give up	2x8		Move toes of L foot beside R knee	1-16
		Don't you give up	2x8	D	Achilles Stretch L. <i>Hug R leg</i>	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	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	Hip Flexor Sequence L	1-16
		It's been a	2x8	C'	Hold Hip Flexor Stretch L	1-16
2:04	C	Don't you give up	2x8		Move toes of R foot beside L knee	1-16
		Don't you give up	2x8	D	Achilles Stretch R. <i>Hug L leg</i>	1-16
2:23	Instr		4x8	E	<i>Place hands onto step</i> 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	Step R (Behind the step) ITB Stretch L	1-16
3:02	C	Don't you give up	2x8	G	Standing Hamstring Stretch L	1-16
		Don't you give up	2x8	G	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



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 ¹	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 👁️ Next move on the last 8 cts	1-5 6-8 9-16	2x
1:18			4x8 C ¹	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	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

3 STEP ORIENTATION CONTINUED

	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  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	

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

1-ARM SIDE CLIMBER

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

1-2

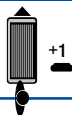
Repeat to the other side

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	
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

AC ATHLETIC CIRCUIT CONTINUED

	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 C ¹	 Half Side Climber L  Next move on the last 4 cts	1-4 8x
4:12		So raw , so nasty	4x8 C ²	 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 D ¹	 3 & 1 Skater OTT R. <i>3x RA and 1x Tag the step</i>	1-8 4x
5:07		_ Tag me	4x8 D ²	 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 E ¹	 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 B ¹	 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

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



Start Position

1-2

3-4

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



1

2

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



Start Position

1-4

5-8

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



Start Position

1-2

3-4

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



Start Position

1-2

3-4

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



1

3

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



1

3

5

7

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



Start Position

1-4

5-8

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



Start Position

1-2

3-4

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



1

3

5

7

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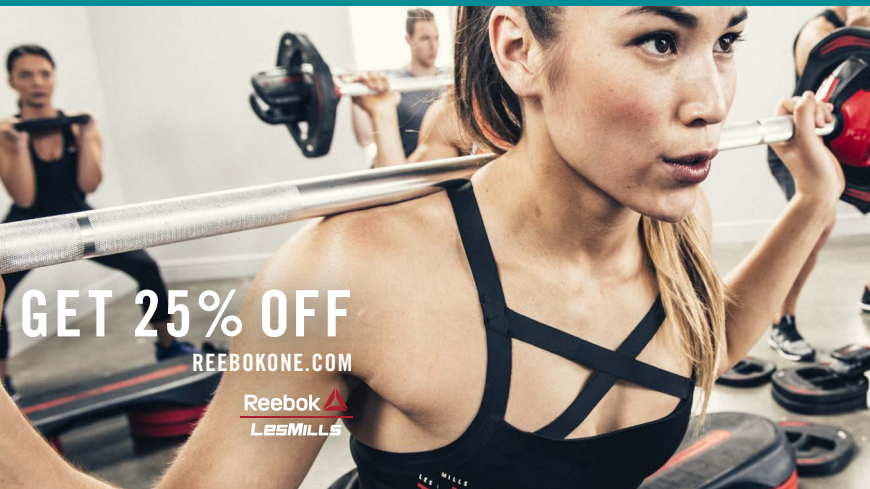
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