



BODYSTEP

121

MUSIC

01. WARM-UP

02. STEP WARM-UP

03. PEAK 1

04. MIXED STRENGTH

05. PEAK 2

06. CONDITIONING 1

07. PARTY STEP

08. ATHLETIC CIRCUIT

09. PEAK 3

10. CONDITIONING 2

11. COOLDOWN/STRETCH

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MUSIC

01

Came Here For Love (3:21)
Sigala & Ella Eyre
© 2018 Ministry of Sound Recordings Ltd./B1 Recordings GmbH, a Sony Music Entertainment Company.
Written by: Steinmyller, Wild, Christopher, McMahon, Fielder

02

1234 (Club Edit) (4:11)
Afrojack, Fedde Le Grand feat MC Ambush
© 2020 Wall Recordings.
Written by: Trauner, le Grand, van de Wall, Ward

03

Motivation (5:54)
Rave Neon
© 2020 Les Mills Music Licensing Ltd.
Written by: Grande, Ilya, Kotecha, Martin

04

Burn (1:16)
KSHMR & DallasK
© 2014 SpinninRecords.com.
Written by: Hollowell-Dhar, Koehlke

Welcome To The Black Parade (1:24)
The Useful
© 2020 Les Mills Music Licensing Ltd.
Written by: G. Way, M. Way, Toro, Iero, Bryar

Burn (1:16)
KSHMR & DallasK
© 2014 SpinninRecords.com.
Written by: Hollowell-Dhar, Koehlke

Welcome To The Black Parade (1:24)
The Useful
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Written by: G. Way, M. Way, Toro, Iero, Bryar

05

In Cold Blood (4:43)
Blue Pyramids
© 2020 Les Mills Music Licensing Ltd.
Written by: Green, Newman, Unger-Hamilton

06

Comin' In Hotta (3:27)
Halo Sol
© 2017 A&G Records Ltd.
Written by: Alfieri

07

Just Watch Me Now (4:34)
Brie Chi
© 2020 Les Mills Music Licensing Ltd.
Written by: Lake

08

Greenlight (1:02)
Lord & Lady
© 2020 Les Mills Music Licensing Ltd.
Written by: E. O'Connor, J. Antonoff, J. Little

Golddust (1:06)
DJ Fresh feat. Ms Dynamite
© 2012 Ministry of Sound Recordings Limited.
Written by: Daley, Stein

The Spook (1:03)
KSHMR, Basskillers & B3nte
© 2019 Dharma / under exclusive license to SpinninRecords.com.
Written by: Hollowell-Dhar, Benteby, Byvshev, Quiroz

Golddust (1:06)
DJ Fresh feat. Ms Dynamite
© 2012 Ministry of Sound Recordings Limited.
Written by: Daley, Stein

The Spook (1:03)
KSHMR, Basskillers & B3nte
© 2019 Dharma / under exclusive license to SpinninRecords.com.
Written by: Hollowell-Dhar, Benteby, Byvshev, Quiroz

Greenlight (1:15)
Lord & Lady
© 2020 Les Mills Music Licensing Ltd.
Written by: E. O'Connor, J. Antonoff, J. Little

09

This Is It (5:27)
Tender Crime
© 2020 Les Mills Music Licensing Ltd.
Written by: Wells, Burnett

10

Mothers Daughter (Wuki Remix) (4:18)
Miley Cyrus
© 2019 RCA Records, a division of Sony Music Entertainment.
Written by: Cyrus, Miettinen, Blakemore

11

Know Your Worth (3:01)
Khalid & Disclosure
© 2020 RCA Records, a division of Sony Music Entertainment.
Written by: Robinson, Napier, Lawrence



L-R: Mark Nu'u-Steele, Lisa Osborne

I'm excited for you all to experience this new BODYSTEP release.

There's something for everyone in this class. The music selection & exercise content will drive you to hit the athletic parts of the class with energized power. We contrast the strong feel with uplifting fun tracks to keep you smiling as you workout.

We warm up to the sweet sounds of *Came Here For Love* and *1234*, where the lyrics of the songs dictate some arm lines and foot work.

We reach Peak 1 to the song *Motivation*, and it has a fun signature move where you turn around when the lyrics say 'turn around'

In the Mixed Strength track, we add Squats, Burpees and Mountain Climbers to the mix in a cross training affect to the workout. There are also standing options available for the Burpees to keep this class inclusive for all participants.

Peak 2 has a strong athletic feel, to the song *In Cold Blood*. This was a song that I often worked out to at home through the New Zealand Covid-19 lockdown. I loved it so much that I had a high energy remake especially made for BODYSTEP.

Next up is Conditioning 1, where we achieve cardio recovery as we create some heat in the lower body to *Comin' In Hotta*.

Then it's show time with the Party Step, where you have the opportunity to strike poses whenever you hear the camera click.

The Athletic Circuit is next. Do you remember *The Spook Returns* in release 119? This circuit includes the OG prequel song *The Spook*. Once again, we have some fun with spooky arm lines as we jump, to get our heart rates soaring.

And then full steam ahead to the final cardio peak to *This Is It*.

We wind the workout down with weighted posterior chain and core work to *Mothers Daughter* and then cool down to *Know Your Worth*.

Enjoy!

PRESENTERS

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

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

CREDITS

Program Director – Mark Nu'u-Steele

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Lisa Osborne

Technical Consultants – Bryce Hastings and Andrew Newmarch

Production Coordinator – Ellen Tocher

Special Thanks

Kaylah-Blayr Fitzsimons-Nu'u

Mikhail Afus



EXPRESS FORMATS

BODYSTEP 121

45-MINUTE FORMAT – Option 1

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Track 07	Party Step
Track 09	Peak 3
Track 10	Conditioning 2
Total Time	41:35

45-MINUTE FORMAT – Option 2

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Track 08	Athletic Circuit
Track 09	Peak 3
Track 10	Conditioning 2
Total Time	43:36

30-MINUTE FORMAT – Option 1

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Total Time	27:16

30-MINUTE FORMAT – Option 2

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 06	Conditioning 1
Track 08	Athletic Circuit
Total Time	29:08

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

MIXING RELEASES WITH

BODYSTEP 121

When mixing older releases with BODYSTEP 121 use:

Track 01	Warm-up
Track 02	Step Warm-up
Track 03	Peak 1
Track 04	Mixed Strength
Track 05	Peak 2
Track 06	Conditioning 1
Track 07	Party Step
Track 08	Athletic Circuit
Track 09	Peak 3
Track 10	Conditioning 1
Track 11	Cooldown/Stretch

- Always substitute like for like.
- Do not teach Step Orientation CLASSIC tracks, Step Orientation ATHLETIC tracks or Speed Step tracks.
- Always teach the Athletic Circuit BEFORE Peak 3.
- Be aware of your class playlist length when mixing and matching releases.

KEY

Alt	Alternating	Intro	Introduction
PC	Pre-chorus	V	Verse
ATT	Across The Top	Med	Medium
QC	Quiet Chorus	ATW	Around The World
Mins	Minutes	L&R	Left and right
B up	Build up (music)	O/H	Over/head
RA	Running Arms	Opp	Opposite
Ref	Refrain	C	Chorus
Tempo	Normal pace of the music	Rep	Reprise (part of the counts chorus repeated)
OTT	Over The Top	Cont	Continue
F&B	Forward and back	ROM	Range of motion
HOH	Hands on hips	Outro	Last few bars of music
Instr	Instrumental		Preview
	Repeat		Light option
BA	Blade Arms		



FORMATS FOR RELEASES 114 AND EARLIER

When teaching Releases 114 and earlier, you now have 3 options to choose from, to suit your class.

- 1. BODYSTEP Classic format (55-minute, 45- minute, or 30- minute format)
- 2. BODYSTEP Athletic format (55-minute, 45 minute, or 30-minute format)
- 3. New combined format (as per above).

NOTE: Please follow the guidelines on the previous page when mixing releases with BODYSTEP 110 onwards.

CLASSIC 55 MINUTES		ATHLETIC 55 MINUTES	
Track 01	Warm-up	Track 01	Warm-up
Track 02	Step Warm-up	Track 03	Step Orientation ATHLETIC
Track 03	Step Orientation CLASSIC	Track 04	Peak 1
Track 04	Peak 1	Track 05	Mixed Strength
Track 05	Mixed Strength	Track 06	Peak 2
Track 06	Peak 2	Track 07	Conditioning 1
Track 07	Conditioning 1	Track 10	Peak 3
Track 08	Party Step	AC	Athletic Circuit
Track 09	Speed Step	Track 11	Conditioning 1
Track 10	Peak 3	Track 12	Cooldown/ Stretch
Track 11	Conditioning 1		
Track 12	Cooldown/ Stretch		

ATHLETIC 45 MINUTES	
Track 01	Warm-up
Track 03	Step Orientation ATHLETIC
Track 04	Peak 1
Track 05	Mixed Strength
Track 06	Peak 2
Track 07	Conditioning 1
AC	Athletic Circuit ATHLETIC
Track 11	Conditioning 2

1. CLASSIC 45 MINUTES		2. CLASSIC 45 MINUTES	
Track 01	Warm-up	Track 01	Warm-up
Track 02	Step Warm-up	Track 02	Step Warm-up
Track 03	Step Orientation CLASSIC	Track 03	Step Orientation CLASSIC
Track 04	Peak 1	Track 04	Peak 1
Track 05	Mixed Strength	Track 05	Mixed Strength
Track 06	Peak 2	Track 06	Peak 2
Track 07	Conditioning 1	Track 08	Party Step
Track 08	Party Step	Track 10	Peak 3
Track 10	Peak 3	Track 11	Conditioning 2

3. CLASSIC 45 MINUTES		4. CLASSIC 45 MINUTES	
Track 01	Warm-up	Track 01	Warm-up
Track 02	Step Warm-up	Track 02	Step Warm-up
Track 03	Step Orientation CLASSIC	Track 03	Step Orientation CLASSIC
Track 04	Peak 1	Track 04	Peak 1
Track 05	Mixed Strength	Track 05	Mixed Strength
Track 06	Peak 2	Track 06	Peak 2
Track 07	Conditioning 1	Track 09	Speed Step
Track 09	Speed Step	Track 10	Peak 3
Track 10	Peak 3	Track 11	Conditioning 2

ATHLETIC 30 MINUTES		CLASSIC 30 MINUTES	
Track 01	Warm-up	Track 01	Warm-up
Track 03	Step Orientation ATHLETIC	Track 02	Step Warm-up
Track 04	Peak 1	Track 03	Step Orientation CLASSIC
Track 05	Mixed Strength	Track 04	Peak 1
AC	Athletic Circuit ATHLETIC	Track 06	Peak 2

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

Tell us what you think of this release. Visit <http://www.lesmills.com/release-feedback>

TRACK FOCUS

Be bright and welcoming as you set the vibe for the workout ahead. Connect to the ‘reach out’ lyrics in the Freeze Taps and Hip Extensions by reaching your arms forward.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:05	Intro /	4x8		Upper Body Stretch Out	32	
0:20	V1 / _ I’m no longer	4x8	A	4x March On Top L. RA 👁️ Next move on last 8cts	8	4x
0:35	I can see	8x8	B	Freeze Tap & March On The Floor Combo L 👁️ Next move on last 8cts	8	8x
1:04	C / I came here for love	4x8	B ¹	Freeze Tap with Reach Out & March On The Floor Combo L	8	4x
1:19	V2 / _ I’m so ready	4x8	C	Triple Pulse Lunge L then R. <i>HOH</i> 👁️ Next move on last 8cts	16	2x
1:34	I can see	4x8	C ¹	Triple Pulse Lunge with Twist L then R. <i>Hands Clapsed F</i>	16	2x
1:49	Br / _ I came here	½x8	D	Hip Extension L. <i>Relaxed by sides</i>	4	
1:51	C / I came here for love	4x8	D ¹	Hip Extension R then L. <i>Bent Raise F</i> 👁️ Next move on last 8cts	8	4x
2:06	Rep / I came here for love	4x8	D ²	Hip Extension R then L. <i>Reach F then Pull Back</i>	8	4x
2:21	Ref / This is what we came	4x8	A	🔄 4x March On Top R 👁️ Next move on last 8cts	8	4x
2:36	This is what we came	4x8	B	🔄 Freeze Tap & March On The Floor Combo R 👁️ Next move on last 8cts	8	4x
2:50	C / I came here for love	8x8	B ¹	🔄 Freeze Tap with Reach Out & March On The Floor Combo R	8	8x



01. WE CAME HERE FOR LOVE 3:21mins

TECHNIQUE AND COACHING

UPPER BODY STRETCH OUT

CUE ‘Open across the chest, or shoulders, whatever feels good’

- Offer different light stretches for the upper body
- E.g. Chest / Shoulders / Twist
- Whatever your body needs before we start stepping
- Be welcoming and set a good vibe for the workout ahead

4X MARCH ON TOP

PHONETIC CUE ‘March on top 4, 3, 2, 1, walk on the floor; 4, 3, 2, 1, walk on the floor’

March L, R, L, R on top of the step. RA 1-4
March L, R, L, R on the floor. RA 5-8

- Use a visual cue to show the leading leg
- Natural walking rhythm
- **Whole foot on the step**
- **Chest up**
- **Abs braced**

FREEZE TAP & MARCH ON THE FLOOR COMBO

PHONETIC CUE ‘Freeze, freeze, walk on the floor; freeze, freeze, walk on the floor’

Freeze Tap L on the step, R toes to the floor. Freeze Blade 1-2
Freeze Tap R on the step, L toes to the floor. Freeze Blade 3-4
March L, R, L, R on the floor. RA 5-8

- Body weight heavy on the step
- Toes lightly tap the floor
- **Body square to the front**
- Knee over mid-foot

FREEZE TAP WITH REACH OUT & MARCH ON THE FLOOR COMBO

PHONETIC CUE ‘Reach, reach, walk on the floor; reach, reach, walk on the floor’

Freeze Tap L on the step, R toes to the floor. Reach R F 1-2
Freeze Tap R on the step, L toes to the floor. Reach L F 3-4
March L, R, L, R on the floor. RA 5-8

- Body weight heavy on the step
- Toes lightly tap the floor
- **Body square to the front**
- Long reach F with the arm
- Connect to the ‘Reach out’ lyrics

TRIPLE PULSE LUNGE

PHONETIC CUE 3, 2, 1, change legs; 3, 2, 1, change legs’

Triple Pulse Lunge L. HOH 1-6
Step L foot back to the floor. HOH 7-8
Repeat to the other side 9-16

- Long step onto the step
- Front knee above ankle and in line with mid-foot
- Back heel lifted
- **Chest up**
- **Lower back knee towards the floor**
- **Hips square to the front**

TRIPLE PULSE LUNGE WITH TWIST

PHONETIC CUE ‘Forward, rotate, center, change legs; forward, rotate, center, change legs’

Triple Pulse Lunge L. Press clasped hands F 1-2
Triple Pulse Lunge L. Rotate clasped hands L 3-4
Triple Pulse Lunge L. Rotate clasped hands to center 5-6
Step L foot back to the floor. HOH 7-8
Repeat to the other side 9-16

- **Strong ab brace**
- **Hold hips square to the front**
- Small rotation from the rib cage
- Gentle mobilization for the thoracic spine



01. WE CAME HERE FOR LOVE 3:21mins

TECHNIQUE AND COACHING

HIP EXTENSION

PHONETIC CUE *'Right foot on, left foot on; right foot, left foot'*

- Hip Extension R. *Bent Raise F* 1-2
- Step B L, R. *Pull fists to hips* 3-4
- Repeat to the other side 5-8

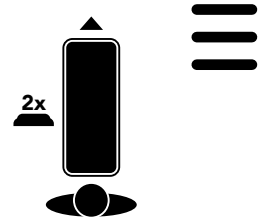
- Free leg low
- **Squeeze the butt to initiate the rear leg lift**
- **Body square to the front**

HIP EXTENSION WITH REACH FORWARD

PHONETIC CUE *'Reach forward, pull back, reach forward, pull back'*

- Hip Extension R. *Bent Raise F* 1-2
- Step B L, R. *Pull fists to hips* 3-4
- Repeat to the other side 5-8

- Free leg low
- **Squeeze the butt to extend rear leg**
- **Body square to the front**
- Connect to the *'Reach out'* lyrics



02. STEP WARM-UP

TRACK FOCUS

Teach ‘with’ the music. Feel the drama with the music in the repeaters, and in the Freeze Taps. Most importantly, connect to the ‘1234’ lyrics in the 4x Marches & 4x Pendulum Swings.

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			EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8	A	Tap Down R then L. RA	8	4x
0:14	Instr / (Heavier)	4x8	A ¹	Freeze Tap R then L. Hands Stacked O/H	8	4x
0:29	(Quiet)	4x8	B	Basic Step R. RA 👁️ Next move on last 8cts	4	8x
0:44	V1 / One two three	4x8	C	4x March On Top R. RA 👁️ Next move on last 8cts	8	4x
0:59	Rep / One two three	4x8	C ¹	Leap Pendulum Swing R. RA	8	4x
1:14	C / (Instr)	8x8	D	Leap Pendulum Swing & Freeze Tap Combo R	16	4x
1:44	Rep 2 / One two three	4x8	E	14x Repeater Knee Lift Sequence R	32	
1:59	C / (Instr)	4x8	F	Drop Squat L then R. RA	8	4x
2:14	Instr / (Quiet)	4x8	B	🔄 Basic Step L 👁️ Next move on last 8cts	4	8x
2:30	V2 / One two three	4x8	C	🔄 4x March On Top L 👁️ Next move on last 8cts	8	4x
2:44	Rep / One two three	4x8	C ¹	🔄 Leap Pendulum Swing L	8	4x
2:59	C / (Instr)	8x8	D	🔄 Leap Pendulum Swing & Freeze Tap Combo L	16	4x
3:29	Rep / One two three	4x8	E	🔄 14x Repeater Knee Lift Sequence L	32	
3:44	C / (Instr)	4x8	F	🔄 Drop Squat R then L. RA	8	4x
3:59	Outro	½x8	F	Jump on step, Boom finish!	4	



02. 1234 (CLUB EDIT) 4:11mins

TECHNIQUE AND COACHING

TAP DOWN

PHONETIC CUE 'Tap down, change side; tap down, change side'

- Use a visual cue to show the alternating direction to travel
- **Body square to the front**

FREEZE TAP

PHONETIC CUE 'Freeze, change; freeze, change'

Freeze Tap R on the step, L toes to the floor. 1-2
Stacked hands O/H
Step back L, R. Pull fists to hips 3-4
Repeat to the other side 5-8

- Body weight heavy on the step
- Toes lightly tap the floor
- **Body square to the front**
- Create a strong statuesque body position

BASIC STEP

PHONETIC CUE 'Walk up, walk down; walk up, walk down'

- **Whole foot on the step**
- Natural walking rhythm

4X MARCH ON TOP

PHONETIC CUE '4, 3, 2, 1, walk on the floor; 4, 3, 2, 1, walk on the floor'

Leap R on to the step. RA 1
March L, R, L on top of the step. RA 2-4
March R, L, R, L on the floor. RA 5-8

- **Whole foot on the step**
- Natural walking rhythm
- Connect top '1, 2, 3, 4' lyrics

LEAP PENDULUM SWING

PHONETIC CUE 'Leap swing swing swing, walk on the floor; Leap swing swing swing, walk on the floor'

Leap R on to the step. RA 1
Light Pendulum Swing L, R, L on top of the step. RA 2-4
March R, L, R, L on the floor. RA 5-8

- **Whole foot on the step**
 - Natural walking rhythm
 - Connect top '1, 2, 3, 4' lyrics
 - **Body square to the front**
 - **Squeezing glutes**
 - Small ROM swings
 - Glance at your feet to make sure you stay centered on the step
- OPTION: 4x March On Top

LEAP PENDULUM SWING & FREEZE TAP COMBO

PHONETIC CUE '4, 3, 2, 1, freeze tap, freeze, freeze, again; 4, 3, 2, 1, freeze tap, freeze, freeze'

Leap R on to the step. RA 1
Light Pendulum Swing L, R, L on top of the step. RA 2-4
March R, L, R, L on the floor. RA 5-8
Freeze Tap R then L. Stacked hands O/H 9-16

- Revisit cues from the above moves
 - Use a visual cue to show the direction to Freeze Tap
- OPTION: 4x March On Top & Tap Down

14X REPEATER KNEE LIFT SEQUENCE

CUE 'Repeater, hold....4, 3, 2, 1, walk on the floor'

14x Repeater Knee Lift R. RA 1-28
March L, R, L, R on the floor. RA 29-32

- Bend front knee to sit deeper
- **Front knee in line with mid-foot**
- **Chest up**
- Extend leg back long
- Drive the knee up to hip height

03. PEAK 1

TRACK FOCUS

Coach your class to release their heel off the step in the quarter turns, and advise participants not to turn if they're not jumping. Connect the quarter turn the 'turn it around' lyrics in the song.

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / A little motivation	1x8		Prepare to move	8	
0:03	Instr /	4x8	A	Alt Knee Lift L then R. RA	8	4x
0:17	PC / Think about it	4x8	B	3x Repeater Knee Lift L then R 👁️ Next move on last 8cts	16	2x
0:31	C / I'm gonna pick	8x8	B ¹	3x Split Shuffle Repeater L then R	16	4x
1:00	Rep / _ You've got	2x8	A	 Alt Knee Lift L then R. RA	8	2x
	_ You've got	2x8	A ¹	Propulsive Alt Knee Lift L then R. RA 👁️ Next move on last 8cts	8	2x
1:13	Rep / _ You've got	4x8	A ²	Quarter Turn Propulsive Alt Knee Lift L then R. RA	8	4x
1:27	V1 / _ You've got	4x8	C	Basic Step L. RA 👁️ Next move on last 8cts	4	8x
1:42	_ I ain't gonna	4x8	C ¹	Basic Jog L. RA	4	8x
1:55	PC / _ Falling	4x8	D	Knee Lift L then R then 2x Basic Step L	16	2x
2:09	C / I'm gonna pick	4x8	D ¹	Propulsive Knee Lift L then R then 2x Basic Jog 👁️ Next move on last 8cts	16	2x
2:23	I'm gonna pick	8x8	D ²	Quarter Turn Combo L	16	4x
2:51	Instr /	4x8	B	 3x Repeater Knee Lift L then R 👁️ Next move on last 8cts	16	2x
3:05	Rep / _ You've got	4x8	B ¹	 3x Split Shuffle Repeater L then R	16	2x
3:20	Br / A little motivation	½x8	A	 Knee Lift L	4	
3:21	Instr /	4x8	A ¹	 Propulsive Alt Knee Lift R then L	8	4x
3:36	V2 / _ You've got	4x8	C	 Basic Step R 👁️ Next move on last 8cts	4	8x
3:49	_ Too late	4x8	C ¹	 Basic Jog R	4	8x
4:03	PC / _ Falling	4x8	D	 Knee Lift R then L then 2x Basic Step R	16	2x
4:17	C / I'm gonna pick	4x8	D ¹	 Propulsive Knee Lift R then L then 2x Basic Jog R 👁️ Next move on last 8cts	16	2x
4:31	Rep / I'm gonna pick	8x8	D ²	 Quarter Turn Combo R	16	4x
4:59	Instr /	4x8	B	 3x Repeater Knee Lift R then L 👁️ Next move on last 8cts	16	2x
5:13	Rep / _ You've got	4x8	B ¹	 3x Split Shuffle Repeater R then L	16	2x
5:28	Br / A little motivation	½x8	A	 Knee Lift R	4	
5:29	Instr /	4x8	A ¹	 Propulsive Alt Knee Lift L then R	8	4x
5:43	Outro /	½x8		Step feet apart. Point F	4	



03. MOTIVATION 5:54mins

TECHNIQUE AND COACHING

ALT KNEE LIFT

PHONETIC CUE *'Right foot, left foot; right foot, left foot'*

- **Whole foot on the step**
- Lift knee to hip height

PROPULSIVE ALT KNEE LIFT

PHONETIC CUE *'Right foot, left foot; right foot, left foot'*

- Add a push off the step
- **Soft knee landings**

OPTION: No propulsion

QUARTER TURN PROPULSIVE ALT KNEE LIFT

PHONETIC CUE *'Right hop, left hop; right hop, left hop'*

Propulsive Knee Lift L with quarter turn counter-clockwise. RA 1-2
Step down R, L to the R side of the step. RA 3-4
Propulsive Knee Lift R with quarter turn clockwise. RA 5-6
Step down L, R to the back of the step. RA 7-8

- Release the heel, hop and jump the quarter rotation
- **Soft knee landings**
- Let your class know that they rotate the same way for each rep
- Find a landmark in the room for your class to look at when the rotate - e.g. 'Look at the water fountain when you rotate'

OPTION: Alt Knee lift

3X REPEATER KNEE LIFT

PHONETIC CUE *'3, 2, 1, change side; 3, 2, 1, change side'*

- Use a visual cue to show the leading leg
- Keep body weight forward over the step
- Lightly tap the toes to the floor

3X SPLIT SHUFFLE REPEATER

PHONETIC CUE *'Knee, tap split split knee, change side; knee, tap split split knee, change side'*

Step L to step then lift R knee. RA 1-2
Tap R to the floor. RA 3
Split Shuffle R to the step, L to the floor. RA 4
Split Shuffle L to the step, R to the floor. RA 5
Lift R knee. RA 6
Step down R, L. RA 7-8
Repeat to the other side 9-16

- Keep body weight forward over the step
- Knee over ankle mid-foot
- Lightly tap the toes to the floor

OPTION: 3x Repeater Knee Lift

BASIC STEP

PHONETIC CUE *'Walk up, walk down; walk up, walk down'*

- Use this to achieve cardio and mental recovery

BASIC JOG

PHONETIC CUE *'Jog up, step down; jog up, step down'*

- Start to build the physical intensity
- Flick heels towards the butt
- **Whole foot on the step**

OPTION: Basic Step

KNEE LIFT L THEN R THEN 2X BASIC STEP

PHONETIC CUE *'Knee, knee, 2 basics, 2, 1, again; knee, knee, 2 basics, 2, 1'*

Knee Lift L then R. RA 1-8
2x Basic Step L. RA 9-16

- Be repetitive with your cues to set up the pattern for the combo



03. MOTIVATION 5:54mins

TECHNIQUE AND COACHING

PROPULSIVE KNEE LIFT L THEN R THEN 2X BASIC JOG

PHONETIC CUE ‘Add a jump, knee, knee, 2 jogs; knee, knee, 2 jogs’

Propulsive Knee Lift L then R. RA 1-8
2x Basic Jog L. RA 9-16

- Roll through the foot then push off the toe
 - **Soft knee landings**
- OPTION: Knee Lift L then R then 2x Basic Step

QUARTER TURN COMBO

PHONETIC CUE ‘Hop turn, hop turn, 2 jogs, one more, again; hop turn, hop turn, 2 jogs, one more, again’

Propulsive Quarter Turn Knee Lift L then R. RA 1-8
2x Basic Jog L. RA 9-16

- **Soft knee landings**
 - Connect to the ‘Turn it around’ lyrics
- OPTION: Knee Lift L then R then 2x Basic Step



Coach the standing option for the Burpee Combo for those that prefer to keep standing, and also intensity options to keep this track inclusive for everyone.

A little breathless from Track 3. Strong and in control.

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04. WELCOME TO THE BLACK PARADE/BURN 5:10mins

TECHNIQUE AND COACHING

TAP & REPEATER COMBO

PHONETIC CUE 'Floor, step, 2 repeater; floor, step, 2 repeater'

- Start standing on top of the step, close to the L side
- Tap L to the floor. RA1
- Step L to the step. RA2
- Tap R to the step. RA3
- Step R to the step. RA4
- 2x Repeater Knee Lift L. RA5-8

- Tap toes lightly to the floor, then the step

SQUAT & REPEATER COMBO

PHONETIC CUE 'Squat side, top, repeater; side, top, repeater'

- Squat L to the floor. RA1
- Step L to the step. RA2
- Squat R to the step. RA3
- Step R to the step. RA4
- 2x Repeater Knee Lift L. RA5-8

- **Bend knees**
- **Knees in line with mid-foot**
- **Butt back and down, just above knee level**
- **Chest up**

OPTION: Tap & Repeater Combo

PROPULSIVE SQUAT & REPEATER COMBO

PHONETIC CUE 'Squat jump, squat jump, repeater; squat jump, squat jump, repeater'

- Squat L to the floor. RA1
- Propel L to the step. RA2
- Squat R to the step. RA3
- Propel R to the step. RA4
- 2x Repeater Knee Lift L. RA5-8

- **Bend knees**
- **Knees in line with mid-foot**
- **Butt back and down, and above knee level**
- **Chest up**

OPTION: Tap & Repeater Combo

STAGGER SQUAT & JOG COMBO

PHONETIC CUE 'Stagger on, stagger off, run; stagger on, stagger off, run'

- Staggered Double Squat L on to the step. Hands to thighs1-4
- Staggered Double Squat L to the floor. Hands to thighs5-8
- Run L, R 4x on the floor. RA9-16

- Staggered landing to soften impact
- **Knees in line with mid-foot**
- **Chest up**

OPTION: Add a propulsion on count 2

BURPEE & MOUNTAIN CLIMBER COMBO

PHONETIC CUE 'Jump in, stand, down, back, run 7, 6, 5, 4, 3, 2, 1, set; in, stand, down, back, run 7, 6, 5, 4, 3, 2, 1, set'

- Start in Plank position, hands on the step
- Jump feet in towards step, knees bent1-2
- Stand tall. Fists to hips3-4
- Bend knees, hands on the step5-6
- Jump feet back to Plank position7-8
- 7x Mountain Climbers9-15
- Set feet down hip-width apart16

- **Bend knees** a lot as you place hands on the step, and when you jump feet in towards the step
- **Strong ab brace in Plank position**
- Eye gaze in front of hands in Plank position
- Push hands in to the step to stabilize around the shoulders
- **Hips low, abs braced** in the Mountain Climbers

OPTION: Stagger Squat & Jog Combo

MOUNTAIN CLIMBER

PHONETIC CUE 'Run run run run'

- **Hips low, abs braced**
- Eye gaze in front of hands
- Push hands in to the step to stabilize around the shoulders

OPTION: Basic Jog

BASIC JOG

PHONETIC CUE 'Jog up, down; up, down'

OPTION: Run OTS



05. PEAK 2



TRACK FOCUS

Create success early in this track by using countdowns to teach the 3x Knee Lifts OTS and then the Knee Lift to travel and also the 3x Basics OTS, and then the knee lift to travel.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / _ Heard it	1x8	Prepare to move		
0:03	(Instr)	4x8 A	6x March Across L then R. RA 👁 Next move on last 8cts	16	2x
0:17	C / _ Caspians killer	4x8 A ¹	6x Pendulum Swing L then R. HOH 👁 Next move on last 8cts	16	2x
0:31	_ My pool	4x8 A ²	6x Pendulum Swing L then R. Reach Up & Down	16	2x
0:44	Br / Bom bom	½x8 B	ATT R. Bent Raise F	4	
0:46	Instr / Bom	4x8 B ¹	Power ATT L then R. Bent Raise F	8	4x
1:00	(Quiet)	12x8 C	3x Knee Lift & L-Step Combo L then R	64	1½x
1:42	Rep / _ In cold blood	8x8 C ¹	Propulsive 3x Knee Lift & L-Step Combo R then L	64	
2:10	C / _ Caspians killer	4x8 A ¹	 6x Pendulum Swing R then L. HOH 👁 Next move on last 8cts	16	2x
2:24	_ My pool	4x8 A ²	 6x Pendulum Swing R then L. Reach Up & Down	16	2x
2:38	Br / Bom bom	½x8 B	 ATT R. Bent Raise F	4	
2:39	Instr / Bom	4x8 B ¹	 Power ATT L then R. Bent Raise F	8	4x
2:53	(Quiet)	8x8 C	 3x Knee Lift & L-Step Combo L then R	64	
3:21	Rep / _ In cold blood	8x8 C ¹	 Propulsive 3x Knee Lift & L-Step Combo L then R	64	
3:49	C / _ Caspians killer	4x8 A ¹	 6x Pendulum Swing L then R. HOH 👁 Next move on last 8cts	16	2x
4:03	_ My pool	4x8 A ²	 6x Pendulum Swing L then R. Reach Up & Down	16	2x
4:17	Br / Bom bom	½x8 B	 ATT L. Bent Raise F	4	
4:18	Instr / Bom	4x8 B ¹	 Power ATT R then L. Bent Raise F	8	4x
4:33	Outro / La la la la la		Freeze on the last count. Arms by sides		



05. IN COLD BLOOD 4:43mins

TECHNIQUE AND COACHING

6X MARCH ACROSS

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

March L, R, L, R, L, R across the step. RA 1-6
Step L to the L side then Tap R to the floor. RA 7-8
Repeat to the other side 9-16

- Use a visual cue to show the direction to travel

6X PENDULUM SWING

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

Pendulum Swing L, R, L, R, L, R across the step. HOH 1-6
Step L to the L side then Tap R to the floor. HOH 7-8
Repeat to the other side 9-16

- **Soft knee landings**
- **Brace abs, squeeze glutes to keep hips square**
- Move with control

OPTION: 6x March Across

6X PENDULUM SWING WITH REACH UP & DOWN

CUE 'Add the arms, reach and pull'

Pendulum Swing L, R, L, R, L, R across the step. Reach Up & Down 1-6
Step L to the L side then Tap R to the floor. Reach Up & Down 7-8
Repeat to the other side 9-16

- **Soft knee landings**
- **Brace abs, squeeze glutes**
- Move with control
- Keep arms in front of the body

OPTION: No arms or 6x March Across

ATT

CUE 'Low across'

- Use a visual cue to show direction to move

POWER ATT

PHONETIC CUE 'Go up, go down; go up, go down'

Power Across R, L. Bent Raise F 1-2
Step R to the R side then Tap L behind R foot. Fists to hips 3-4
Repeat to the other side 5-8

- Use your arms and legs to drive up and across the step
- **Bend knees** and step to the floor

OPTION: ATT

3X KNEE LIFT & L-STEP COMBO

PHONETIC CUE 'Knee lift 3, 2, 1, knee to the back, basic step 3, 2, 1, knee to the side; knee lift 3, 2, 1, knee to the back, basic step 3, 2, 1, knee to the side'

3x Knee Lift R. RA 1-12
Knee Lift R to the B of the step. RA 13-16
3x Basic Step L. RA 17-28
Knee Lift L to the R side. RA 29-32
Repeat to the other side 33-64

- Use countdowns to lock in the pattern
- Use visual cues to show direction and to hold OTS

PROPULSIVE 3X KNEE LIFT & L-STEP COMBO

PHONETIC CUE 'Add a jump, 3, 2, 1, knee to the back, jog, 3, 2, 1, knee to the side'

3x Propulsive Knee Lift R. RA 1-12
Propulsive Knee Lift R to the B of the step. RA 13-16
3x Basic Jog L. RA 17-28
Propulsive Knee Lift L to the R side. RA 29-32
Repeat to the other side 33-64

- Add a push off the step in the Knee Lifts to lift the energy and intensity

OPTION: 3x Knee Lift & L-Step Combo

1x Weight Plate ●
2.5kg or 5kg



06. CONDITIONING 1

TRACK FOCUS

In the Rotating Triple Pulse Back Stepping Lunge, coach your class to brace their core to keep their hips square, and aim to rotate from the rib cage. Encourage a small ROM with a big ab brace.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / (Instr)	4x8	Set up, standing on top of the step, <i>holding weight in close to the chest</i> . Prepare to move 👁️ Next move on last 8cts		
0:15	V1 /	6x8 A	Triple Pulse Back Stepping Lunge L then R. <i>Hold weight close to chest</i> 👁️ Next move on last 8cts	16	3x
0:38	PC / _ Turn up	4x8 A ¹	Rotating Triple Pulse Back Stepping Lunge L & Triple Pulse Back Stepping Lunge R. <i>Hold weight close to chest</i> 👁️ Next move on last 8cts	16	2x
0:53	C / Commin' in hot	8x8 A ²	Rotating Triple Pulse Back Stepping Lunge L & Triple Pulse Back Stepping Lunge R. <i>Press F & 2x Press O/H</i> 👁️ Next move on last 8cts	16	4x
1:23	Instr / (Riff)	4x8 A ³	Repeating Back Stepping Lunge Squat R. <i>Press O/H</i>	4	8x
1:39	Ref / _ Everybody want	4x8	Recovery. Shake out and prepare to work the other side	32	
1:54	V2 /	6x8 A	REPEAT Triple Pulse Back Stepping Lunge R then L. <i>Hold weight close to chest</i> 👁️ Next move on last 8cts	16	3x
2:17	PC / _ Turn up	4x8 A ¹	REPEAT Rotating Triple Pulse Back Stepping Lunge R & Triple Pulse Back Stepping Lunge L. <i>Hold weight close to chest</i> 👁️ Next move on last 8cts	16	2x
2:32	C / Commin' in hot	8x8 A ²	REPEAT Rotating Triple Pulse Back Stepping Lunge R & Triple Pulse Back Stepping Lunge L. <i>Press F & 2x Press O/H</i>	16	4x
3:02	Instr / (Riff)	4x8 A ³	REPEAT Repeating Back Stepping Lunge Squat R. <i>Press O/H</i>	4	8x
3:17	Outro /	½x8	Back Stepping Lunge R. <i>Press weight O/H</i>	4	



06. COMIN’ IN HOTTA 3:27mins

TECHNIQUE AND COACHING

TRIPLE PULSE BACK STEPPING LUNGE

PHONETIC CUE ‘Lunge 3, 2, 1, change sides; 3, 2, 1, change sides’

Triple Pulse Back Stepping Lunge L. Hold weight in to chest 1-6
Step L on to the step. Hold weight in to chest 7-8
Repeat to the other side 9-16

- Long step back
- Back heel up
- **Front knee in line with mid-foot**
- **Chest up**

OPTION: No weight / Smaller ROM

ROTATING TRIPLE PULSE BACK STEPPING LUNGE L & TRIPLE PULSE BACK STEPPING LUNGE

PHONETIC CUE ‘Press, rotate, center, change, hold 3, 2, 1, change; Press, rotate, center, change, hold 3, 2, 1, change’

Step L Back to Lunge L. Press weight F 1-2
Pulse Lunge L. Rotate weight R 3-4
Pulse Lunge L. Rotate weight to center 5-6
Step L on to the step. Hold weight in to chest 7-8
Triple Pulse Back Stepping Lunge R. Hold weight in to chest 9-14
Step L on to the step. Hold weight in to chest 15-16

- **Strong ab brace**
- **Hips remain square to the front**
- Small rotation from the rib cage

OPTION: Triple Pulse Back Stepping Lunge

ROTATING TRIPLE PULSE BACK STEPPING LUNGE L & TRIPLE PULSE BACK STEPPING LUNGE R WITH PRESS F & 2X PRESS O/H

PHONETIC CUE ‘Press, rotate, center, change, press up, down up, change; Press, rotate, center, change, press up, down up, change’

Step L Back to Lunge L. Press weight F 1-2
Pulse Lunge L. Rotate weight R 3-4
Pulse Lunge L. Rotate weight to center 5-6
Step L on to the step. Hold weight in to chest 7-8
Triple Pulse Back Stepping Lunge R. Press weight Up & Down x2 9-14
Step L on to the step. Pull weight in to chest 15-16

- **Strong ab brace**
- **Hips remain square to the front**
- Small rotation from the rib cage
- Keep weight in front of the body in the O/H Press
- Squeeze shoulder blades together on the Pull Down

OPTION: Triple Pulse Back Stepping Lunge

REPEATING BACK STEPPING LUNGE SQUAT

PHONETIC CUE: ‘Lunge, squat; lunge, Squat’

Step R Back to Lunge R. Press weight O/H 1-2
Step R to Squat R side. Pull weight down to top of chest 3-4

- **Bend knees** and stay low and loaded through the legs

OPTION: No weight

07. PARTY STEP

1x

TRACK FOCUS

Create a ‘show time’ vibe with the circular arm lines in the Jump Down Walk Around Combo. Have some fun and strike a pose each time you hear the camera ‘click’.

Teach Flava
Come into this track
Excited, re-energized and buzzing.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Woo, It’s show		Prepare to move	24	
0:09	Rep / _ Just watch me	6x8 A	Light Propulsive OTT & Walk Around Combo L 👁️ Next move on last 8cts	8	6x
0:31	C / Just watch me now	8x8 B	Jump Down Walk Around Combo L	8	8x
0:59	Br / Just watch me now	½x8 C	OTT L. HOH	4	
1:01	Rep / _ Just watch me	2x8 C¹	Propulsive OTT R then L. Scoop & Clap 👁️ Next move on last 8cts	8	2x
1:08	_ Just watch me	2x8 D	Switch Curl R then L. Scoop & Clap	8	2x
1:15	Ref / Just watch me now	2x8 E	Basic Step R on R diagonal. RA 👁️ Next move on last 8cts	4	4x
1:22	V1 / _ Step back	4x8 F	3x Repeater with Cha-Cha-Cha R. RA 👁️ Next move on last 8cts	8	4x
1:36	_ Tell me now	4x8 F¹	Repeater Knee Tap Knee with Cha-Cha-Cha R. RA 👁️ Next move on last 8cts	8	4x
1:51	PC / I’m so lit	4x8 F²	Repeater Knee Tap Knee with Cha-Cha-Cha R. Strike a pose 👁️ Next move on last 8cts	8	4x
2:05	C / Just watch me now	4x8 B	🔁 Jump Down Walk Around Combo R 👁️ Next move on last 8cts	8	4x
		4x8 B¹	Jump Down Walk Around Combo R with Rainbow Arms	8	4x
2:33	Br / Just watch me now	½x8 C	🔁 OTT R. HOH	4	
2:35	Rep / _ Just watch me	4x8 D	🔁 Switch Curl L then R	8	4x
2:49	Ref / Just watch me now	2x8 E	🔁 Basic Step L on L diagonal 👁️ Next move on last 8cts	4	4x
2:56	V2 / _ So fun	4x8 F	🔁 3x Repeater with Cha-Cha-Cha L 👁️ Next move on last 8cts	8	4x
3:11	_ Tell me now	4x8 F¹	🔁 Repeater Knee Tap Knee with Cha-Cha-Cha L 👁️ Next move on last 8cts	8	4x
3:25	PC / I’m so lit	4x8 F²	🔁 Repeater Knee Tap Knee with Cha-Cha-Cha L. Strike a pose 👁️ Next move on last 8cts	8	4x
3:39	C / Just watch me now	4x8 B	🔁 Jump Down Walk Around Combo L 👁️ Next move on last 8cts	8	4x
3:53	PC / Just watch me now	4x8 B¹	🔁 Jump Down Walk Around Combo L with Rainbow Arms	8	4x
4:08	Br / Just watch me now	½x8 C	🔁 OTT L. HOH	4	
4:09	Rep / _ Just watch me	4x8 D	🔁 Switch Curl R then L	8	4x
4:25	Outro / Just watch me now	½x8	Step R on to the step	4	



07. JUST WATCH ME NOW 4:34mins

TECHNIQUE AND COACHING

OTT & WALK AROUND COMBO

PHONETIC CUE 'Step up, down, walk around; up, down, walk around'

OTT L. *HOH* (Rotate body in towards step on cts 3-4) 1-4

Walk F L, R, L, R back to the R side of the step. RA 5-8

- Turn your body and look towards your step as you step down on cts 3-4

LIGHT PROPULSIVE OTT & WALK AROUND COMBO

CUE 'A little bigger up, down, walk around'

Light Propulsive OTT L. *HOH* (Rotate body in towards step on cts 3-4) 1-4

Walk F L, R, L, R back to the R side of the step. RA 5-8

- Add a small push off the step to lift the energy
- OPTION: OTT & Walk Around Combo

JUMP DOWN WALK AROUND COMBO

PHONETIC CUE 'Jump down, turn around, walk; jump down, turn around, walk'

Leap L on to the step. *Natural* 1

Step R to the floor. *Natural* 2

Step L, R on the floor. *Natural* (Rotate body in towards step) 3-4

Walk F L, R, L, R back to the R side of the step. RA 5-8

- Coach the 'Jump' on to the step. This is vital to the success in this move. 'Stepping' on to the step creates a different rhythm, that doesn't feel quite right
- Soft and controlled landing
- After the 'Jump' on to the step, Swirl the leg over to the floor
- Turn to face the step, then Walk Around to the start

OPTION: OTT & Walk Around Combo

JUMP DOWN WALK AROUND COMBO WITH RAINBOW ARMS

PHONETIC CUE 'Jump down, turn around, walk; jump down, turn around, walk'

Leap L on to the step. *Rainbow Arms* 1

Step R to the floor. *Rainbow Arms* 2

Step L, R on the floor. *Natural* (Rotate body in towards step) 3-4

Walk F L, R, L, R back to the R side of the step. RA 5-8

- Coach the 'Jump' on to the step. This is vital to the success in this move. 'Stepping' on to the step creates a different rhythm, that doesn't feel quite right
- After the 'Jump' on to the step, Swirl the leg over to the floor
- Turn to face the step, then Walk Around to the start
- *Big circular Rainbow Arms*

OPTION: OTT & Walk Around Combo

OTT

CUE 'Over the top'

OTT L. *HOH* 1-4

PROPULSIVE OTT

PHONETIC CUE 'Go up, go down; go up, go down'

Propulsive OTT R then L. *Scoop & Clap* 1-8

OPTION: OTT

SWITCH CURL

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

Step R to step. *Scoop & Clap* 1

Hop R and rotate 45. *Scoop & Clap* 2

Step down L, R. *Scoop & Clap* 3-4

Repeat to the other side 5-8

- Release the heel to rotate
- Light and lifted happy feel

OPTION: OTT



07. JUST WATCH ME NOW 4:34mins

TECHNIQUE AND COACHING

BASIC STEP

PHONETIC CUE 'Walk up, walk down; walk up, walk down'

- Body on 45 diagonal
- Chill and reset

3X REPEATER WITH CHA-CHA-CHA

PHONETIC CUE '3, 2, 1, cha-cha-cha; 3, 2, 1, cha-cha-cha'

3x Repeater Knee Lift R. RA 1-6
Cha-cha-cha L, R, L. RA 7-8

- The same foot steps on every time
- Lock in the rhythm

OPTION: No Cha-cha-cha

REPEATER KNEE TAP KNEE WITH CHA-CHA-CHA

PHONETIC CUE 'Knee, tap over, knee, cha-cha-cha; knee, tap over, knee, cha-cha-cha'

Step R to step, then lift L Knee. RA 1-2
Step R to floor, then Tap R over to R side. RA 3-4
Step R to step, then lift L Knee. RA 5-6
Cha-cha-cha L, R, L. RA 7-8

- Knee on the diagonal, then turn body to face front as you tap over the step

OPTION: 3x Repeater

REPEATER KNEE TAP KNEE WITH CHA-CHA-CHA WITH STRIKE A POSE

PHONETIC CUE 'Knee, strike a pose, knee, cha-cha-cha; knee, strike a pose, knee, cha-cha-cha'

Step R to step, then lift L Knee. RA 1-2
Step R to floor, then Tap R over to R side. RA & Pose 3-4
Step R to step, then lift L Knee. RA 5-6
Cha-cha-cha L, R, L. RA 7-8

- Listen for the camera clicks, and strike a pose on them

OPTIONS: No Strike a pose. 3x Repeater



Strong and authoritative.

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08. GREENLIGHT / GOLDDUST / THE SPOOK 6:27mins

TECHNIQUE AND COACHING

KNEE LIFT

PHONETIC CUE 'Lift your knee, step down; lift your knee, step down'

Knee Lift L (on L diagonal). RA 1-4

- Body on 45 diagonal
- Knee to hip height
- **Abs braces, hips square**

PROPULSIVE KNEE LIFT

CUE 'Add some power, push off the step'

Propulsive Knee Lift L (on L diagonal). Blade RA 1-4

- Body on 45 diagonal
- Knee to hip height
- Roll through the foot, push off the toe
- **Soft knee landings**

OPTION: Knee Lift

SPLIT SHUFFLE

PHONETIC CUE 'Split, split; split, split'

Start on top of the step, facing Left

Split Shuffle R toes to the floor. RA 1

Split Shuffle R to the step, L toes to the floor. RA 2

- **Body weight over the step**
- Lightly tap toes to the floor
- **Chest up**, slight tip forward from the hips

OPTION: Back Tap

SLOW INDECISION STRADDLE

PHONETIC CUE 'Step up, straddle down, step up, step over; step up, straddle down, step up, step over'

Slow Step up L, R. RA 1-4

Slow Straddle down L, R. RA 5-8

Slow Straddle up L, R. RA 9-12

Slow Step L down then lift R knee. RA 13-16

Repeat to the other side 17-32

- **Body square to the front**
- Use visual cues to show the direction to travel

SPEED INDECISION STRADDLE

PHONETIC CUE 'Up, down, up, freeze; up, down, up, freeze'

Jog up L, R. RA 1-2

Straddle down L,R. RA 3-4

Straddle up L, R. RA 5-6

Freeze L down & lift R knee. RA 7-8

Repeat to the other side 9-16

- **Soft knee landing** as you freeze on the floor
- **Knee over mid-foot**

OPTION: Smaller ROM

SPEED INDECISION STRADDLE WITH KNEE HITCH

PHONETIC CUE 'Up, down, up, hitch; up, down, up, hitch'

Jog up L, R. RA 1-2

Straddle down L, R. RA 3-4

Straddle up L, R. RA 5-6

Freeze L down & Hitch R knee up. RA 7-8

Repeat to the other side 9-16

- **Soft knee landing**
- **Abs braced**

OPTION: Smaller ROM

UP-STRADDLE & DOUBLE SQUAT COMBO

PHONETIC CUE 'Up, down, squat, squat; up, down, squat, squat'

Start in Straddle position, with the step between the legs

Straddle up L, R. RA 1-2

Straddle down L, R. RA 3-4

Squat down & up x2. Hands to thighs 5-8

- Let your class know that this is the standing option for the upcoming Burpees



08. GREENLIGHT / GOLDDUST / THE SPOOK 6:27mins

TECHNIQUE AND COACHING

UP-STRADDLE & SQUAT JUMP COMBO

PHONETIC CUE ‘Up, down, squat jump squat; up, down, squat jump squat’

Start in Straddle position, with the step between the legs

Straddle up L, R. RA	1-2
Straddle down L, R. RA	3-4
Squat down. Hands to thighs	5
Plyo Jump up. Claw hands O/H	6
Land in Squat position. Hands to thighs	7-8

- Connect to the ‘Spook’ theme with creepy claw hands in the jump
- **Soft knee landings**

OPTION: Up-Straddle & Double Squat Combo

BURPEE & SQUAT JUMP COMBO

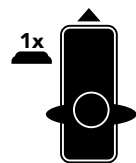
PHONETIC CUE ‘Down back in stand, squat jump squat; down back in stand, squat jump squat’

Start in Straddle position, with the step between the legs

Bend knees. Hands to step	1
Jump feet back to Plank position	2
Jump feet in to Squat position. Hands on the step	3
Stand. Hands to thighs	4
Squat down. Hands to thighs	5
Plyo Jump up. Claw hands O/H	6
Land in Squat position. Hands to thighs	7-8

- **Bend knees a lot** as you place hands on the step, and when you jump feet in toward the step
- **Strong ab brace in Plank position**
- Eye gaze in front of hands in Plank position
- Push hands in to the step to stabilize around the shoulders
- **Soft knee landings**
- Connect to the ‘Spook’ theme with creepy claw hands in the jump

OPTION: Up-Straddle & Double Squat Combo



09. PEAK 3

TRACK FOCUS

Connect to the 'GO!' lyrics in the chorus by punching your arm up with strength. Encourage your class to be vocal, and join you yelling 'GO!'

Teach Athletic

Come into this track

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

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Get ready	½x8		Prepare to move	4	
0:02	Ref / _ Whoa	2x8	A	Tap Down L then R. RA	4	4x
0:09	_ Whoa	4x8	B	6x Tap Down & 2x Repeater Combo L then R 👁️ Next move on last 8cts	32	
0:22	C / GO	8x8	B¹	6x Propulsive Tap Down & 2x Repeater Combo L then R	32	2x
0:50	Br / Na na na	1x2	C	OTT L. HOH	2	
0:51	Rep / GO whoa oh oh	4x8	C¹	Propulsive OTT R then L	8	4x
1:05	Ref /	2x8	D	Up Tap R. <i>Relaxed by sides</i> 👁️ Next move on last 8cts	4	4x
1:12	_ It's now or	2x8	D¹	Up Tap R on R diagonal. RA 👁️ Next move on last 8cts	4	4x
1:19	V1 / They say it gonna	10x8	E	3x Basic Step & Switch Curl Combo R then L 👁️ Next move on last 8cts	32	2½x
1:54	Rep / GO , na na na	8x8	E¹	3x Jump Squat & Switch Curl Combo R then L	32	2x
2:22	PC / _ Get ready	1x8		Transition to the top of the step	8	
2:25	_ Get ready	1x8	A	🔁 Tap Down R then L. RA	4	2x
2:29	C / GO	8x8	B¹	🔁 6x Propulsive Tap Down & 2x Repeater Combo R then L	32	2x
2:56	Br / Na na na	1x2	C	🔁 OTT R. HOH	2	
2:57	Rep / GO whoa oh oh	4x8	C¹	🔁 Propulsive OTT L then R	8	4x
3:11	Ref /	2x8	D	🔁 Up Tap L. <i>Relaxed by sides</i> 👁️ Next move on last 8cts	4	4x
3:18	_ It's now or	2x8	D¹	🔁 Up Tap L on L diagonal. RA 👁️ Next move on last 8cts	4	4x
3:25	V2 / It's about to break	10x8	E	🔁 3x Basic Step & Switch Curl Combo L then R 👁️ Next move on last 8cts	32	2½x
4:00	Rep / GO , na na na	8x8	E¹	🔁 3x Jump Squat & Switch Curl Combo L then R	32	2x
4:28	PC / _ Get ready	1x8		🔁 Transition to the top of the step	8	
4:32	_ Get ready	1x8	A	🔁 Tap Down R then L. RA	4	2x
4:35	C / GO	8x8	B¹	🔁 6x Propulsive Tap Down & 2x Repeater Combo L then R	32	2x
5:02	Br / Na na na	1x2	C	🔁 OTT L. HOH	2	
5:03	Rep / GO whoa oh oh	4x8	C¹	🔁 Propulsive OTT R then L	8	4x
5:17	Outro / This is it			Strike a pose on the last count		



09. THIS IS IT 5:27mins

TECHNIQUE AND COACHING

TAP DOWN

PHONETIC CUE *'Tap left, right; left, right'*

- Body weight on the step, lightly tap toes to the floor

6X TAP DOWN & 2X REPEATER COMBO

PHONETIC CUE *'6, 5, 4, 3, 2, 1, 2 repeater; 6, 5, 4, 3, 2, 1, 2 repeater'*

Tap Down L then R x3. RA 1-12
2x Repeater Knee Lift L. RA 13-16
Repeat to the other side 17-32

- **Abs braced, hips square**
- Knee over mid-foot
- Use countdowns to lock in the pattern early
- Taps face forward, Repeaters on the 45 diagonal

6X PROPULSIVE TAP DOWN & 2X REPEATER COMBO

PHONETIC CUE *'Bigger, 6, 5, 4, 3, 2, 1, 2 repeater; 6, 5, 4, 3, 2, 1, 2 repeater'*

Propulsive Tap Down L then R x3. *Single Punch O/H* 1-12
2x Repeater Knee Lift L. *Reach Up & Down* x2 13-16
Repeat to the other side 17-32

- Move with control. Avoid slamming your heels to the floor (Toes down, heel up)
- Connect to the 'Go!' lyrics

OPTION: 6x Tap Down & 2x Repeater Combo

OTT

CUE *'Over the top'*

Step L to the floor. HOH 1
Lift R Knee. HOH 2

- Note: This OTT gets you to seamlessly transition from the top of the step, to the side of the step

PROPULSIVE OTT

PHONETIC CUE *'Go up, down; up, down'*

- Move with control

UP TAP

PHONETIC CUE *'Hold it here, tap up, down; up, down'*

- Use this as cardio recovery and to lock in the new start position

UP TAP R ON R DIAGONAL

CUE *'Keep tapping, turn your body inward'*

- Use a visual cue to show that you are turning your body on the 45 diagonal

3X BASIC STEP & SWITCH CURL COMBO

PHONETIC CUE *'3, 2, 1, switch side; 3, 2, 1, switch side'*

3x Basic Step R. RA 1-12
(On the R diagonal)
Switch Curl R. *Bent Raise F* 13-16
Repeat to the other side 17-32

- Body on 45 diagonal
- Whole foot on the step
- **Release the heel as you Switch**

3X JUMP SQUAT & SWITCH CURL COMBO

PHONETIC CUE *'Jump squat 3, 2, 1, switch side; 3, 2, 1, switch side'*

Jump Squat on to the step. *Bent Raise F* 1-2
Step down R, L. *Pull fists to hips* 3-4
Jump Squat on to the step. *Bent Raise F* 5-6
Step down R, L. *Pull fists to hips* 7-8
Jump Squat on to the step. *Bent Raise F* 9-10
Step down R, L. *Pull fists to hips* 11-12
Switch Curl R. *Bent Raise F* 13-16
Repeat to the other side 17-32

- **Soft knee landings**
- **Knees in line with toes**
- **Chest up**

- Whole foot on the step
- Release the heel as you switch

OPTION: 3x Basic Step & Switch Curl Combo



1x Weight Plate
2.5kg or 5kg

1x



10. CONDITIONING 2

TRACK FOCUS

Coach your class to focus on squeezing the back of the body to work the posterior chain in the Lateral Fly & Upright Row Combo. Also coach your class to keep their chest lifted & to look towards the front of their step as they tip slightly forward from the hips in this combo.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro /	½x8	Standing on top of the step Weights in Upright Row Position Prepare to move		
0:02	Vi / Hallelujah	4x8	A Slow Lateral Fly & Upright Row Set Up R	16	2x
0:18	PC / _ Don't	8x8	A ¹ Slow Lateral Fly & Upright Row Combo L	16	4x
0:52	C / Back back it up	6x8	A ² Lateral Fly & Upright Row Combo L	8	6x
1:17	Br /	½x8	Recover	4	
1:19	V2 / Hallelujah	2x8	Recover, prepare to work the other side	16	
1:28	Oh my	2x8	A  Slow Lateral Fly & Upright Row Set Up R	16	
1:36	PC / _ Don't	8x8	A ¹  Slow Lateral Fly & Upright Row Combo R	16	4x
2:10	C / Back back it up	6x8	A ²  Lateral Fly & Upright Row Combo R	8	6x
2:35	V3 / Hallelujah	4x8	Transition to floor for core work  Next move on last 8cts	32	
2:52	_ Don't	8x8	B Slow Weighted Cycle L then R	8	8x
3:25	C / Back up up up	8x8	B ¹ Weighted Cycle L then R	4	16x
3:59	Instr /	4x8	C Bench Press Crunch	4	8x



10. MOTHERS DAUGHTER (WUKI REMIX) 4:18mins

TECHNIQUE AND COACHING

SLOW LATERAL FLY & UPRIGHT ROW SET UP

PHONETIC CUE 'Row down, side fly, lower, rise and row; down, side fly, lower, rise and row'

Start position: Stand on top of the step, close to the back. L toes back to the floor, arms in high row

- Row down 1-4
- Side Lateral Raise 5-8
- Side Lateral Lower 9-12
- Upright Row 13-16

- **Strong ab brace**
- Slight tip forward from the hips
- **Chest up, long spine**
- Squeeze shoulder blades together
- Side Lateral Raise: *Weights in front of the body, elbows below shoulder height*
- Eye gaze toward the front of the step

OPTION: No weights

SLOW LATERAL FLY & UPRIGHT ROW COMBO

PHONETIC CUE 'Down, leg up, leg down, tap; Down, leg up, leg down, tap'

- Row down 1-4
- Rear Leg Extension L. Side Lateral Raise 5-8
- Tap R toes to the floor. Side Lateral Lower 9-12
- Tap R toes to the step. Upright Row 13-16

- **Strong ab brace**
- Slight tip forward from the hips
- **Chest up**
- Side Lateral Raise: *Weights in front of the body and below shoulder height*
- Eye gaze toward the front of the step
- Negotiate balance
- **Squeeze the back of the body**

OPTIONS: No weights

Keep toes to the floor

LATERAL FLY & UPRIGHT ROW COMBO

PHONETIC CUE 'Faster, down, fly, lower, row; down, fly, lower, row'

- Row down 1-2
- Rear Leg Extension L. Side Lateral Raise 3-4
- Tap R toes to the floor. Side Lateral Lower 5-6
- Tap R toes to the step. Upright Row 7-8

- **Strong ab brace**
- Slight tip forward from the hips
- **Chest up**
- Side Lateral Raise: *Weights in front of the body, elbows below shoulder height*
- Eye gaze toward the front of the step
- Elbows lead the Upright Row
- Negotiate balance
- **Squeeze the back of the body**

OPTION: Keep toes to the floor

SLOW WEIGHTED CYCLE

PHONETIC CUE 'Extend, change; extend, change'

Start Position:

- Lying on the floor, feet up, knees bent at 90
- Extend L leg F to 45. R weighted. Arm F to 45 1-4
- Repeat to the other side 5-8

- Press lower back toward the floor
- Leg and arm on the 45 angle
- Peel shoulder blade off the floor to target obliques

OPTION: No weights or feet on the step

WEIGHTED CYCLE

PHONETIC CUE 'Faster, reach, reach; reach, reach'

- Extend L leg F to 45. R weighted. Arm F to 45 1-2
- Repeat to the other side 3-4

- **Press lower back toward the floor**
- Leg and arm on the 45 angle
- Peel shoulder blade off the floor to target obliques
- Ribs to hips

OPTIONS: No weights or feet on the step



10. MOTHERS DAUGHTER (WUKI REMIX) 4:18mins

TECHNIQUE AND COACHING

BENCH PRESS CRUNCH

PHONETIC CUE *'Press and crunch, lower, press and crunch, lower'*

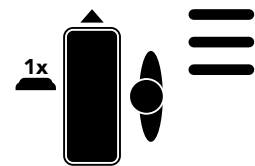
Start Position: Feet on the step, knees bent

Crunch up. Weighted Chest Press Up 1-2

Crunch down. Weighted Chest Press Down 3-4

- **Press lower back toward the floor**
- Leg and arm on the 45 angle
- Peel shoulder blades off the floor
- **Move ribs toward hips**
- Squeeze the chest, then open the chest

OPTION: No weights



11. COOLDOWN/STRETCH

TRACK FOCUS

Give your class clear direction so that they can transition from stretch to stretch seamlessly.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS
0:00	Intro /	2x8	A Lying on the floor, feet on the step, cross R leg over L knee	16
0:09	V1 / He keeps	2x8	B Lying Hip Stretch R	16
0:18	So you've got	2x8	C Lying Glute Stretch R	16
0:28	C / You don't know your worth	3x8	D Lying Hamstring Stretch R	24
0:42	Put you first	1x8	E Hug Knees in to chest, then roll to face front	8
0:46	_ Gotta keep	3x8	F Lying Quad Stretch L	24
1:00	_ who puts you first	1x8	 Lye on the floor, cross L leg over R knee	8
1:05	V2 / Don't forget	2x8	 Lying Hip Stretch L	16
1:14	You get strung	2x8	 Lying Glute Stretch L	16
1:24	C / You don't know your worth	3x8	 Lying Hamstring Stretch L	24
1:38	Put you first	1x8	 Hug Knees in to chest, roll to face back	8
1:42	_ Gotta keep	3x8	 Quad Stretch R	24
1:56	_ who puts you first	1x8	Transition to back of the step, prepare for Kneeling Lat Stretch	8
2:01	Instr /	3x8	G Kneeling Lat Stretch	24
2:15		1x8	Transition to Downward Facing Dog, hands on the step	8
2:19	C / _ Gotta keep	4x8	H Active Calf Stretch L&R	4 8x
2:38	Ref / Like you're worth	3x8	I Lower to Upward Facing Dog	24
2:52	_ Find someone	1x8	Walk feet toward the step	8
2:57	Like you're worth	1/2x8	Roll body up to stand	4



11. KNOW YOUR WORTH 3:01mins

TECHNIQUE AND COACHING

LYING HIP STRETCH R

CUE ‘Ankle crossed over knee, gently press the knee open’

- R Ankle crossed over L Knee
- Gently press R knee F

LYING GLUTE STRETCH

CUE ‘Thread your arm through the leg, hug knee in toward your chest’

- Thread R arm through the R leg
- Hug L knee in toward chest

LYING HAMSTRING STRETCH

CUE ‘Top leg up to stretch the back of your leg’
R leg up

- Gently pull R leg back
- Keep tail bone pressing toward the floor

LYING QUAD STRETCH

CUE ‘Lying on your side, pull your heel toward your butt’

- Lower knees to the front
- Knees bent to clear the front of the step
- Hold L ankle, and pull L heel toward the butt
- Hips square
- Squeeze glute
- Press knees together to close the gap between the legs

KNEELING LAT STRETCH

CUE ‘Hands on the step, hips up, press your forehead toward the floor’

- Start at the back of the step, on knees with hips high
- Hands on the step, arms straight
- Press forehead toward the floor
- Round the lower back area upward (Avoid dropping the belly downward)

ACTIVE CALF STRETCH

PHONETIC CUE ‘Walk right, left, right, left’

Start in Downward Facing Dog position

Walk R heel to the floor

1-2

Walk L heel to the floor

3-4

UPWARD FACING DOG

CUE ‘Squeeze your glutes, lower your hips toward the floor’

- Start in Downward Facing Dog position
- **Squeeze the butt**
- Abs braced
- Slowly lower hips toward the floor
- Squeeze shoulder blades together & open the chest
- Lengthen through the crown of the head
- Eye gaze F



WE ARE ONE GLOBAL FAMILY

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

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

Exercise is our global movement.

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

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

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

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

We are United.

OUR DECLARATION OF INTENT

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

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

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

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

We know that what is considered appropriate in some contexts can be seen as inappropriate in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

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

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

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

