



BODYSTEP

129

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

DECLARATION OF INTENT

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MUSIC

- 01

Big Energy (4:23)

The String Theory Project

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Written by: Lowe, Belew, Frantz, Gottwald, Hammers, Oliver, Smith, Stanley, Stephens, Thomas, Weymouth
- 02

The Boy Does Nothing (Bimbo Jones Remix Radio Edit) (1:59)

Alesha Dixon

© 2008 Warner Music UK Limited.

Written by: Xenomania, Cooper, Dixon, Williams, Higgins
- 03

The Boy Does Nothing (Bimbo Jones Remix Radio Edit) (1:22)

Alesha Dixon

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Written by: Xenomania, Cooper, Dixon, Williams, Higgins
- 04

Shivers (5:38)

Troll Generator

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Written by: Sheeran, McDaid, Lavelle, Mac
- 05

Physically Fit (Move It) (2:11)

monroe street.

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Written by: Morillo, Quashie
- 06

Jack (1:33)

Coredigital

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Written by: Odden
- 07

Physically Fit (Move It) (1:27)

monroe street.

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Written by: Morillo, Quashie
- 08

Jack (1:09)

Coredigital

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Written by: Odden
- 09

Beg For You (4:11)

Sonic Attic

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Written by: Pacurar, Spreckley, Aitchison, Bhagavan, Gale, Sawayama, Soifer, J. Von der Burg, N. Von der Burg
- 10

By Your Side (3:14)

Calvin Harris feat. Tom Grennan

© 2021 Sony Music Entertainment UK Limited.

Written by: Hutchcraft, Harris, Needle, Grennan, Scott, Newman
- 11

About Damn Time (5:15)

Core Secret

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Written by: Frederic, Price, Hague, Larkins, Thomas, Jefferson, Slatkin

- 01

Why Don't You Love Me (1:03)

The Violet Crawdads

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Written by: B. Knowles, S. Knowles, Beyince, Smith III, Rankins, Wells
- 02

Do It Like That (0:59)

Ricki-Lee

Courtesy of the Universal Music Group.

Written by: Coulter, J. Kierulf, B. Kierulf
- 03

Globe (0:59)

Poylow, Flawx & Godmode

© 2021 Magic Records.

Written by: Bouwer, Techer, Samra
- 04

Why Don't You Love Me (1:00)

The Violet Crawdads

© 2022 Les Mills Music Licensing Ltd.

Written by: B. Knowles, S. Knowles, Beyince, Smith III, Rankins, Wells
- 05

Do It Like That (1:06)

Ricki-Lee

Courtesy of the Universal Music Group.

Written by: Coulter, J. Kierulf, B. Kierulf
- 06

Globe (1:00)

Poylow, Flawx & Godmode

© 2021 Magic Records.

Written by: Bouwer, Techer, Samra
- 07

Miss Independent (4:36)

Sofa Godz

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Written by: Aguilera, Unknown
- 08

Keep It Hush (2:43)

Wydez

© 2022 Big Pop Records.

Written by: Gainsford, Ozumba, van de Geer, Langeveld
- 09

Good Thing (2:28)

Valkyrie

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Written by: Haru, Reid, Gilroy
- 10

Say So (3:58)

Doja Cat

© 2019 Kemosabe Records/RCA Records.

Written by: Dlamini, Gottwald
- ALT 01

Big Energy (Instrumental) (4:18)

The String Theory Project

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Written by: Lowe, Belew, Frantz, Gottwald, Hammers, Oliver, Smith, Stanley, Stephens, Thomas, Weymouth
- ALT 07

About Damn Time (Instrumental) (5:15)

Core Secret

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Written by: Frederic, Price, Hague, Larkins, Thomas, Jefferson, Slatkin



BODYSTEP 129



L-R: Manami Sato, Mark Nu-u-Steele,
Kaylah-Blayr Fitzsimons-Nu'u, Grace Wallace

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.

Kaylah-Blayr Fitzsimons-Nu’u (New Zealand) is a BODYSTEP, BODYPUMP™, LES MILLS GRIT™, LES MILLS TONE, LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor. She is based in Auckland.

Manami Sato (Japan) is a BODYSTEP Trainer/Instructor and a BODYATTACK™ and BODYBALANCE™ Instructor. She lives in Auckland.

Thanks to Grace Wallace (New Zealand)
And Lisa Osborne (Australia)

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will still experience the magic, excitement and training effect of the new launch tracks.

Welcome to BODYSTEP 129!

This release is all about having big fun with athletic energy as we warm up to the song *Big Energy*.

We then push our way through the crowd with some rhythmic Mambos in Track 2, and onward to Peak 1, which is bound to give you the *Shivers* with a fun Vampire theme.

We then *Move It* in the Mixed Strength track with standing and Plank Jacks to the songs *Physically Fit* and *Jack*.

Peak 2 will have you begging for more with the Rotating Leg Abductions. Then we test our core strength and balancing skills with Lunges and Weighted Tilting arm lines.

Then get ready to party with 2 moves that we join together to create our BODYSTEP TikTok routine to *About Damn Time*.

We have some great cross training in our Athletic Circuit with plyo training, speed work, and Surfer Burpees.

We end the cardio training with a sassy and empowering track to *Miss Independent*.

In Conditioning 2, we challenge our leg strength with a ‘pause’ in the Squat Combo. It’s all about time under tension training.

And finally, some great stretches to cool down with to *Say So*.

I hope you enjoy the super fun release! Bring on that big BIG Energy!

CREDITS

Program Director – Mark Nu’u-Steele

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Lisa Osborne

Technical Consultant – Andrew Newmarch

Production Coordinator – Laura Jackson

Special thanks to

Kaylah-Blayr Fitzsimons-Nu’u (New Zealand)



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>



EXPRESS FORMATS

BODYSTEP 129

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	42:09

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	43:01

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	27:07

30-MINUTE FORMAT – Option 2

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

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 129

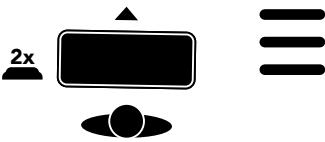
When mixing older releases with BODYSTEP 129 use:

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 (1)
PC	Pre-chorus	V	Verse
ATT	Across The Top	Med	Medium (2)
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		



01. WARM-UP

TRACK FOCUS

An upbeat, fun Warm-up to set the vibe for a great workout ahead. Use clear visual cues to show the leading leg, and to stay on the same leg in the 4x Up Taps. Connect to the "walk walk" lyrics as you walk on top of the step, then inject a bit of fun 'flava' by snapping your fingers to the lyrics "get money".

Teach Athletic

Come into this track

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

Please note: This track contains explicit content. The alternative song can be use in its place. Please use **Big Energy (Instrumental)** with the same choreography.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / Instr	1x8		Prepare to move	8	
0:08	Instr / This the remix _	2x8		Step Touch L&R. HOH 👁 Step Touch L&R. Open & Clap on the last 4cts	4	4x
0:15	Rep / Miami in the house	4x8		Step Touch L&R. Open & Clap	4	8x
0:29	Instr / Fantasy _	2x8	A	4x Up Tap On Top L. RA 👁 Knee Lift L on the last 8cts	4	4x
0:37	V1 / _ Bad chick	4x8	A ¹	4x Knee Lift L then R. RA	32	
0:51	Fantasy _	10x8	A ²	4x Knee Lift with Heel Dig On Top L then R. RA	32	2½x
1:27	C / Walk by	4x8	B	4x Wide March On Top R. RA 👁 Wide Step Step Squat & March R. RA on the last 8cts	8	4x
1:41	Rep / When you walk walk	4x8	B ¹	Wide Step Step Squat & March R. RA 👁 Wide Step Step Squat & March R. Snap Arms on the last 8cts	8	4x
1:56	Get money	4x8	B ²	Wide Step Step Squat & March R. Snap Arms	8	4x
2:10	Br / Big big energy	½x8	C	Transition	4	
2:12	Ref / _ Sweet fantasy	4x8	C ¹	Active Calf Stretch R. Bent Raise F	4	8x
2:26	Instr /	2x8	A	🔄 4x Up Tap R. RA 👁 Knee Lift R on the last 4cts	16	1x
2:33	V2 / You gon have to	4x8	A ¹	🔄 4x Knee Lift On Top R then L. RA	32	
2:48	_ Tell me how you want it	10x8	A ²	🔄 4x Knee Lift with Heel Dig R then L. RA	32	2½x
3:23	C / Walk by	4x8	B	🔄 4x Wide March On Top L. RA 👁 Wide Step Step Squat & March Combo L. RA on the last 8cts	8	4x
3:38	Rep / When you walk walk	4x8	B ¹	🔄 Wide Step Step Squat & March Combo L. RA 👁 Wide Step Step Squat & March L. Snap Arms on the last 8cts	8	4x
3:52	Get money	4x8	B ²	🔄 Wide Step Step Squat & March Combo L. Snap Arms	8	4x
4:06	Br / _ Big energy	½x8	C	Transition	4	
4:08	Ref / _ Sweet fantasy	4x8	C ¹	🔄 Active Calf Stretch L. Bent Raise F	4	8x



01. BIG ENERGY 4:23mins

TECHNIQUE AND COACHING

STEP TOUCH

PHONETIC CUE 'Right, left, right, left'

Step Touch L. Arms by sides 1-2
Step Touch R. Arms by sides 3-4

- Set up direction of the Step Touch
- **Chest up**
- **Core braced**
- Welcome everyone to the workout

STEP TOUCH WITH OPEN CLAP

PHONETIC CUE 'Right, left, right, left'

Step Touch L. Open & clap 1-2
Step Touch R. Open & clap 3-4

- Open and close the arms
- Big clap in the middle
- **Chest up**
- **Core braced**
- Inclusive language and BIG energy

OPTION: Step Touch

UP TAP

PHONETIC CUE 'Left foot on, left foot on again, left foot on, left foot on again'

Up Tap L. RA 1-4

- Use visual cues to show which leg leads
- Visually and verbally cue to stay on the leading leg
- **Whole foot on the step**

4x KNEE LIFT

PHONETIC CUE '4, 3, 2, 1, change sides; 4, 3, 2, 1, change sides'

Step L onto the step, lift R knee. RA 1-2
Step R to the floor, then tap L to the floor. RA 3-4
Repeat 3x on the L leg. RA 5-16
Repeat to the other side 17-32

- Use a visual cue to show how many Knee Lifts on top of the step
- **Body square to the front**
- **Whole foot on the step**
- **Lift knee forward of the body**
- Warming around the hip flexors and glutes

4x KNEE LIFT & HEEL DIG

PHONETIC CUE '4, 3, 2, 1, change sides; 4, 3, 2, 1, change sides'

Step L onto the step, lift R knee. RA 1-2
Step R to the floor, then tap L heel to the step. RA 3-4
Repeat 3x on the L leg. RA 5-16
Repeat to the other side 17-32

- **Coach the number of Knee Lifts clearly**
- Hook into the “Rocker” theme of the move e.g. “Rock back”
- Bend the knee to rock back
- Rocking motion forward and back
- Keep great posture by setting shoulders back

OPTION: 4x Knee Lift



01. BIG ENERGY 4:23mins

TECHNIQUE AND COACHING

4X WIDE MARCH

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

March L, R, L, R onto the step. RA 1-4
March L, R, L, R onto the floor. RA 5-8

- Use a visual cue to show leading leg
- Whole foot on the step

OPTION: 4x Wide March

WIDE STEP STEP SQUAT & MARCH

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

March L, R onto the step. Arms by sides 1-2
Half squat on top of step. Hands to thighs 3
Stand. Hands to thighs 4
March L, R, L, R onto the floor. RA 5-8

- **Chest up**
- It's a Half Squat – just getting warm around the legs!

OPTION: 4x Wide March On Top

WIDE STEP STEP SQUAT & MARCH WITH SNAP ARMS

PHONETIC CUE 'Snap, snap, Squat, walk down; snap, snap, Squat, walk down'

March L, R onto the step. Low Snap L, R 1-2
Half Squat on top of step. Hands to thighs 3
Stand. Hands to thighs 4
March L, R, L, R onto the floor. RA 5-8

- Use the lyrics "get money"
- Light click of the fingers
- Like you're flicking a \$2 coin out of your fingers

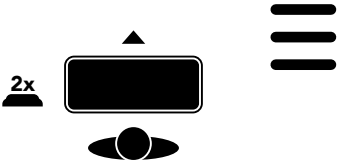
OPTION: Wide Step Step Squat & March

ACTIVE CALF STRETCH

PHONETIC CUE 'Lift, lower, lift, lower'

R foot on the step, L heel lifts off the floor. Bent Raise F 1-2
R foot on the step, L heel lowers to the floor. Fists to hips 3-4

- **Heels down**
- **Ribcage over step**
- **Roll through the foot**
- Warm through the lower leg
- Lift and lower the heel



02. STEP WARM-UP

TRACK FOCUS

We step off center throughout this track, so the center of the step is a no go zone.

Use clear visual cues to show the lead leg to step onto the step in the Basic Steps, and then the direction to move across in the Double Squat on the floor.

We add a bit of ‘flava’ by turning the 3x Basic Steps in to 3x Mambos, and then have a bit of fun by turning up the ‘flava’ dial, using your hips like you’re moving through a crowded room.

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	Instr / _ It's the remix	3x8		Up Tap L then R. RA 👁️ Down Tap on the last 4cts	8	3x
0:11	V1 / I got a man	4x8		Down Tap L then R. RA	8	4x
0:26	C / Does he wash	4x8	A	3x Basic Step & Double Pulse Squat Combo L then R. RA	32	
0:40	Br /	½x8		Basic Step L. RA	4	2x
0:44	V2 / _ Hey boy	1x8	B	Step Lunge & Side Tap L. HOH 🔄 Step Lunge & Side Tap L Reach & Tilt Arms on the last 8cts	8	4x
0:59	PC / Take a sip	4x8	B¹	Step Lunge & Side Tap L. Reach & Tilt Arms	8	4x
1:14	C / Does he wash up	6x8	A	🔄 3x Basic Step & Double Pulse Squat Combo L then R. RA	32	1½x
1:37	Ref / _ Work it out	2x8	B	🔄 Step Lunge & Side Tap R. HOH 👁️ Step Lunge & Side Tap R Reach & Tilt Arms on the last 8cts	8	2x
1:44	I wanna see you work	4x8	B¹	Step Lunge & Side Tap R. Reach & Tilt Arms	8	4x
1:59	C / Does he wash up	8x8	A	🔄 3x Basic Step & Double Pulse Squat Combo R then L. RA 👁️ 3x Mambo & Double Pulse Squat Combo L. RA on the last 16cts	32	2x
2:29	Br / I wanna see you work	4x8	C	3x Mambo & Double Pulse Squat Combo R then L. RA 👁️ 3x Mambo & Double Pulse Squat Combo L	32	
2:44	C / Does he wash up	8x8	C¹	3x Mambo & Double Pulse Squat Combo. Bent Arms & Hands Stacked O/H	32	2x
	Outro /	1x8		Step & freeze R foot on top. Bent Arms & Hands Stacked O/H	8	



02. THE BOY DOES NOTHING (BIMBO JONES REMIX RADIO EDIT) 3:21mins

TECHNIQUE AND COACHING

UP TAP

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

Up Tap L. RA 1-4
Repeat to the other side 5-8

- Use visual cues to show which leg leads
- **Whole foot on the step**

DOWN TAP

PHONETIC CUE 'Down Tap, changes sides, down tap, change sides'

Down Tap L then R. RA 1-8

- Use visual cues to show the direction to Down Tap
- **Body square to the front**
- **Tap the foot to the side, parallel to the step**

3X BASIC STEP & DOUBLE PULSE SQUAT

PHONETIC CUE 'Basic Step, 3, 2, 1, Double Squat across; Basic Step, 3, 2, 1, Double Squat across'

Basic Step L 3x. RA 1-12
Step L to the side, then Squat Pulse 2x. Hands to thighs 13-15
Lift R foot. RA 16
Repeat to the other side 17-32

Basic Step:

- Use visual cues to hold the Basic Step
- Coach the inside leg leads
- **Whole heel on the step**
- **Chest up**

Double Pulse Squat:

- Coach the Double Pulse Squat across the floor
- **Feet wide**
- **Knees press out**
- **Hips down and back to knee level**
- **Chest up**

STEP LUNGE & SIDE TAP

PHONETIC CUE 'Step, Lunge, tap wide, same leg on; step, Lunge, tap wide, same leg on'

Step L onto the step. HOH 1-2
Lunge. HOH 3-4
Rise out of Lunge. HOH 5-6
Tap L foot wide. HOH 7-8

- Use visual cues to show leading leg and direction for the tap
- **Chest up**
- **Long step forward**
- **Front knee presses out**

STEP LUNGE & SIDE TAP L. REACH & TILT ARMS

PHONETIC CUE 'Lift, tilt, center, down; lift, tilt, center, down'

Step L onto the step. Arms extend O/H, hands clasped 1-2
Lunge R. Arms Tilt L 3-4
Rise out of Lunge. Arms extend back to center 5-6
Tap L foot wide. Arms lower to front of body 7-8

- Reach high
- Big stretch through the side body
- Hips level, square to the front
- Warming the upper body

OPTION: Lunge

3x MAMBO & DOUBLE PULSE SQUAT

PHONETIC CUE 'Mambo, 3, 2, 1, Double Squat across; Mambo, 3, 2, 1, Double Squat across'

Mambo L 3x 1-12
Double Pulse Squat across. Hands to thighs 13-16
Repeat to the other side 17-32

- Coach rhythm clearly with phonetic cues

OPTION: 3x Basic Step & Double Pulse Squat



02. THE BOY DOES NOTHING (BIMBO JONES REMIX RADIO EDIT) 3:21mins

TECHNIQUE AND COACHING

3x MAMBO & DOUBLE PULSE SQUAT COMBO WITH ARMS

PHONETIC CUE 'Mambo, 3, 2, 1, Double Squat
across; Mambo, 3, 2, 1, Double Squat across'

Mambo L onto the step 3x. *Hands stacked O/H* 1-12

Step L to the side, then Squat Pulse 2x. *Hands to
thighs* 13-15

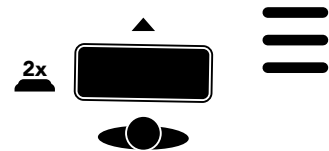
Lift R foot. RA 16

Repeat to the other side 17-32

Mambo With Arms:

- Coach rhythm clearly with phonetic cues. Let participants know they can always return to the Basic Step
- Use your hips to push your way through the crowd

OPTION: 3x Basic Step & Double Pulse Squat



03. PEAK 1

TRACK FOCUS

Get ready to take flight with this Vampire themed track (Youtube the music video for this song and you'll see that it's about Vampires).
Or if Vampires aren't your thing, any flying animal will do (maybe sea gull?).
Use clear visual cues to show the direction to move in the traveling Knee Lifts, and to hold on the spot in the Basic Steps/Jogs.
Connect to the "shivers" lyrics in the Bounce OTS, and also in the Bounce around the back.

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 / And when they	1x8		Prepare to move	8	
0:04	Instr / Into the car	4x8	A	Hip Extension & 6x March OTS L then R. RA 👁️ Hip Extension & 6x March OTS with Wing Arms O/H on the last 8cts	16	2x
0:18	PC / _ I wanna be that guy	4x8	A ¹	Hip Extension & 6x March OTS L then R. Wing Arms O/H 👁️ Propulsive Hip Extension & Bounce OTS with Wing Arms O/H on the last 8cts	16	2x
0:32	C / Ooh I love it	4x8	A ²	Propulsive Hip Extension & Bounce OTS L then R. Wing Arms O/H	16	2x
0:46	Rep / Oh baby you wanna	2x8	B	Knee Lift L then R to the corners. Single Punch O/H 👁️ Propulsive Knee Lift on the last 4cts	8	2x
0:53	Oh baby you wanna	2x8	B ¹	Propulsive Knee Lift L then R. Single Punch O/H	8	2x
1:00	Instr / Into the car	2x8	C	Bounce L then R OTS. Arms By Sides 👁️ 4x March On Top R on the last 8cts	2	8x
1:07	V / I took an arrow to the heart	4x8	D	4x March On Top L. RA 👁️ 2x Knee Lift On Top L on the last 8cts	8	4x
1:21	Lipstick on my guitar	4x8	D ¹	2x Knee Lift On Top L. RA 👁️ 2x Travel Knee Lift on the last 8cts	8	4x
1:34	PC / _ I wanna be that guy	4x8	D ²	2x Travel Knee Lift & March Around L. RA	8	4x
1:49	Ref 2 / You burn so hot	4x8	E	2x Basic Step & 2x Travel Knee Lift & March Around L. RA 👁️ 2x Jog & 2x Travel Knee Lift & Bounce Around on the last 8cts	16	2x
2:03	C / Ooh I love it	8x8	E ¹	2x Jog & 2x Travel Knee Lift & Bounce Around Combo L. RA	16	4x
2:31	Br / Into the car	½x8	F	Hip Extension L. HOH	4	
2:33	Instr / Oh no _	4x8	F ¹	Propulsive Hip Extension R then L. Wing Arms O/H	8	4x
2:46	Rep / Oh baby you	4x8	A ²	🔁 Propulsive Leg Lift & Bounce OTS R then L. Wing Arms O/H	16	2x
3:01	Rep 2 / Ooh I love it	4x8	B ¹	🔁 Propulsive Knee Lift R then L. Single Punch O/H	8	4x



03. PEAK 1

MUSIC			EXERCISE		CTS	REPS
3:15	Instr / Into the car	2x8	C	 Bounce R&L OTS. Arms By Sides  4x March On Top R on the last 8cts	2	8x
3:22	V / I took an arrow to the heart	4x8	D	 4x March On Top R. RA  2x Knee Lift On Top R on the last 8cts	8	4x
3:36	V / You could tear me apart	4x8	D ¹	 2x Knee Lift On Top R. RA  2x Travel Knee Lift & March Around on the last 8cts	8	4x
3:50	PC / _ I wanna be that guy	4x8	D ²	 2x Travel Knee Lift R. RA	8	4x
4:04	Rep 2 / You burn so hot	4x8	E	 2x Basic Step & 2x Travel Knee Lift & March Around Combo R. RA  2x Jog & 2x Travel Knee Lift & Bounce Around on the last 8cts	16	2x
4:18	C / Ooh I love it	8x8	E ¹	 2x Jog & 2x Travel Knee Lift & Bounce Around Combo R. RA	16	4x
4:46	Br / Into the car	½x8	F	 Hip Extension R. HOH	4	
4:48	Instr / Oh no _	4x8	F ¹	 Propulsive Hip Extension L then R. Wing Arms O/H	8	4x
5:01	Rep / Oh baby you	4x8	A ²	 Propulsive Hip Extension & Bounce OTS L then R. Wing Arms O/H	16	2x
5:16	Rep 2 / Ooh I love it	4x8	B ¹	 Propulsive Knee Lift to the corners R then L. Single Punch O/H	8	4x
5:30	Outro / Into the car	1x8		Single Freeze Hip Extension L. Wing Arms O/H	8	



03. SHIVERS 5:38mins

TECHNIQUE AND COACHING

HIP EXTENSION & 6X MARCH OTS

PHONETIC CUE 'Lift your leg, 6, 5, 4, 3, 2, 1; lift your leg, 6, 5, 4, 3, 2, 1'

Step L onto the step, then extend R leg. HOH 1-2
March OTS R, L 3x. RA 3-8
Repeat to the other side 9-16

- Use visual cues to show the leading leg
- **Leg low**
- **Squeeze glutes**

HIP EXTENSION & 6x MARCH OTS WITH WING ARMS O/H

PHONETIC CUE 'Lift, walk on the spot; lift, walk on the spot'

Step L onto the step, then extend R leg. Wing Arms 1-2
March OTS R, L 3x. RA 3-8
Repeat to the other side 9-16

- Like you're spreading your wings
- OPTION: Hip Extension & 6x March OTS

PROPULSIVE HIP EXTENSION & BOUNCE OTS WITH WING ARMS

PHONETIC CUE 'Lift, hold and bounce; lift, hold and bounce'

Propulsive Hip Extension L. Wing Arms 1-2
Step back R, L. RA 3-4
Bounce OTS R, L 2x. RA 5-8
Repeat to the other side 9-16

Propulsive Leg Lift:
• **Soft knee landing**

Bounce:
• Hook into the "give me the shivers" lyrics

OPTION: Hip Extension & 6x March OTS

PROPULSIVE KNEE LIFT

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

Propulsive Knee Lift L then R. Single punch O/H 1-8

- Use visual cues to show direction of the Knee Lift
- **Whole foot on**
- **Roll through the foot**
- **Push off the toes**
- **Soft knee landings**
- Knee up, towards hip height
- Let participants know they can return to low impact, but squeeze muscles tight to keep working
- Breathing hard here

OPTION: Knee Lift

BOUNCE

PHONETIC CUE 'Right, left, right, left'

Bounce R, L. RA 1-2

- **Feet outside hip-width apart**
- **Shift body weight from side to side**

4x MARCH

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

March onto step L, R 2x. RA 1-4
March on the floor L, R 2x. RA 5-8

- Use a visual cue to show the leading leg
- **Whole foot on the step**
- **Natural walking rhythm**
- Reset posture
- Active recovery



03. SHIVERS 5:38mins

TECHNIQUE AND COACHING

2x KNEE LIFT ON TOP

PHONETIC CUE 'Knee Lift, Knee Lift, walk on the floor; Knee Lift, Knee Lift, walk on the floor'

- Step L on step, R knee lifts. RA 1-2
- Step R on step, L knee lifts. RA 3-4
- March on the floor L, R 2x. RA 5-8

- Use phonetic cues to help participants get successful with the rhythm
- Let participants know that this move works in layers. This is layer 1. It's the same move, but we can add a travel

OPTION: 4x March

2x TRAVEL KNEE LIFT & MARCH AROUND

PHONETIC CUE 'On, over, walk around; on, over, walk around'

- Step L on step, R knee lifts. RA 1-2
- Step R onto floor at side of step, L knee lifts. RA 3-4
- March around to the back L, R 2x. RA 5-8

- Coach right foot first then left foot

OPTION: 2x Knee Lift

2x BASIC STEP & 2x TRAVEL KNEE LIFT & MARCH AROUND

PHONETIC CUE 'Basic Step, 2, 1, knee on, knee off, walk around; Basic Step, 2, 1, knee on, knee off, walk around'

- Basic Step onto step L, R x2. RA 1-8
- Step L on step, R knee lifts. RA 9-10
- Step R onto floor at side of step, L knee lifts. RA 11-12
- March around to the back L, R x2. RA 13-16

- Use visual cues to hold Basic Step and to show the direction of the Travel Knee Lift
- Keep coaching clear and concise

2x JOG & 2x TRAVEL KNEE LIFT & BOUNCE AROUND COMBO

PHONETIC CUE '2, 1, knee on, knee off, walk around; 2, 1, knee on, knee off, walk around'

- Jog onto step L, R 2x. RA 1-8
- Propulsive L on step, R knee lifts. RA 9-10
- Step R onto floor at side of step, L knee lifts. RA 11-12
- Bounce around to the back L, R 2x. RA 13-16

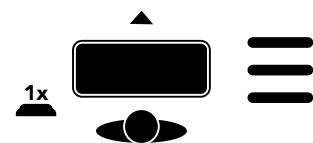
- Add more cardio
- Lift heart rate
- Like you're a footballer – guard the goal!

HIP EXTENSION WITH WING ARMS

PHONETIC CUE 'Lift, change sides; lift, change sides'

- L onto step, R extends back. Wing arms O/H 1-2
- Step back R then L. HOH 3-4
- Repeat to the other side 5-8

- Coach the leading leg
- **Leg low**
- **Squeeze glutes**
- **Hips square to the front**
- **Whole foot on the step**
- What wings are you flying with today?



04. MIXED STRENGTH

TRACK FOCUS

Coach the natural walking rhythm in the Half Stomp, and use lower body power to drive up and across the step in the Double Squats. Then, put some focus into the strong ‘push’ with the arms as you drive across the step, like you’re passing a netball/basketball to your team mate that’s across the other side of the court.

Coach correct knee alignment in the Jacks and soft knee landings in all jumping moves.

Coach keeping a strong core to keep the body safe and stable in the Plank Jacks.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / _ So let us	1/2x8	Prepare to move		
0:02	Move it _	2x8	Standing behind the step	16	
0:08		2x8	Stand On Top, close to the L side 👁 Half Stomp on the last 8cts	16	
0:16	Ref /	8x8	A 3x Half Stomp & Double Pulse Squat L then R. RA	32	2x
0:44	V1 / Do it	4x8	B Triple Pulse Squat & Back Tap L. RA 👁 Triple Pulse Squat & Lunge	8	4x
0:59	Physically fit	4x8	B ¹ Triple Pulse Squat & Lunge L. RA	8	4x
1:13	QC / _ I like to move it	12x8	A ¹ 3x Half Stomp & Pulse Double Squat L then R. Move It Arms	32	3x
1:56	Rep / Physically fit	4x8	A ² Double Pulse Squat L then R. Move It Arms	8	4x
2:10	Ref / Jack	4x8	Freeze. Transition to back of step 👁 Standing Jack Combo on the last 16cts	32	
2:25	Br / We’re gonna jack	8x8	C Standing Jack Combo 👁 Burpee Jack Combo on last 16cts	16	4x
2:53	C / (Instr)	12x8	C ¹ Burpee Jack Combo	16	6x
3:36	Q / Instr	2x8	Freeze L On Top. Move It Arms Transition to the top of the step, close to the R side	4 12	
3:43	V2 / Do it	4x8	B  Triple Pulse Squat & Back Tap R. RA	8	4x
3:58		4x8	B ¹  Triple Pulse Squat & Lunge R. RA	8	4x
4:12	QC / _ I like to move it	12x8	A ¹  3x Half Stomp & Pulse Double Squat L then R. Move It Arms	32	3x
4:55	Rep / Physically fit	4x8	A ²  Double Pulse Squat R then L. Move It Arms	8	4x
5:10	Ref / Jack	2x8 4x8	C  Freeze R. Transition to back of step  Standing Jack Combo & Burpee Jack Combo on the last 32cts	64	
5:24	C / (Instr)	12x8	C ¹  Burpee Jack Combo	16	6x
6:14	Outro /	1x8	Freeze L On Top. Move It Arms	8	



04. PHYSICALLY FIT (MOVE IT) / JACK 6:20mins

TECHNIQUE AND COACHING

HALF STOMP

PHONETIC CUE 'Side, back; side, back'

- Step L to the floor, L side of the step. RA 1
- Step R to the step. RA 2
- Step L to the back. RA 3
- Step R to the step. RA 4

- Natural walking rhythm

TRIPLE PULSE SQUAT & BACK TAP

PHONETIC CUE '3, 2, 1, tap back; 3, 2, 1, tap back'

- Triple Pulse Squat L. RA 1-6
- Back Tap L. RA 7-8

- **Knees in line with toes**
- **Chest up**
- **Light tap back**

TRIPLE PULSE SQUAT & LUNGE

PHONETIC CUE '3, 2, 1, Lunge; 3, 2, 1, Lunge'

- Triple Pulse Squat L. RA 1-6
- Lunge back L. RA 7-8

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

OPTION: Triple Pulse Squat & Back Tap

3x HALF STOMP & DOUBLE PULSE SQUAT WITH MOVE IT ARMS

PHONETIC CUE '3, 2, 1, Double Pulse Squat, move across; 3, 2, 1, Double Pulse Squat, move across'

- Half Stomp L 3x. RA 1-12
- Double Pulse Squat L. Hands to thighs 13-15
- Lateral jump across towards the R side. Move It Arms 15-16
- Repeat to the other side 17-32

- **Natural walking rhythm**
- Bend knees more to load legs
- To move across, drive off the floor and step, push with the arms
- Encourage the burning feeling in the legs

OPTION: 3x Half Stomp & Double Pulse Squat

DOUBLE PULSE SQUAT & MOVE ACROSS

PHONETIC CUE 'Pulse Squat, move across; Pulse Squat, move across'

- Double Pulse Squat L. Hands to thighs 1-3
- Lateral jump across towards R side. Move It Arms 4
- Repeat to the other side 5-8

- **Knees out**
- **Hips down and back**
- **Chest up**
- Drive across
- Feel the legs and cardio

OPTION: Smaller ROM



04. PHYSICALLY FIT (MOVE IT) / JACK 6:20mins

TECHNIQUE AND COACHING

STANDING JACK COMBO

PHONETIC CUE 'Squat, stand, Jack, 4, 3, 2, 1, stagger up, step down; squat, stand, Jack, 4, 3, 2, 1, stagger up, step down'

- Jump feet wide, squat down. *Reach towards step* 1-2
- Jump feet in. *Fists to hips* 3-4
- Jack out and in 4x. *Fists cross O/H then return to hips* 5-12
- Stagger squat onto step L, R. *Bent Raise F* 13-14
- Step down L, R 15-16

- Physically show and verbally cue the option to tap instead of Jack
- **Feet wide**
- **Chest up**
- **Heels land in the Jack and Stagger Squat**
- **Soft knee landings**
- Bend knees to get deeper

OPTION: Side Taps instead of Jacks

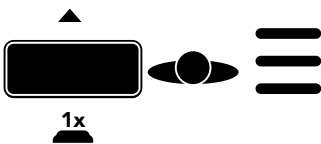
BURPEE JACK COMBO

PHONETIC CUE 'Down, jump back, jack, 4, 3, 2, 1, jump in, stand up; down, jump back, jack, 4, 3, 2, 1, jump in, stand up'

- Squat down. *Hands to step* 1-2
- Jump back to plank 3-4
- Jack out and in 4x 5-12
- Jump feet back to squat. *Hands to step* 13-14
- Stand up. *Fists to hips* 15-16

- **Hands under shoulders**
- **Hips up**
- **Squeeze glutes**
- **Brace core** to control hips

OPTION: Standing Jack Combo



05. PEAK 2

TRACK FOCUS

Before you press play, quickly demonstrate the Rotating Leg Extension. Let your class know that you **MUST** jump and release the heel as you rotate to keep the knees and ankles safe. Each turn rotates 180-degrees, so 2x rotations create a full 360-degree rotation.

If you're not jumping, you shouldn't be rotating, so OTS is compulsory here.

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	Don't make me	1x6		Prepare to move	6	
0:03	<i>Instr</i> /	4x8	A	Low ATT L then R & March OTS. <i>HOH</i> & RA	16	2x
0:16	<i>C</i> / Leave me this way	8x8	A ¹	Propulsive ATT L then R & Shuffle OTS. <i>Cross Arms O/H</i> & RA	16	4x
0:44	<i>Br</i> / _ Mmm ah	½x8	B	Low ATT L	4	4x
0:46	<i>Rep</i> / _ Don't leave me	4x8	B ¹	Propulsive ATT R then L	8	4x
1:00	<i>V1</i> / _ You know I	4x8	C	6x March Across R then L. RA 👁 6x Jog Across on the last 8cts	16	2x
1:14	Put your lips	4x8	C ¹	6x Jog Across R then L. RA	16	2x
1:27	<i>Ref</i> / My heart	6x8	D	2x Leg Lift L & Shuffle OTS R. <i>Cross Arms O/H</i> & RA 👁 2x Rotating Leg Lift & Shuffle OTS R on the last 16cts	16	3x
1:48	<i>C</i> / Don't leave me this way	8x8	D ¹	2x Rotating Leg Lift & Shuffle OTS R. <i>Cross Arms O/H</i> & RA	16	4x
2:16	<i>Br</i> / _ Mmm ah	½x8	B	🔄 Low ATT R. <i>HOH</i>	4	
2:18	<i>Rep</i> / _ Don't leave me	4x8	B ¹	🔄 Propulsive ATT L then R. <i>Reach up & down</i>	8	4x
2:32	<i>V2</i> / You're like a	4x8	C	🔄 6x March Across L then R. RA 👁 6x Jog Across on the last 8cts	16	2x
2:46	Put your lips	4x8	C ¹	🔄 6x Jog Across L then R. RA	16	2x
3:00	<i>Ref</i> / My heart	6x8	D	🔄 2x Leg Lift & Shuffle OTS L. <i>Cross Arms O/H</i> & RA 👁 2x Rotating Leg Lift & Shuffle OTS L on the last 16cts	16	3x
3:21	<i>C</i> / Don't leave me this way	8x8	D ¹	🔄 2x Rotating Leg Lift & Shuffle OTS L. <i>Cross Arms O/H</i> & RA	16	4x
3:48	<i>Br</i> / _ Mmm ah	½x8	B	🔄 Low ATT L. <i>HOH</i>	4	
3:50	<i>Rep</i> / Don't leave me	4x8	B ¹	🔄 Propulsive ATT R then L. <i>Reach up & down</i>	8	4x
4:04	<i>Outro</i> / I beg for you	1x8		Step R onto the step & freeze. <i>Point Forward</i>	8	



05. BEG FOR YOU 4:11mins

TECHNIQUE AND COACHING

2x LOW ATT & MARCH OTS

PHONETIC CUE 'Step up, step down, step up, step down, hold and march; step up, step down, step up, step down, hold and march'

Step across the step L then R. HOH & RA 1-8
March OTS. RA 9-16

- Before you press play, preview the Rotate Leg Lift and the option for this
- Use a visual cue to show direction
- Welcome everybody to Peak 2

2X PROPULSIVE ATT & SHUFFLE OTS

PHONETIC CUE 'Jump up, step down, jump up, step down, hold and shuffle; jump up, step down, jump up, step down, hold and shuffle'

Propulsive ATT across the step L then R. Cross Arms O/H & RA 1-8
Shuffle OTS. RA 9-16

- **Brace core**
- **Chest up**
- **Soft knee landings**

OPTION: 2x Low ATT & March OTS

PROPULSIVE ATT

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

Propulsive ATT L then R. Reach up & down 1-8

- **Step to the middle of the step** to safely step across the step
- **Step down to the floor with control.** Avoid an uncontrolled 'double bounce'
- **Chest up**
- **Soft knee landings**
 - Reach high and pull down hard

OPTION: Low ATT

6x MARCH ACROSS

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

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

- **Core braced**
- **Body square to the front throughout**
- Use a visual cue to show which direction to march
- Use the 6x March Across to chill and reset with the class



05. BEG FOR YOU 4:11mins

TECHNIQUE AND COACHING

6x JOG ACROSS

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

6x Jog Across the step L, R, L, R, L, R. RA 1-6
Step L to the floor, then tap R to the floor. RA 7-8
Repeat to the other side 9-16

- Use a visual cue to show which direction to Jog
- Core braced
- Chest up
- **Heels up**

OPTION: 6x March Across

2x LEG LIFT & SHUFFLE OTS

PHONETIC CUE '2, 1, hold and Shuffle; 2, 1, hold and Shuffle'

Leg Lift L 2x. Cross Arms O/H 1-8
Shuffle OTS. RA 9-16

- **Chest up**
- Pull heel away from the body
- Hook into the “way” lyrics e.g. “choose your way”

2x ROTATING LEG LIFT & SHUFFLE OTS

PHONETIC CUE 'Jump and turn, jump and turn, hold and shuffle; jump and turn, jump and turn, hold and shuffle'

2x propulsive Rotating Leg Lift L. Cross Arms O/H 1-8
Shuffle OTS. RA 9-16

- **Jump and release the heel**
- **Turn the body as one**
- Always move forward

OPTION: 2x Leg Lift & Shuffle OTS

06. CONDITIONING 1

TRACK FOCUS

Coach a strong core brace with the Weighted Side Tilting Arms. This move is designed to throw you off balance, so coach your class to use their core muscles to keep them strong, centered and stable. The Weighted Side Tilting arms are a very small ROM, so avoid excessive arm movement in this move.

The second set of the Squat and Backward Stepping Lunge Combo is a long set, so let your class know they can take the arms away for a couple of reps for some recovery if needed.

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	V1 / _ When you wake up	4x8		Prepare to move 👁 Triple Pulse Squat & 2x Backward Stepping Lunge R on the last 16cts	32	
0:15	_ When you get a little	4x8	A	Triple Pulse Squat & 2x Backward Stepping Lunge L then R 👁 Triple Pulse Squat & 2x Backward Step Lunge R with <i>Open & Lift Arms</i> on the last 16cts	32	
0:30	Ref / I'll be by your side	4x8	A ¹	Triple Pulse Squat & 2x Backward Step Lunge L then R with <i>Open & Lift Arms</i>	32	
0:46	C / (Instr)	2x8	B	Single Lunge R. <i>Arms By Sides</i>	4	4x
0:53	Instr /	1x8	B ¹	Pulse Lunge R. <i>Arms By Sides</i> 👁 Pulse Lunge R with <i>Aeroplane Arms</i> on the last 8cts	2	4x
0:58		1x8	B ²	Pulse Lunge R. <i>Slowly raise arms out to shoulder height</i> 👁 Pulse Lunge R with <i>Tilting Aeroplane Arms</i> on the last 8cts	2	4x
1:01		4x8	B ³	Pulse Lunge R. <i>Tilting Aeroplane Arms L&R</i>	2	16x
1:16	C / _ When you wake up	2x8		Freeze. Transition on top	16	
1:25	C / _ When you wake up	6x8	A	 Triple Pulse Squat & 2x Backward Stepping Lunge L then R 👁 Triple Pulse Squat & 2x Backward Stepping Lunge R with <i>Open & Lift Arms & Push Pull Arms</i> on the last 16cts	32	1½x
1:48	V2 / I'll be there	12x8	A ¹	Triple Pulse Squat & 2x Backward Stepping Lunge R then L with <i>Open & Lift Arms & Push Pull Arms</i> On the last 4cts, Freeze Lunge position L. <i>Arms By Sides</i>	32	3x
2:34	C / I'll be there	2x8	B	Single Lunge L. <i>Arms By Sides</i>	4	4x
2:42	I'll be there	1x8	B ¹	Pulse Lunge L. <i>Arms By Sides</i>	2	4x
2:46	Instr /	1x8	B ²	Pulse Lunge L. <i>Slowly raise arms out to shoulder height</i> 👁 Pulse Lunge L with <i>Aeroplane Arms</i> on the last 8cts	2	4x
2:50	I'll be by your side	4x8	B ³	Pulse Lunge L. <i>Tilting Aeroplane Arms R&L</i>	2	16x



06. BY YOUR SIDE 3:14mins

TECHNIQUE AND COACHING

TRIPLE PULSE SQUAT & 2x BACKWARD STEPPING LUNGE

PHONETIC CUE '3, 2, 1, stand on top, lunge left, lunge right; 3, 2, 1, stand on top, lunge right, lunge left'

- Triple Pulse Squat. L on floor, R onto step. Plates to chest 1-6
- Step L foot onto step beside R. Plates to chest 7-8
- Lunge R. Plates to chest 9-10
- Step R onto step beside L. Plates to chest 11-12
- Lunge L. Plates to chest 13-14
- Step L onto step beside R. Plates to chest 15-16
- Repeat to the other side 17-32

- After you’ve told participants to turn their step and grab 2 small plates, get them to stand on top and at the back of their step
- Preview first combo on the right and let participants join you on the left
- Keep plates at chest
- **Long step back to Lunge**

TRIPLE PULSE SQUAT & 2x BACKWARD STEPPING LUNGE WITH OPEN & LIFT ARMS

PHONETIC CUE 'Open, lift, open, close, 2 Backward Stepping Lunges; open, lift, open, close, 2 Backward Stepping Lunges'

- Squat down and up L. Plates open 1-2
- Squat down and up L. Plates lift O/H 3-4
- Squat down and up L. Plates open 5-6
- Step L foot onto step beside R. Plates close to chest, elbows wide 7-8
- Lunge R. Plates to chest, elbows wide 9-10
- Step R onto step beside L. Plates to chest 11-12
- Lunge L. Plates to chest 13-14
- Step L onto step beside R. Plates to chest 15-16
- Repeat to the other side 17-32

- **Keep plates in front of your body**

OPTION: Triple Pulse Squat & 2x Backward Stepping Lunge

LUNGE

PHONETIC CUE 'Down, up; down, up'

R leg Lunges down and up 1-4

- **Front knee out**
- **Chest up**
- **Back heel up**

TRIPLE PULSE SQUAT & 2x BACKWARD STEPPING LUNGE WITH OPEN & LIFT & PUSH ARMS

PHONETIC CUE 'Open, lift, open, close, press, pull, press, pull; open, lift, open, close, press, pull, press, pull'

- Squat down and up L. Plates open 1-2
- Squat down and up L. Plates lift O/H 3-4
- Squat down and up L. Plates open 5-6
- Step L foot onto step beside R. Plates close to chest, elbows wide 7-8
- Lunge R. Plates press forward 9-10
- Step R onto step beside L. Plates to chest 11-12
- Lunge L. Plates press forward 13-14
- Step L onto step beside R. Plates to chest 15-16
- Repeat to the other side 17-32

- **Keep plates in front of your body**
- **Knees in line with toes**
- **To press forward, plates in line with shoulders**

OPTION: Triple Pulse Squat & 2x Backward Stepping Lunge Combo

PULSE LUNGE

PHONETIC CUE 'Pulse; pulse'

R leg Pulse Lunge down and up 1-2

- Squeeze quad and glutes
- Drop back knee lower



06. BY YOUR SIDE 3:14mins

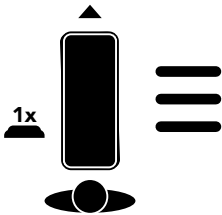
TECHNIQUE AND COACHING

PULSE LUNGE WITH TILTING AEROPLANE ARMS

PHONETIC CUE 'Right, left; right, left'

Pulse Lunge down and up. Plates out wide
seesawing L then R 1-2

- Preview the slow raise with arms to shoulder height
- **Plates below shoulder height**
- **Small lift and lower**
- **Core braced**
- Stability challenge



07. PARTY STEP

TRACK FOCUS

We have two moves that we join together to form our BODYSTEP129 TikTok combo.

Have some fun connecting to the "about damn time" lyrics by tapping your wrist 3x and pointing up, then down to the lyrics "one to get up, one to get down."

Teach Flava

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

Please note: This track contains explicit content. The alternative song can be use in its place. Please use About Damn Time (Instrumental) with the same choreography.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Anyway	½x8		Prepare to move		
0:02	Instr / <i>It's about damn time _</i>	2x8		Down Tap L then R 👁 Low Hamstring Curl & Down Tap Combo on the last 8cts	8	2x
0:09	Rep / <i>_ In a minute</i>	4x8	A	Hamstring Curl L & Down Tap R. <i>HOH</i> 👁 Propulsive Hamstring Curl & Cha-Cha-Cha on the last 8cts	8	4x
0:24	C / <i>_ Turn up the music</i>	3x8	A ¹	Propulsive Hamstring Curl L & Cha-Cha-Cha R. <i>Clap O/H & Double Chest Pump</i> 👁 Traveling Hamstring Curl Combo on the last 8cts	8	3x
0:35	Rep 2 / <i>_ Okay</i>	x8	A ²	Traveling Hamstring Curl Combo L	8	4x
0:48	Q Instr / <i>(Quiet)</i>	2x8	B	Basic Step L 👁 2x Knee Lift On Top on the last 8cts	4	4x
0:56	V1 / It's bad o'clock	4x8	B ¹	2x Knee Lift On Top & March OTS L 👁 2x Knee Lift On, Over & March Around on the last 8cts	8	4x
1:10	<i>_ Ooh</i>	4x8	B ²	Knee Lift On, Over & March Around L. <i>RA</i> 👁 Freeze Tap & March OTS on the last 8cts	8	4x
1:24	Pre C / <i>_ I'm coming out tonight</i>	4x8	C	Freeze Tap R then L & March OTS. <i>RA</i> 👁 Freeze Tap L then R with <i>Disco Arms</i> & March OTS on the last 8cts	8	4x
1:38	<i>_ I'm coming out tonight</i>	4x8	C ¹	Freeze Tap L then R & March. <i>Disco Arms</i> & <i>RA</i>	8	4x
1:52	Rep 3 / In a minute	8x8	C ²	About Damn Time Combo L	16	4x
2:21	Br / <i>_ It's about damn time</i>	½x8	D	Down Tap L	4	
2:23	<i>_ Turn up the music</i>	3x8	A	🔄 Hamstring Curl R & Down Tap L. <i>HOH</i> 👁 Propulsive Hamstring Curl & Cha-Cha-Cha on the last 8cts	8	3x
2:33	<i>_ Turn up the music</i>	3x8	A ¹	🔄 Propulsive Hamstring Curl R & Cha-Cha-Cha L. <i>Clap O/H & Double Chest Pump</i> 👁 Traveling Hamstring Curl Combo on the last 8cts	8	3x



07. PARTY STEP

MUSIC		EXERCISE		CTS	REPS
2:44	Rep 2 _ Okay	4x8 A ²	 Traveling Hamstring Curl Combo L	8	4x
2:58	Q Instr / (Quiet)	2x8 B	 Basic Step R  2x Knee Lift On Top on the last 8cts	4	4x
3:05	V2 / _ In a minute	4x8 B ¹	 2x Knee Lift On, Over & March OTS R  2x Travel Knee Lift On Top & March Around on the last 8cts	8	4x
3:19	_ Ooh	4x8 B ²	 Knee Lift On, Over & March Around R. RA  Freeze Tap on the last 8cts	8	4x
3:34	Pre C / _ I'm coming out tonight	4x8 C	 Freeze Tap R then L & March OTS. RA  Freeze Tap R then L with Disco Arms & March OTS on the last 8cts	8	4x
3:48	_ I'm coming out tonight	4x8 C ¹	 Freeze Tap R then L & March. Disco Arms & RA	8	4x
4:02	C / In a minute	8x8 C ²	 About Damn Time Combo R	16	4x
4:30	Br / _ It's about damn time	½x8 D	 Down Tap R	4	
4:32	C / _ Turn up the music	3x8 A	 Hamstring Curl L & Down Tap R. HOH  Propulsive Hamstring Curl & Cha-Cha-Cha on the last 8cts	8	3x
4:43	_ Turn up the music	3x8 A ¹	 Propulsive Hamstring Curl L & Cha-Cha-Cha R. Clap O/H & Double Chest Pump  Traveling Hamstring Curl Combo on the last 8cts	8	3x
4:53	Rep 2 / _ Okay	4x8 A ²	 Traveling Hamstring Curl Combo L	8	4x
5:07	Outro / _ Okay	1x8	Hamstring Curl Forward L & tap your wrist 3x	8	



07. ABOUT DAMN TIME 5:15mins

TECHNIQUE AND COACHING

DOWN TAP

PHONETIC CUE 'Down Tap, change sides; Down Tap, change sides'

Down Tap L then R. RA 1-8

- Before you press play, let participants know they will learn 2 moves and put them together to create our BODYSTEP TikTok routine

HAMSTRING CURL & DOWN TAP

PHONETIC CUE 'Hamstring Curl, Down Tap; Hamstring Curl, Down Tap'

Hamstring Curl L. HOH 1-4

Down Tap L. HOH 5-8

- **Heel to butt**

PROPULSIVE HAMSTRING CURL & CHA-CHA-CHA WITH CLAP O/H & DOUBLE CHEST PUMP

PHONETIC CUE 'Up, cha-cha-cha; up, cha-cha-cha '

Propulsive Hamstring Curl L. Open & Clap O/H 1-4

Cha-Cha-Cha. Double Chest Pump 7-8

- **Soft knee landings**

- Jumps add more cardio

OPTION: Hamstring Curl & Down Tap

TRAVELING HAMSTRING CURL COMBO

PHONETIC CUE 'Travel forward, push back; travel forward, push back'

Traveling propulsive Hamstring Curl forward L. Open & Clap O/H 1-2

Straddle step R, L. HOH 3-4

Travel Cha-Cha-Cha backwards. Double Chest Pump 5-6

Step behind step L, R. RA 7-8

- **Soft knee landings**

- Lift forward, push back

OPTION: Propulsive Hamstring Curl & Cha-Cha-Cha With Clap O/H & Double Chest Pump

BASIC STEP

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

- **Whole foot on the step**

- Reset and let participants know we're doing it all again!

2x KNEE LIFT ON TOP

PHONETIC CUE 'Left leg, right leg, walk on the floor; left leg, right leg, walk on the floor'

Step L then lift R knee. RA 1-2

Step R then lift L knee. RA 3-4

March on the floor L, R 2x. RA 5-8

- Use phonetic cues to get participants successful with the rhythm
- On the second round, relax the arms a little more, like you've got 2 watches on

KNEE LIFT ON, OVER & MARCH AROUND

PHONETIC CUE 'On, over, walk around; on, over, walk around'

Step L on step, R knee lifts. RA 1-2

Step R onto floor at side of step, L knee lifts. RA 3-4

March around to the back L, R 2x. RA 5-8

- Coach right foot first then left foot
- Let participants know that this is move number 1
- Nice and 'chill'

OPTION: 2x Knee Lift On Top



07. ABOUT DAMN TIME 5:15mins

TECHNIQUE AND COACHING

FREEZE TAP

PHONETIC CUE 'Freeze, freeze, walk on the floor; freeze, freeze, walk on the floor'

- Freeze Tap L onto step, R onto floor. *Blades* 1-2
- Freeze Tap R onto step, L onto floor. *Blades* 3-4
- March on the floor behind step L, R 2x. *RA* 5-8

- **Toes lightly tap floor**
- **Body weight over the step**
- **Hips square to the front**
- Stretch leg out and squeeze glutes

OPTION: Down Tap

FREEZE TAP WITH DISCO ARMS

PHONETIC CUE 'Up, down, walk on the floor; up, down, walk on the floor'

- Freeze Tap L onto step, R onto floor. *Point R arm up & point L arm down* 1-2
- Freeze tap R onto step, L onto floor. *Point L arm up & point R arm down* 3-4
- March on the floor behind step L, R 2x. *RA* 5-8

- Little bit of a disco 'vibe' here
- This is move 2
- Let's join our 2 moves together for our BODYSTEP TikTok!
- Like the arms of a clock

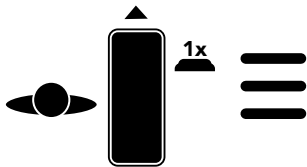
OPTION: Freeze Tap

ABOUT DAMN TIME COMBO

PHONETIC CUE 'Step on, over, walk around, point up, down, march; step on, over, walk around, point up, down, march'

- Step L on step, then lift R knee. *Check your watch* 1-2
- Step R onto floor at side of step, then lift L knee. *Tap watch 3x* 3-4
- March around to the back L, R 2x. *RA* 5-8
- Freeze Tap L onto step, R onto floor. *Point R arm up & L arm down* 9-10
- Freeze Tap R onto step, L onto floor. *Point L arm up & R arm down* 11-12
- March on the floor behind step L, R 2x. *RA* 13-16

- Hook into the lyrics "it's about that time" and "wanna get up, wanna get down"



08. ATHLETIC CIRCUIT

TRACK FOCUS

Coach your participants to maintain a natural running rhythm throughout the entire speed step section. Then have some fun by adding the Circular Snap Arm lines.

Let your class know that if Burpees aren't for them they can continue with the standing option.

Teach Athletic

Come into this track
Strong and authoritative.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Why don't you love me	2½x8		Prepare to move	12	
0:09	Ref / _ Honey	4x8	A	Low OTT & Double Pulse Lunge L then R 👁 Power OTT & Double Pulse Lunge Combo on the last 8cts	16	2x
0:22	C / _ Why don't you love me	8x8	A¹	Power OTT & Double Pulse Lunge Combo L then R. Bent Cross O/H & RA	16	4x
0:48	Rep / _ You must have	4x8	A²	Power OTT & Squat L then R. Bent Cross O/H	8	4x
1:02	Gimmie some	2x8		Freeze R Side with Push Arms. Transition to the top of step	16	
1:07	Drums	2x8	B	Jog On Top L, R. RA 👁 4x Straddle Jog Down & 4x Jog Up on the last 8cts	2	8x
1:11	Instr / Oh oh ooh	12x8	B¹	4x Straddle Jog Down & 2x Side Mambo Combo L 👁 Circular Snap Arms on the last 8cts	16	6x
1:40	C / _ You like it when I do it	8x8	B²	4x Straddle Jog Down & Up 2x Side Mambo Combo L. Circular Snap Arms	16	4x
1:58	V1	4x8		Freeze on top of step with 1x Snap Arm. Transition to L side of step 👁 Squat Combo on the last 16cts	32	
2:13	_ I gotta strive	4x8	C	Stagger Squat Combo R then L. Bent Raise F	16	2x
2:26	PC / I'm sore	4x8	C¹	Freeze L Side 👁 Surfer Burpee Combo on the last 16cts	32	
2:39	C	8x8	C²	Surfer Burpee R then L	16	4x
3:04	Ref / _ You gotta have	4x8		Freeze on top of step with Surfer Shaka 👁 4x Straddle Jog Down & Up 2x Side Mambo R on the last 16cts	32	
3:14	_ Cause I got what you need	4x8	B¹	🔁 4x Straddle Jog Down & Up & 2x Side Mambo Combo R on the last 16cts	16	2x
3:24	C / _ You like it when I do it	16x8	B²	🔁 4x Straddle Jog Down & Up & 2x Side Mambo Combo L. Circular Snap Arms	16	8x



08. ATHLETIC CIRCUIT

MUSIC			EXERCISE		CTS	REPS
4:02	V2 / Ooh	2x8		Freeze on top of step with 1x <i>Snap Arm</i> . Transition to L side of step	16	
4:09	_ I don't wanna be left	6x8	C	 Stagger Squat Combo R then L. <i>Bent Raise F</i>	16	3x
4:29	PC / I'm sore	4x8	C ¹	 Freeze L Side with <i>Arms Push Wide</i>  Surfer Burpee on the last 16cts	32	
4:42	C /	8x8	C ²	 Surfer Burpee R then L	16	4x
5:07	Ref / _ Why don't you love me	4x8		Freeze on top of step with <i>Surfer Shaka</i> . Transition to R side of step	32	
5:21	C / _ Why don't you love me	8x8	A ¹	 Power OTT & Double Pulse Lunge Combo L then R. <i>Bent Cross O/H & RA</i>	16	4x
5:47	Rep _ You must have	4x8	A ²	 Power OTT & Squat L then R. <i>Bent Cross O/H</i>	8	4x
6:01	Outro / _ Gimme some	½x8		Freeze R Side with <i>Gimmie Some Finale</i>	4	



08. WHY DON'T YOU LOVE ME / DO IT LIKE THAT / GLOBE 6:07mins

TECHNIQUE AND COACHING

LOW OTT & DOUBLE PULSE LUNGE

PHONETIC CUE 'Step up, step down, Double Lunge; step up, step down, Double Lunge'

Low OTT. HOH 1-4
Double Pulse Lunge R steps back. HOH 5-8
Repeat to the other side 9-16

- Use visual cues to show the direction to travel

POWER OTT & DOUBLE PULSE LUNGE WITH ARMS

PHONETIC CUE 'Drive up, step down, Double Lunge; drive up, step down, Double Lunge'

Power OTT L. Bent Cross O/H & RA 1-4
Double Pulse Lunge R steps back. RA 5-8
Repeat to the other side 9-16

- **Bend knees to land**
- **Chest up**
- **Long step back**
- **Front knee out**
- Use the quads and glutes to drive up!
- Bend knees more to push off your step – that's the power!

OPTION: Low OTT & Double Pulse Lunge

POWER OTT & SQUAT

PHONETIC CUE 'Jump up, step down; jump up, step down'

Power Jump OTT L. Bent Cross O/H 1-2
Squat down, R on the step, L on the floor. Fists to hips 3-4
Repeat to the other side 5-8

- **Bend knees to land**
- **Chest up**
- Use squat to drive jump
- Big arm swing
- Push your limits
- Hook into the lyrics "Why don't you give us some?"

OPTION: Low Power Jump

JOG

PHONETIC CUE 'Left, right; left, right'

Jog L, R. RA 1-2

- Light jog

4x STRADDLE JOG DOWN & UP & 2x SIDE MAMBO

PHONETIC CUE 'Run down, 2 Side Mambos, right leg, right leg; run down, 2 Side Mambos right leg, right leg'

Straddle Jog on the floor L, R 2x. RA 1-4
Jog on top of step L, R 2x. RA 5-8
Side Mambo L 2x. RA 9-16

- **Notice it's a natural running rhythm**
- **Soft knees**
- **Core braced**
- **Chest up**
- **Hips level with shoulders**

4x STRADDLE JOG DOWN & UP & 2x SIDE MAMBO WITH CIRCULAR SNAP ARMS

PHONETIC CUE 'Run down, 2 Side Mambos, right leg, right leg; run down, 2 Side Mambos right leg, right leg'

Straddle Jog on the floor L, R 2x. RA 1-4
Jog on top of step L, R 2x. RA 5-8
Side Mambo L 2x. Circular Snap Arms 9-16

- Maintain a natural running rhythm
- Have fun with this move – it feels so good!

OPTION: 4x Straddle Jog Down & Up & 2x Side Mambo



08. WHY DON'T YOU LOVE ME / DO IT LIKE THAT / GLOBE 6:07mins

TECHNIQUE AND COACHING

STAGGERED SQUAT COMBO

PHONETIC CUE 'Squat, back, Squat, side; Squat, back, Squat, side'

Squat L side. <i>Bent Raise F</i>	1-2
Stagger behind step L, R. <i>HOH</i>	3-4
Squat R side. <i>Bent Raise</i>	5-6
Step L foot beside R foot. <i>HOH</i>	7-8
Repeat to the other side	9-16

- **Knees press out**
- **Chest up**
- **Hips back and down just above knee level**
- Find depth by bending the knees
- Repeat to the other side

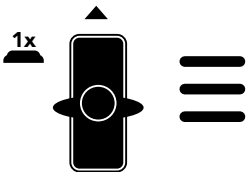
SURFER BURPEE

PHONETIC CUE 'Down, back, in, stand up; down, back, in, stand up'

Squat down on slight angle inwards. <i>Hands to step</i>	1-2
Jump legs back behind step. <i>Hands to step</i>	3-4
Jump feet to squat position, R side. <i>Hands to step</i>	5-6
Stand up on slight angle inwards. <i>HOH</i>	7-8
Repeat to the other side	9-16

- **Hands under shoulders**
- **Core braced**
- Hit the deck!
- When you jump back, hips stay up
- **Use core to swing leg through**

OPTION: Stagger Squat Combo



09. PEAK 3

TRACK FOCUS

Have some fun with the Sassy Hand Push in the OTTs. It's like someone is in your personal space and you're politely removing them from your space.

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 / Miss independent	½x8		Prepare to move	6	
0:02	Instr / Keep your distance _	2x8	A	Down Tap L then R	4	4x
0:10	Rep / Keep your distance _	4x8	A ¹	4x Down Tap & OTT Combo L	16	2x
0:23	C / What happened to	8x8	A ²	4x Propulsive Down Tap & OTT L then R with Sassy Arm Push	16	4x
0:51	Br /	¼x8	B	OTT L. HOH	2	
0:52	Rep / _ Surprise	4x8	B ¹	Propulsive OTT R then L. Reach up & down	8	4x
1:05	Ref /	1x8	C	Up Tap L. Relaxed arms by sides (facing front)	4	2x
1:09		1x8	C	Up Tap L. RA (facing the step) 👁 Basic Step L	4	2x
1:12	V1 / _ Miss Independent	2x8	C ¹	Basic Step L. RA 👁 Basic Jog on the last 4cts	4	4x
1:19	_ Miss not afraid	2x8	C ²	Basic Jog L. RA	4	4x
1:26	Keeping her heart protected	4x8	D	3x Knee Repeater L. RA 👁 Split Shuffle on the last 8cts	8	4x
1:40	Rep 2 / What is this feeling	6x8	D ¹	Split Shuffle L. RA	8	6x
2:01	Instr /	½x8		Transition to top of step	4	
2:02	When love is true	½x8	A	 Down Tap R then L	4	
2:04	C / What happened to	8x8	A ²	 4x Propulsive Down Tap & Propulsive OTT Combo R. Single Punch O/H & Sassy Hand Push	16	4x
2:32	Br /	¼x8	B	 OTT R. HOH	2	
2:33	Rep / _ Surprise	4x8	B ¹	 Propulsive OTT L then R	8	4x
2:46	Ref /	1x8	C	 Up Tap R. (Facing front)	4	2x
2:50		1x8	C	 Up Tap R. (Facing the step) 👁 Basic Step	4	2x
2:53	V2 / _ Miss guarded heart	2x8	C ¹	 Basic Step R 👁 Basic Jog on the last 4cts	4	4x
3:00	_ She's calculated	2x8	C ²	 Basic Jog R	4	4x



09. PEAK 3

MUSIC			EXERCISE		CTS	REPS
3:07	Keeping her heart protected	4x8	D	 3x Knee Repeater R  Split Shuffle	8	4x
3:25	Rep 2 / What is this feeling	6x8	D ¹	 Split Shuffle R	8	6x
3:41	Instr /	½x8		 Transition to top of step	4	
3:43	When love is true	½x8	A	 Down Tap L then R	4	
3:45	C / What happened to	8x8	A ²	 4x Propulsive Down Tap & Propulsive OTT Combo L. <i>Single Punch O/H & Sassy Hand Push</i>	16	4x
4:13	Br /	¼x8	B	 Low OTT L	2	
4:14	Rep / _ Surprise	4x8	B ¹	 Propulsive OTT R then L	8	4x
4:27	Outro / _ Keep your distance	1x8		Step R onto the step. <i>Slowly push flexed hands F</i>	8	



09. MISS INDEPENDENT 4:36mins

TECHNIQUE AND COACHING

DOWN TAP

PHONETIC CUE 'Right, left; right, left'

Down Tap L then R. RA 1-4

- Let participants know to keep the Down Tap for 4 counts

4x DOWN TAP & OTT COMBO

PHONETIC CUE '4, 3, 2 over the top, step down and over; 4, 3, 2 over the top, step down and over'

Low Down Tap L then R 2x. RA 1-8

Low OTT L then R. HOH 9-16

- Coach the phonetic cues to get everyone moving with the rhythm

4x PROPULSIVE DOWN TAP & OTT L THEN R WITH SASSY ARM PUSH

PHONETIC CUE '4, 3, 2, over the top, step down and over; 4, 3, 2, over the top, step down and over'

Propulsive Down Tap L then R 2x. Single punch O/H 1-8

Propulsive OTT L then R. Sassy Hand Push 9-16

Down Tap:

- **Toes lightly tap the floor**
- Big drive with the arm
- Take it higher
- Are you feeling breathless?

OTT:

- **Step over with control**
- **Sassy hand push over**
- It's like someone's in your face and it's unwanted
- Drive over and push
- Power in the arm push

OPTION: Low 4x Down Tap & 2x OTT

PROPULSIVE OTT

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

OTT R then L. Reach arms up and down 1-8

- Reach high
- Heavy breathing, it's a bit of a sweat

OPTION: Low OTT

UP TAP

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

Step R onto the step, then tap L to the step. Arms relaxed by sides 1-2

Step L to the floor, then tap R to the floor. Arms relaxed by sides 3-4

- Chill, recover
- Turn body inwards

BASIC STEP

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

- **Whole foot on the step**

BASIC JOG

PHONETIC CUE 'Run up, step down; run up, step down'

Jog up R, L. RA 1-2

Step down R, L. RA 3-4

- Run if you want to build intensity

OPTION: Basic Step



09. MISS INDEPENDENT 4:36mins

TECHNIQUE AND COACHING

3x KNEE REPEATER

PHONETIC CUE '3, 2, 1, same leg on; 3, 2, 1, same leg on'

Step R onto step, then lift L knee 3x. RA 1-6
Step L to the floor, then tap R to the floor. RA 7-8

- **Bend the knee and press out over toes**
- Drive the knee up, load the front leg
- Light option

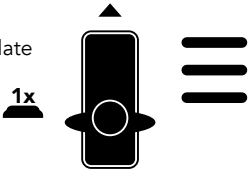
SPLIT SHUFFLE

PHONETIC CUE 'Lift your knee, tap, split split, knee, same leg; lift your knee, tap, split split, knee, same leg'

Step R onto the step, then lift L knee. Blade RA 1-2
Tap L to the floor. Blade RA 3
Split Shuffle L to the step & R to the floor. Blade RA 4
Split Shuffle R to the step & L to the floor. Blade RA 5
Lift L knee. Blade RA 6
Step L to the floor, then tap R to the floor. Blade RA 7-8

- **Body over the step**
- **Toes lightly tap the floor**
- Connect to the "let this feeling take over" lyrics
- Breathe, tap
- Quick motion with the legs
- Agility and athletic training

OPTION: 3x Knee Repeater



10. CONDITIONING 2

TRACK FOCUS

In the Squat Pulse Combo, coach the pauses on counts 5, 6, 7, 8. This is key to the success in keeping the correct timing in this combo. The pauses also create time under tension training for the legs and glutes.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

MUSIC			EXERCISE		CTS	REPS
0:00	Instr /	2x8		Prepare to move to top of step 👁 Triple Pulse Squat Sequence on the last 8cts	16	
0:09	V1 / Ooh , I like the way you move	1x8	A	Triple Pulse Squat Sequence L. Plate in L hand down by your side 👁 Triple Pulse Squat Sequence Clean & Press L. Plate in L hand	8	4x
0:27	C / Gon' get steam	1x8	A ¹	Triple Pulse Squat Sequence. Clean & Press L. Plate in L hand	8	6x
0:56	Br / Better keep it hush	1x8		Transition to R, 45-degree angle, L side 👁 Rear Leg Extension L. Single-Arm Row on the last 4cts	8	
1:00	Instr / Better keep it hush like	½x4	B	Rear Leg Extension L. Single-Arm Row	4	8x
1:19	Ref /	2½x8		Transition to top of step	20	
1:30	V2 / Better keep it hush like	1x8	A	🔁 Triple Pulse Squat Sequence L. Plate in L hand down by your side 👁 Triple Pulse Squat & Clean & Press L. Plate in L hand	8	4x
1:49	C / get steam	6x8	A ¹	🔁 Triple Pulse Squat Sequence. Clean & Press L. Plate in L hand	8	6x
2:17	Br / Better keep it hush	1x8		Transition to L, 45-degree angle, R side 👁 Rear Leg Extension R. Single-Arm Row on the last 4cts	8	
2:22	Instr / Better keep it hush	4x4	B	🔁 Rear Leg Extension R. Single-Arm Row	4	8x
2:41	V1 /	2½x8		Transition to lie on the floor, R side	20	
2:53	We got a good thing going on	1x8	C	Triple Pulse C-Crunch. Fingers by ears, elbows wide	8	4x
3:10	C / And maybe	½x8	C ¹	Single C-Crunch. Fingers by ears, elbows wide 👁 Cross Crawl F on the last 4cts	4	8x
3:26	Get it on	1x8	D	Cross Crawl L then R. Fingers by ears, elbows wide	8	4x



10. CONDITIONING 2

MUSIC			EXERCISE		CTS	REPS
3:43	Rep / Gee double oh dee	2x8	D ¹	Triple Pulse Cross Crawl L then R. <i>Fingers by ears, elbows wide</i>	16	2x
4:00	On and on	1x8	C	 Triple Pulse C-Crunch. <i>Fingers by ears, elbows wide</i>	8	4x
4:17	C / And baby	½x8	C ¹	 Single C-Crunch. <i>Fingers by ears, elbows wide</i>  Cross Crawl F on the last 4cts	4	8x
4:32	Get it on	1x8	D	 Cross Crawl L then R. <i>Fingers by ears, elbows wide</i>	8	4x
4:49	Rep / Gee double oh dee	2x8	D ¹	 Triple Pulse Cross Crawl L then R. <i>Fingers by ears, elbows wide</i>	16	2x



10. KEEP IT HUSH / GOOD THING 5:11mins

TECHNIQUE AND COACHING

TRIPLE PULSE SQUAT SEQUENCE

PHONETIC CUE 'Squat 3, 2, pause, pause; 3, 2, pause, pause'

2x Squat Pulse R on the step, L on the floor. R arm out to shoulder height, weighted L arm by side1-4

Squat down & pause, R on the step, L on the floor. R arm out to shoulder height, weighted L arm by side5-6

Squat to R side and pause. R arm out to shoulder height, weighted L arm by side7-8

- **Knees in line with toes**
- **Butt back and down**
- Feel the knees driving out, working the quads and glutes
- Hold the Squat down and coach the 'pause' on counts 5-6 and 7-8

TRIPLE PULSE SQUAT SEQUENCE WITH CLEAN & PRESS

PHONETIC CUE 'Clean, Press, lower, everything down; Clean, Press, lower, everything down'

Squat down and up L. L arm Clean, R arm lifts horizontal1-2

Squat down and up L. L arm press O/H, R arm at horizontal3-4

Squat down and pause L. L arm return to Clean, R arm at horizontal5-6

Squat R and pause. L arm lowers, R arm lowers7-8

Clean & Press:

- **Weight stays in front of the body**
- **Chest up**
- **Core braced**
- Elbow under and over the shoulder to protect shoulder joint
- Integrated training for upper and lower body
- The weight helps to move with control
- Hold the Squat down and coach the 'pause' on counts 5-6 and 7-8

OPTION: Triple Pulse Squat & Squat Over

SINGLE-ARM ROW & REAR LEG EXTENSION

PHONETIC CUE 'Row, tap; row, tap'

Start position:

Body on R diagonal

R foot on the step, L toes to the floor, weighted L arm extended down, R arm in Row position

Rear Leg Extension L. Row L weighted arm & extend L arm down1-2

Tap L toes to the floor. Extend L weighted arm down & Row R arm3-4

- **Core braced**
- **Tip forward from the hip**
- **Squeeze glutes**
- **Free leg low**
- **Squeeze upper back**
- **Big stretch out**
- Movement is small, with a focus on squeezing glutes and back muscles
- Keeping plate close to ribs

TRIPLE PULSE C-CRUNCH

PHONETIC CUE '3, 2, 1, lower; 3, 2, 1, lower'

Triple Pulse C-Crunch. Fingers by ears, elbows wide1-6

Lower feet to step and shoulders to floor. Fingers by ears, elbows wide7-8

- **Ribs crunch towards hips**
- **Fingertips to temples**
- **Elbows wide**
- **Lower back towards floor**
- Great place to have a recovery
- Keep breathing

OPTION: Feet down



10. KEEP IT HUSH / GOOD THING 5:11mins

TECHNIQUE AND COACHING

C-CRUNCH

PHONETIC CUE 'Up, down; up, down'

C-Crunch up. *Fingers by ears, elbows wide* 1-2
Lower feet to step and shoulders to floor. *Fingers by ears, elbows wide* 3-4

- Option to bring feet to the step
- **Lower back towards floor**
- Make sure to crunch from the mid section and not the shoulders

OPTION: Feet down

CROSS CRAWL

PHONETIC CUE 'Front, down, back, down; front, down, back, down'

Cross Crawl F. *Fingers by ears, elbows wide* 1-2
Lower L leg to step and shoulders to the floor. *Fingers by ears, elbows wide* 3-4
Repeat to the back 5-8

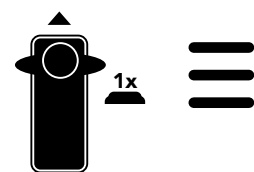
- **Crossing opposite shoulder to opposite knee**
- **Breathing through it**
- Inhale, exhale

TRIPLE PULSE CROSS CRAWL

PHONETIC CUE '3, 2, 1, down; 3, 2, 1, down'

Triple Pulse Cross Crawl F. *Fingers by ears, elbows wide* 1-6
Lower L leg to step and shoulders to the floor. *Fingers by ears, elbows wide* 7-8
Repeat to the back 9-16

- Feeling the burn through the obliques
- Keep lower back down towards the floor



11. COOLDOWN / STRETCH

TRACK FOCUS

Let your class know that they just worked their bodies hard for 50 minutes and they all should reward their bodies with 3 minutes of stretching to cool down. Especially those that usually leave the class during the Cooldowns. See if you can encourage them to stay and stretch with you.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS
0:00	Instr /	2x8	Roll both knees to front and transition to sit front of step	16
0:08	C / Day to night to morning	2x8	A Seated QL stretch R. <i>Hand to shin</i>	16
0:17	Didn't even notice	2x8	A ¹ Seated QL Stretch R with <i>Hand Reach</i> to toes	16
0:25	Day to night to morning	1x8	Transition to lie on top of step on R hip	8
0:30	I'd let you had I known it	2x8	B Lying Quad Stretch L	16
0:38	You got to keep me	1x8	Transition to sit front of step	8
0:42	V1 / _ It's been a long time	2x8	C Seated Side Stretch L. <i>L arm up, R hand down</i>	16
0:51	_ Tell me what must I	2x8	C ¹ Seated Neck Stretch R. <i>L hand to head, R hand holds under step</i>	16
1:00	And we can dance	2x8	C  Seated Side Stretch R. <i>R arm up, L hand down</i>	16
1:08	_ If you want it	2x8	C ¹  Seated Neck Stretch L. <i>R hand to head, L hand holds under step</i>	16
1:17	C / Day to night to morning	2x8	A  Seated QL stretch L. <i>Hand to shin</i>	16
1:25	Didn't even notice	2x8	A ¹  Seated QL Stretch L with <i>Hand Reach</i> to toes	16
1:34	Day to night to morning	1x8	 Transition to lie on top of step, on L hip	8
1:38	I'd let you had I known it	2x8	B  Lying Quad Stretch R	16
1:47	Didn't even notice	1x8	Transition to sit front of the step	8
1:52	V2 / _ Let me check	4x8	D Diamond Stretch	32
2:09	Shut it	2x8	E Seated Twist L	16
2:18	All of them	2x8	E  Seated Twist R	16
2:26	C / Didn't even notice	1x8	Transition to R side of step. L glute on step, R glute off step	8
2:31	I'd let you had I known it	3x8	F Reclined Hip Flexor Stretch R	24
2:44	Day to night to morning	1x8	 Transition to L side of step. R glute on step, L hip off step	8
2:48	I'd let you had I known it	3x8	F  Reclined Hip Flexor Stretch L	24
3:01	Instr /	1x8	Transition to L side of step	8
3:05		3x8	Active Calf Stretch L&R	24
3:18		1x8	Slowly walk feet towards hands	8
3:22	Q Instr /	1x8	Step Touch L then R	8



11. COOLDOWN / STRETCH

MUSIC		EXERCISE		CTS
3:27	1x8	G	Step Touch L then R & <i>Shoulder Stretch R</i>	8
3:31	1x8	G	Step Touch L then R & <i>Shoulder Stretch L</i>	8
3:35	1x8		Feet apart. <i>Open arms out to Chest Press Stretch</i>	8
3:40	1x8		<i>Hands clasped, push forward to Back Stretch</i>	8
3:44	1x8		Slow Body Roll Down & Up	8
3:48	1x8		<i>Slow Arm Circle O/H & Down</i>	8



11. SAY SO 3:58mins

TECHNIQUE AND COACHING

QL STRETCH WITH REACH

- Roll body to front and sit on top of the step
- Extend L leg, bend R leg and bring foot to inner thigh, place R hand on lower back
- Reach to toes or hand on shin

OPTION: No reach

LYING QUAD STRETCH

- Lie on top of step on R hip, elbow under shoulder, top leg behind for Quad Stretch
- Keep ribcage away from floor

SEATED SIDE STRETCH

- Sit at the front of the step on top, L arm up, R hand down. Feeling the stretch through the side body

OPTION: Keep extended leg slightly bent

SEATED NECK STRETCH

- Stay in a seated position from Side Stretch
- L hand to head, R hand holds under step
- Light or no pressure

DIAMOND STRETCH

- Soles of the feet together, knees wide
- Pull the body down to feel a stretch in the lower back



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, colour 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.

