



BODYSTEP

130

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

- 01A

Sweetest Pie (1:26)

Finn S

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Written by: Pete, Charles, Lipa, Kozmeniuk, Parker
- 01B

Good Time (2:33)

Perceptual Haze

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Written by: Harsh, Cooke, Searle
- 02

Spice Up Your Life (Stent Radio Mix) (2:46)

Spice Girls

Courtesy of the Universal Music Group.

Written by: Stannard, Rowbottom, Brown, Aadems, Halliwell, Bunton, Chisholm
- 03

Check On It (5:24)

Moodio

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Written by: Williams, Rowland, Knowles, Garrett, Dean
- 04

Come Out (5:56)

Amster feat. Dimention

© 2022 Black Lotus.

Written by: Gainsford, Langeveld, van de Geer, Williams
- 05

Bones (4:26)

Matt Hatchet

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Written by: Fredriksson, Larsson, McKee, Platzman, Reynolds, Sermon
- 06

Under Attack (3:35)

NOAM DEE

Courtesy of Les Mills Music Licensing Ltd.

Written by: Fairley
- 07

London Bridge (5:02)

Crystalheal

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Written by: Ferguson, Hamler, Jones, Hartnett

- 08

Cry For You (1:05)

Midnyte

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Written by: J. von der Burg, Bhagavan, N. von der Burg
- Get Busy (1:08)

KOYOTIE

© 2018 Position Music.

Written by: Burnett, Jones
- Hope (1:07)

Sigma & Carla Marie

Courtesy of the Universal Music Group.

Written by: Newman, Edwards, Lenzie, Fitton, Williams
- Get Busy (0:52)

KOYOTIE

© 2018 Position Music.

Written by: Burnett, Jones
- Hope (1:06)

Sigma & Carla Marie

Courtesy of the Universal Music Group.

Written by: Newman, Edwards, Lenzie, Fitton, Williams
- Cry For You (1:08)

Midnyte

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Written by: J. von der Burg, Bhagavan, N. von der Burg
- 09

Ain't No Other Man (5:00)

Coco Cabala

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Written by: Otis, DJ Premier, Aguilera, Roane, Dioguardia
- 10A

Dope (3:17)

BTS

© 2015 BIGHIT MUSIC.

Written by: Si Hyuk, Rap Monster, SUGA, j-hope, ~~RM~~, Pdogg
- 10B

Lost & Found (3:20)

Scott Seabright

Courtesy of Les Mills Music Licensing Ltd.

Written by: Seabright, Navanua
- 11

Dream A Little Dream (3:34)

Robbie Williams feat. Lily Allen

Courtesy of the Universal Music Group.

Written by: Schwandt, Andre
- ALT 01A

Sweetest Pie (Instrumental) (1:26)

Finn S

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Written by: Pete, Charles, Lipa, Kozmeniuk, Parker
- ALT 03

Check On It (Instrumental) (5:24)

Moodio

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Written by: Williams, Rowland, Knowles, Garrett, Dean



BODYSTEP 130



Front row L–R: Ella Bryant, Ditte Sommer Weinreich, Torie Green, Amélie Boutbien, Rikuo Iizuka, Charissa Van Der Leeden-Groejeweg, Judson Macdonald, Christophe Huet, Islay Van Der Merwe
Back row L–R: Mathias Kröber, Katie Galbraith, Fiona Tamburrini, Pablo Delgado, Kaylah-Blayr Fitzsimons-Nu'u, Mark Nu'u-Steele, Kathleen Fursey, Melvin Ong, Paulina Skladanowska, Ming Hillier

PRESENTERS

- Mark Nu'u-Steele** (New Zealand)
- Kaylah-Blayr Fitzsimons-Nu'u** (New Zealand)
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- Christophe Huet** (France)
- Fiona Tamburrini** (France)
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- Melvin Ong** (Canada)
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- Paulina Skladanowska** (United Kingdom)
- Ella Bryant** (New Zealand)
- Pablo Delgado** (Spain)
- Mathias Kröber** (Germany)

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 130. I'm really thrilled to be sharing this special global release with you all. Soak up all the good vibes and energy from this live filming in London and then share it with the people in your club.

We create a warm, welcoming and fun vibe right from the start as we Warm-up to *Sweetest Pie* and *Good Time*, and complete the Warm-up phase of the workout with some slams to the left and shakes to the right to *Spice Up Your Life* – our first little shout out to our London themed release.

Peak 1 is achieved with propulsive movement and running to *Check On Me*, then onto Mixed Strength with the return of the Rotating Squat and one of our feature moves in this release, the 6-Point Stomp.

Onto some lateral training in Peak 2 to *Bones* and then we move onto some integrated strength work for our Conditioning 1 track.

Our Party Step track is *London Bridge* which is our second London themed track. Be sure to bring out some British attitude for this one 'Governor!'

The next 2 cardio tracks will have you gasping for breath, so be sure to do the lighter options should you need them.

More integrated training for the entire body and core is next, then we wind the class down to our 3rd London themed song, *Dream A Little Dream*.

From myself and the presenting team for release 130, we hope you enjoy this special BODYSTEP release!

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 130

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	42:45

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	44:09

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	26:06

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	28:06

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 130

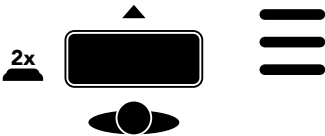
When mixing older releases with BODYSTEP 130 use:

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

Be warm and welcoming to set the mood for the workout ahead.

Use uncluttered phonetic cues for the Staggered Wide Step Up and clear visual cues to show the leading leg, direction to move and when to HOLD OTS.

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 used in its place. Please use **Sweetest Pie (Instrumental)** with the same choreography.

MUSIC			EXERCISE		CTS	REPS
0:05	Intro / _ You've never	2x8		Standing behind the step, feet hip-width apart. Prepare to move		16
0:12	Ooh mister	2x8		Twist L then R	4	4x
0:19	Ooh baby	2x8		Arm Circle L then R	8	2x
0:27	_ I may take you	4x8	A	Slow Staggered Wide Step Up & Squat Combo L	16	2x
0:41	Ref / Pie pie pie	4x8	A ¹	Staggered Wide Step Up & Squat Combo L	8	4x
0:56	Instr / (Deep)	4x8	B	3x Repeater Knee Lift L then R. RA 👁 3x Repeater Side Tap on the last 8cts	16	2x
1:11	(Heavier beat)	4x8	B ¹	3x Repeater Side Tap L then R. RA	16	2x
1:26	Br /	1x8	C	Up Tap L then R to the corners. HOH 👁 Open & Clap on the last 4cts	8	
1:30	C / Come here for a good time	4x8	C ¹	Up Tap L then R to the corners. Open & Clap	8	4x
1:44	V1 / _ Woke up this	4x8	D	Step Lunge L then R. HOH	16	2x
1:59	PC / Get up	4x8	A ¹	🔄 Staggered Wide Step Up & Squat Combo L	8	4x
2:13	C / Come here for a good time	4x8	E	Staggered Wide Step Up & Squat & 3x Repeater Side Tap Combo L then R	32	
2:28	Br /	1x8	D	Repeat Lunge L. HOH 👁 Thoracic Rotation	8	
2:32	V2 / _ Go check your	4x8	D ¹	Step Lunge R then L. Thoracic Rotation R then L	16	2x
2:46	PC / Get up	4x8	A ¹	🔄 Staggered Wide Step Up & Squat Combo R	8	4x
3:01	C / Come here for a good time	4x8	E	🔄 Staggered Wide Step Up & Squat & 3x Repeater Side Tap Combo R then L	32	
3:15	Ref / _ I've been there	4x8	D ¹	🔄 Step Lunge R then L. Thoracic Rotation R then L	16	2x
3:30	C / Come here for a good time	8x8	E	🔄 Staggered Wide Step Up & Squat & 3x Repeater Side Tap Combo R then L	32	2x



01. SWEETEST PIE / GOOD TIME 3:59mins

TECHNIQUE AND COACHING

TWIST

PHONETIC CUE 'Right, left, right, left'

Twist to the L. Hands stacked in line with chest 1-2

Twist to the R. Hands stacked in line with chest 3-4

- Set up direction of the Twist
- Light Twist side to side
- **Chest up**
- **Core braced**
- Welcome everyone to the workout
- Getting the body moving

ARM CIRCLES

PHONETIC CUE 'Right arm, left arm; right arm, left arm'

Arm Circle L. R arm by side 1-4

Arm Circle R. L arm by side 5-8

- **Body square to the front**
- **Chest up**
- Open up the shoulders
- **Core braced**

SLOW STAGGERED WIDE STEP UP & SQUAT COMBO

PHONETIC CUE 'Stagger up, squat down, walk on the floor; stagger up, squat down, walk on the floor'

Stagger on top of the step L. Reach O/H 1-4

Squat down. Hands to thighs 5-8

March on the floor L, R, L, R, L, R, L, R behind the step. RA 9-16

- Visually and verbally cue to show the leading leg
- **Whole foot on the step**

STAGGERED WIDE STEP UP & SQUAT COMBO

PHONETIC CUE 'Step up, squat down, walk on the floor; step up, squat down, walk on the floor'

Stagger on top of the step L. Reach O/H 1-2

Squat down. Hands to thighs 3-4

March L, R, L, R behind the step. RA 5-8

- **Knees in line with mid foot**
- **Chest up**
- Hook into the "get up" lyrics
- Reach up high

3x KNEE REPEATER

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

3x Repeater Knee Lift L to the center of the step. RA 1-6

Step down R, L. RA 7-8

Repeat to the other side 9-16

- Use a visual cue to show the leading leg
- **Body weight over the step**
- **Toes lightly tap the floor**, with heel up
- Core braced
- Slight tip forward from the hips
- **Front knee in line with toes**
- Chest up
- Knee forward, towards hip level

3x REPEATER SIDE TAP

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

3x Repeater Side Tap L. RA 1-6

Step R foot back. RA 7

Step L foot across. RA 8

Repeat to the other side 9-16

- Leg swings around to the side of the step to wake up the glutes
- Feeling the legs warm up



01. SWEETEST PIE / GOOD TIME 3:59mins

TECHNIQUE AND COACHING

UP TAP

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

- Step L onto the step, then tap R to the step, to the R corner. *Hands by sides* 1-2
- Step R to the floor, then tap L to the floor. *Hands by sides* 3-4
- Repeat to the other side 5-8

- Set up the 'up and down' rhythm
- Body on a 45 degree angle

UP TAP AND OPEN & CLAP

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

- **Whole foot on the step**
- **Chest up**
- **Core braced**
- Bringing energy with the Open & Clap

OPTION: Up Tap

STEP LUNGE

PHONETIC CUE 'Step, Lunge, rise, change legs; Step, lunge, rise, change legs'

- Step L onto the step. *HOH* 1-2
- Lunge down. *HOH* 3 -4
- Lunge up. *HOH* 5-6
- Step L to the floor. *HOH* 7-8
- Repeat to the other side 9-16

- **Take a long step onto the step**
- **Back heel lifted**
- **Chest up**
- **Front knee pressed outwards** (avoid knee buckling inward)
- Feet hip-width apart (like you're on railway tracks. With one foot on each track)
- **Core braced**
- Lower the back knee gently towards the floor
- Front thigh no lower than parallel to the step

STAGGERED WIDE STEP UP & SQUAT & 3x REPEATER SIDE TAP COMBO

PHONETIC CUE 'Stagger up, squat down, walk on the floor, triple tap, 3, 2, 1, stagger again; up, squat down, walk on the floor, triple tap, 3, 2, 1'

- Stagger on top of the step L. *Reach O/H* 1-2
- Squat down. *Hands to thighs* 3-4
- March on the floor L, R, L, R. *RA* 5-8
- 3x Repeater Side Tap L. *RA* 9-14
- Step R foot back. *RA* 15
- Step L foot across. *RA* 16
- Repeat to the other side 17-32

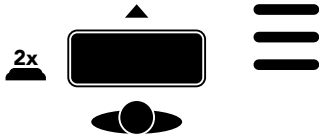
- Put the 2 moves together
- Visually and verbally cue the leading leg
- Hook into the "good time" lyrics
- Bright and welcoming to the workout
- Getting the body ready

STEP LUNGE AND THORACIC ROTATION

PHONETIC CUE 'Step, rotate, rise, change legs; step, rotate, rise, change legs'

- Step R onto the step. *Forearms stack in line with chest* 1-2
- Lunge down. *Thoracic Rotation R* 3 -4
- Lunge up. *Forearms stack in line with chest* 5-6
- Step L to the floor. *HOH* 7-8
- Repeat to the other side 9-16

- **Small rotation from the ribcage**
- Squeeze glutes and core to keep hips square to the front
- Feel the beautiful spinal twist



02. STEP WARM-UP

TRACK FOCUS

Once you’ve set up all of the basics of stepping correctly with great posture, start to bring this track to life by connecting to the lyrics “*slam it to the left*” and “*shake it to the right*”.
Have fun with this throwback song.

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 / _ La la la	2½x8	A	Down Tap R then L. RA 👁 Side Flex arm-line on the last 4cts	8 2½x
0:09	La la la	2x8	A	Down Tap L then R. Side Flex R then L	8 2x
0:16	V1 / _ When you’re	4x8	B	Basic Step L. RA	4 8x
0:31	PC / Colors of the world	2x8	C	3x Down Tap & Basic Step Combo L	16
0:39	C / Slam it to the left	8x8	C¹	3x Freeze Down Tap & Basic Step Combo R then L	32 2x
1:09	V2 / _ Yellow man in	4x8	B	🔄 Basic Step R. RA	4 8x
1:24	PC / Colors of the world	2x8	C	🔄 3x Down Tap & Basic Step Combo R	16
1:32	C / Slam it to the left	8x8	C¹	🔄 3x Freeze Down Tap & Basic Step Combo L then R	32
1:47	Ref / Flamenco	1x8	D	Up Tap L then R. Arms relaxed by sides (to the corners)	8
1:50	We moonwalk	1x8	D¹	Cha-Cha-Cha Up Tap L then R. Arms relaxed by sides 👁 Bent O/H arm-line on the last 4cts	8
1:54	Shake it shake it	2x8	D²	Cha-Cha-Cha Up Tap L then R. Bent O/H, cross at wrists	8 2x
2:02	PC / Colors of the world	2x8	C	🔄 3x Down Tap & Basic Step Combo L 👁 Cha-Cha-Cha on cts 5-8	16
2:09	C / Slam it to the left	8x8	C²	Freeze Down Tap, Cha-Cha-Cha, Freeze Down Tap & Basic Step Combo R then L	32 2x
2:39	Outro / Hold tight			On the last ct, step feet apart & point L O/H	



02. SPICE UP YOUR LIFE (STENT RADIO MIX) 2:46mins

TECHNIQUE AND COACHING

DOWN TAP

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

Down Tap R then L. RA 1-8

- Use visual cues to show the direction of the Down Tap
- **Body square to the front**
- **Light tap with the toes**
- **Tap the foot parallel to the step**

DOWN TAP AND SIDE FLEX

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

Down Tap L. Side Flex R 1-2
Step down R, L. HOH 3-4
Down Tap R. Side Flex L 5-6
Step down L, R. HOH 7-8

- **Body square to the front**
- **Tap the toes to the side, parallel to the step**
- Flex the hand and push away to the side

OPTION: Down Tap

BASIC STEP

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

Basic Step L. RA 1-4

- Visually show the leading leg
- Natural walking rhythm
- **Whole foot on the step**
- **Chest up**
- Space between the feet
- Like you're walking up and down the stairs
- Time to warm up our stepping muscles

3x DOWN TAP & BASIC STEP COMBO WITH SIDE FLEX

PHONETIC CUE 'Tap 3, 2, 1, Basic Step, hold; Tap 3, 2, 1, Basic Step, hold'

Down Tap L, R, L. Side Flex R, L, R 1-12
Basic Step R. RA 13-16
Repeat to the other side 17-32

- Set up the 3 and 1 pattern using repetitive phonetic cues
- Use visual cues to show the direction to move and to hold the Basic Step
- Tap toes to the floor, around to the side and parallel to the step. Doing this will increase the ROM and help create more hip mobilization and warmth to the hip and glutes
- **Body square to the front**
- **Whole foot on the step**

3x FREEZE DOWN TAP & BASIC STEP COMBO WITH SIDE FLEX

PHONETIC CUE 'Freeze Tap 3, 2, 1, Basic Step, hold; Freeze Tap 3, 2, 1, Basic Step, hold'

Freeze Tap R, L then R. Side Flex L, R then L 1-12
Basic Step L. RA 13-16
Repeat to the other side 17-32

- Use visual cues to show the direction to move and to hold the Basic Step to the front
- Body square to the front
- Toes lightly tap the floor with the heel lifted
- Be light on your feet
- Look after newer participants by letting them know they can return to the 3x Down Tap & Basic Step Combo
- Hook into the "Slam it" and "Shake it" lyrics
- Create the look by keeping the arm-line sharp. Keep the hand flexed and tap the R shoulder before you do the Side Flex L

OPTION: 3x Down Tap & Basic Step Combo



02. SPICE UP YOUR LIFE (STENT RADIO MIX) 2:46mins

TECHNIQUE AND COACHING

UP TAP

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

Step L onto the step, then tap R to the step, to the R corner. *Arms relaxed by sides* 1-2
Step down R, L to the floor.
Arms relaxed by sides 3-4
Repeat to the other side 5-8

- Use repetitive phonetic and visual cues
- Set up the 'up and down' rhythm
- Body square to the front
- **Chest up**
- **Core braced**
- **Whole foot on the step**

CHA-CHA-CHA UP TAP

PHONETIC CUE 'Cha-Cha-Cha change sides; Cha-Cha-Cha, change sides'

Cha-Cha-Cha L, to the R corner.
Hands by sides 1-2
Step down R, L to the floor. *Hands by sides* 3-4
Repeat to the other side 5-8

- Add a Cha-Cha-Cha rhythm to the Up Taps
- Body on a 45-degree angle
- **Core braced**
- **Be light on your feet**
- Soften your knees to allow your feet to move to the quick Cha-Cha-Cha rhythm
- Move with control, keeping muscle tension through the upper body so that the Cha-Cha-Chas don't look 'loose' or 'uncontrolled'

OPTION: Up Tap

CHA-CHA-CHA UP TAP WITH ARMS BENT OVERHEAD

PHONETIC CUE 'Cha-Cha-Cha change sides; Cha-Cha-Cha, change sides'

Cha-Cha-Cha L, to the R corner. *Bent O/H, cross at wrists* 1-2
Step down R, L to the floor. *HOH* 3-4
Repeat to the other side 5-8

- We've got rhythm, now let's add the arms
- Arms bend O/H with wrists stacked
- Let participants know they can leave out the arm-line
- **Core braced**

OPTION: Cha-Cha-Cha Up Tap

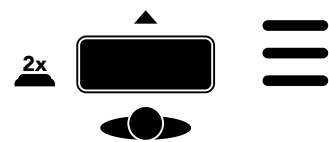
FREEZE DOWN TAP, CHA-CHA-CHA & BASIC STEP COMBO

PHONETIC CUE 'Freeze, Cha-Cha-Cha, Freeze, Basic Step, again; Freeze, Cha-Cha-Cha, Freeze, Basic Step'

Freeze Down Tap R. *Side Flex* 1-2
Step back L, R. *HOH* 3-4
Cha-Cha-Cha L. *Bent O/H, cross at wrists* 5-6
Step back R, L 7-8
Freeze Down Tap R. *Side Flex* 9-10
Step Back L, R. *HOH* 11-12
Basic Step L. *RA* 13-16
Repeat to the other side 17-32

- Pre-cue participants to continue with the 3x Down Tap & Basic Step Combo and to watch you for the new combo
- Use repetitive phonetic and visual cues
- Avoid making it look too 'dancey'. This may be difficult for newer people. Be sure to look after your newer participants and let them know that they can do the 3x Down Taps & Basic Step Combo instead of the Freeze Down Tap Combo
- Look, see and respond. If you have mainly new people in your class and they are still struggling with this combo, leave out the Side Flex and Bent O/H arm-lines for now. We want these new people to stay for the entire class and not give up at this point

OPTION: 3x Down Tap & Basic Step Combo



03. PEAK 1

TRACK FOCUS

Use vocal contrasts to match the highs and lows in the music and also find spaces in the track to speak less to allow the music to shine through.

Use strong and clear visual cues to assist in showing direction, the leading leg and when to HOLD to the center.

Have some fun in the T-Step and encourage your class to strike a pose to the ‘camera clicks’.

Teach Athletic

Come into this track

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

Please note: This track contains explicit content. The Alternative song can be used in its place. Please use Check On It (Instrumental) with the same choreography.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Get down with the	1x8		Standing behind the step, <i>arms by sides</i> , feet hip-width apart. Prepare to move	8	
0:04	Instr / Tonight	2x8		Bounce L&R. <i>Arms relaxed by sides</i>	2	8x
0:10	Rep 1 / You need to stop	4x8	A	Knee Lift to the corner & Basic Step to the center Combo L then R. <i>RA</i> 👁 Propulsive Knee Lift and Basic Jog on the last 8cts	16	2x
0:25	C / Ooh boy you looking	6x8	A ¹	Propulsive Knee Lift to the corner & Basic Jog to the center L then R. <i>RA</i>	16	3x
0:45	Rep 1 / Tonight	4x8	B	Basic Jog L. <i>RA</i> 👁 Nutcracker Knee Lift L then R on the last 8cts	4	8x
0:59	Instr / (Riff)	4x8	C	Nutcracker Knee Lift L then R. <i>Reach up then pull fists to hips</i>	8	4x
1:13	Instr / (Quiet)	2x8	D	Basic Step L. <i>RA</i>	4	4x
1:20	V1 / If you’ve got	3x8	E	3x Repeater Knee Lift L then R. <i>RA (to the center of the step)</i> 👁 Staple to the side on the last 2cts	16	1½x
1:30	You can look	3x8	E ¹	3x Stapled Repeater Knee Lift R then L. <i>RA</i> 👁 T-Step on the last 8cts	16	1½x
1:41	Rep / _ I’m checking on	4x8	E ²	T-Step L then R. <i>RA</i> 👁 Propulsive T-Step with Pose on the last 8cts	16	2x
1:55	Rep 2 / If you’ve got it flaunt it	6x8	E ³	Propulsive T-Step L then R. <i>RA</i> and Pose on ct4	16	3x
2:16	QC / Ooh boy you looking	3x8	A	🔄 Knee Lift to the corner & Basic Step to the center Combo L then R. <i>RA</i> 👁 Propulsive Knee Lift & Basic Jog on the last 8cts	16	1½x
2:26	C / Ooh boy you looking	6x8	A ¹	🔄 Propulsive Knee Lift to the corner & Basic Jog to the center R then L. <i>RA</i>	16	3x
2:47	Rep 1 / You need to stop	4x8	B	🔄 Basic Jog R. <i>RA</i> 👁 Nutcracker Knee Lift R then L on the last 8cts	4	8x
3:01	Instr / (Riff)	4x8	C	🔄 Nutcracker Knee Lift R then L. <i>Reach up then pull fists to hips</i>	8	4x
3:15	Instr / (Quiet)	2x8	D	🔄 Basic Step R. <i>RA</i>	4	4x
3:22	V2 / I can tell you	3x8	E	🔄 3x Repeater Knee Lift R then L. <i>RA (to the center of the step)</i> 👁 Staple to the side on the last 2cts	16	1½x



03. PEAK 1

MUSIC			EXERCISE		CTS	REPS
3:32	I let you get	3x8	E ¹	 3x Stapled Repeater Knee Lift L then R. RA  T-Step on the last 8cts	16	1½x
3:43	Rep / _ I'm checking on	4x8	E ²	 T-Step R then L. RA  Propulsive T-Step with Pose on the last 8cts	16	2x
3:57	Rep 2 / If you've got it flaunt it	6x8	E ³	 Propulsive T-Step R then L. RA and Pose on ct4	16	3x
4:17	QC / Ooh boy you looking	3x8	A	 Knee Lift to the corner & Basic Step to the center Combo R then L RA  Propulsive Knee Lift & Basic Jog on the last 8cts	16	1½x
4:28	C / Ooh boy you looking	6x8	A ¹	 Propulsive Knee Lift to the corner & Basic Jog to the center L then R. RA	16	3x
4:49	Rep 1 / You need to stop	4x8	B	 Basic Jog L. RA  Nutcracker Knee Lift L then R on the last 8cts	4	8x
5:03	Instr / (Riff)	4x8	C	 Nutcracker Knee Lift L then R. <i>Reach up then pull fists to hips</i>	8	4x
5:17	Outro / If you've got it flaunt it	½x8		Stagger L, R onto the step. <i>Palms up</i> Circular Snap R	2 2	



03. CHECK ON IT 5:24mins

TECHNIQUE AND COACHING

BOUNCE

PHONETIC CUE 'Bounce right, left; right left'

Bounce L, R. Arms relaxed by sides 1-2

- Time to lift the heart rate!
- Get ready to bounce
- **Body square to the front**
- **Core braced**
- Light bounce side to side

KNEE LIFT & BASIC STEP COMBO

PHONETIC CUE 'One knee, one basic step; one knee, one basic step'

Step L onto the step, then lift R knee, to the R corner. RA 1-2
Step back R, L. RA 3-4
Basic Step R, to the center of the step. RA 5-6
Step back R, L. RA 7-8
Repeat to the other side 9-16

- Use repetitive phonetic and visual cues to show the direction and leading leg
- **Chest up**
- Knee forward to hip level, or lower
- Move with control
- Whole foot on the step

PROPULSIVE KNEE LIFT & BASIC JOG COMBO

PHONETIC CUE 'Jump the knee, run, up and down; jump the knee, run, up and down'

Step L then propel and lift R knee, to the R corner. RA 1-2
Step back R, L. RA 3-4
Basic Jog R, to the center of the step. RA 5-6
Step back R, L. RA 7-8
Repeat to the other side 9-16

- **Roll through the foot and push off the toes**
- **Soft knee landings**
- **Core braced**

- Chest up
- Heels up in the Jog
- Drive the step away

OPTION: Knee Lift & Basic Step

BASIC JOG

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

Basic Jog L. RA 1-4

- On the last repetition of the Propulsive Knee Lift and Basic Jog, cue participants to continue running
- **Whole foot on the step**
- **Body square to the front**
- **Core braced**
- Chest up
- Heels lift
- Feel the heart rate lifting

OPTION: Basic Step



03. CHECK ON IT 5:24mins

TECHNIQUE AND COACHING

NUT CRACKER KNEE LIFT

PHONETIC CUE 'Jump knee, change sides; jump knee, change sides'

- Jump L onto the step, facing R diagonal. Reach O/H 1
- Lift R knee to hip level. Pull fists to hips 2
- Step back R, L behind the step. Reach up and down 3-4
- Repeat to the other side 5-8

- Body on a 45-degree angle
- **Soft knee landing** onto the step, big reach O/H, back leg long and low towards the floor
- Big pull with the arms as you drive the knee up
- Squeeze the glutes to jump

OPTION: Knee Lift

BASIC STEP

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

- Basic Step L. RA 1-4
- Use a visual cue to show the leading leg
- Natural walking rhythm
- **Whole foot on the step**
- Space between the feet
- Chest up
- Use this to recover and reset quickly

3x REPEATER KNEE LIFT

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

- 3x Repeater Knee Lift L, to the center of the step. RA 1-6
- Step down R, L. RA 7-8
- Repeat to the other side 9-16

- Use a visual cue to show the leading leg
- **Body weight over the step**
- **Toes lightly tap the floor**, with heel up
- **Core braced**
- Slight tip forward from the hips
- Front knee in line with mid-foot
- Chest up
- Knee forward to hip level, or lower
- Strong Running Arms

3x STAPLED REPEATER KNEE LIFT

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

- 3x Repeater Knee Lift L. RA 1-6
- Step R to the floor. RA 7
- Step L wide to the floor 8
- Repeat to the other side 9-16

- Coach the 'wide' step across. This creates the 'staple' pattern
- **Keep body square to the front**
- **Core braced**
- Press the front knee in line with mid-foot
- Bend the supporting knee to load the leg
- Slight tip forward from the hips

T-STEP

PHONETIC CUE 'Lift the knee, tap the step, lift the knee, change sides; lift the knee, tap the step, lift the knee, change sides'

- Step L onto the step, then lift R knee. RA 1-2
- Step R to the floor beside the step, then tap L long on top of the step. RA 3-4
- Step L on top of the step, then lift R knee. RA 5-6
- Step back R, L. RA 7-8
- Repeat to the other side 9-16

- The T-Step can be tricky for new participants. Repeat the phonetic cues until everyone's got the foot pattern. Then if people are ready, they can jump the Knee Lift

OPTION: 3x Stapled Repeater Knee Lift



03. CHECK ON IT 5:24mins

TECHNIQUE AND COACHING

PROPULSIVE T-STEP

PHONETIC CUE 'Jump the knee, tap the step, jump the knee, change sides; jump the knee, tap the step, jump the knee, change sides'

- Step L onto the step, then propel and lift R knee.
RA 1-2
- Step R to the floor beside the step, then tap L long on top of the step. RA 3-4
- Step R onto the step, then propel and lift L knee.
RA 5-6
- Step back R, L. RA 7-8
- Repeat to the other side 9-16

- Use visual cues to show which direction participants are moving
- **Soft knee landings**
- **Keep the body square to the front**
- **Core braced**, chest up

OPTION: T-Step

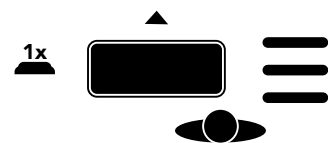
PROPULSIVE T-STEP WITH POSE

PHONETIC CUE 'Jump the knee, strike a pose, jump the knee, change sides; jump the knee, strike a pose, jump the knee, change sides'

- Step L onto the step, propel and lift R knee.
RA 1-2
- Step R to the floor, beside the step. RA 3
- Tap L long on top of the step. Pose 4
- Step R onto the step, propel and lift L knee.
RA 5-6
- Step back R, L. RA 7-8
- Repeat to the other side 9-16

- Look, see and respond. Let participants know that they can stay with the T-Step without the pose
- Can you pose like you're in the *Check On It* music video?

OPTION: Propulsive T-Step



04. MIXED STRENGTH

TRACK FOCUS

Be a sports coach in this track. Take control and coach your athletes with direct, strong and motivating cues to get the most out of their workout.

Listen carefully to the music when it slows down to stay on beat.

Coach the natural walking rhythm in the 6 Point Stomp, then get your class to sit a little deeper to work the legs and glutes more.

Teach Athletic

Come into this track
A little breathless from Track 3. Strong and in control.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro /	4x8	Standing behind the step, <i>arms by sides</i> , feet hip-width apart. Prepare to move 👁 Double Squat Around & March Combo L on the last 16cts		32	
0:14	Ref / I don't like to be	6x8	A	Double Squat Around & March Combo L	16	3x
0:36	C / (Instr)	8x8	A ¹	Squat Around Combo L	8	8x
1:04	QC / (Instr)	2x8	B	Step feet apart. <i>Flexed hands out to sides</i> Move across towards the R side, then shake out 👁 Slow 6 Point Stomp on the last 8cts	4 12	
1:13	V1 / Inna the club we	4x8	C	Slow 6-Point Stomp L. RA	8	4x
1:31	Inna the club we	6x8	C ¹	Slow 6-Point Stomp & 2x Squat Combo L	16	3x
1:59	Build up / Call di dancer	4x8	C ¹	Slow 6-Point Stomp & 2x Squat Combo L 👁 6-Point Stomp & Rotating Squat Combo L 2x	16	2x
2:14	C / (Instr)	8x8	C ²	6-Point Stomp & Rotating Squat Combo L	16	4x
2:43	Br / (Q Instr)	1x8		Step feet apart. <i>Flexed hands out to sides</i>	8	
2:46	Ref / Down	2x8		Move towards the R side of the step and shake out	16	
2:53	Rep / I don't like to be	8x8	A	🔄 Double Squat Around & March Combo R	16	4x
3:22	C / (Instr)	8x8	A ¹	🔄 Squat Around Combo R	8	8x
3:51	Q Instr /	2x8	B	🔄 Step feet apart. <i>Flexed hands out to sides</i> Move across towards the L side, then shake out 👁 Slow 6-Point Stomp on the last 8cts	4 12	
4:00	V2 / Inna the club we	4x8	C	🔄 Slow 6-Point Stomp R. RA	8	4x
4:18	Inna the club we	6x8	C ¹	🔄 Slow 6-Point Stomp & 2x Squat Combo R	16	3x
4:45	Build up / Call di dancer	4x8	C ¹	🔄 Slow 6-Point Stomp & 2x Squat Combo R 👁 6-Point Stomp & Rotating Squat Combo R 2x	16	2x
5:00	C / (Instr)	8x8	C ²	🔄 6-Point Stomp & Rotating Squat Combo R	16	4x
5:29	(Q Instr)	2x8		🔄 Step feet apart. <i>Flexed hands out to sides</i> Tap Down L then R. RA 👁 Drop Squat on the last 4cts	8 8	
5:36	C / Down	4x8		Drop Squat L then R. <i>Blade</i> RA	8	4x
5:51	Outro / Down	1x8		Drop Squat L and hold. <i>Blade</i> RA	8	



04. COME OUT 5:56mins

TECHNIQUE AND COACHING

DOUBLE SQUAT AROUND & MARCH COMBO

PHONETIC CUE 'Double side, double top, double side, march to the back; double side, double top, double side, march to the back'

- Step L on the step, R on the floor, squat down, up, down. *Bent Raise F* 1-3
- Squat up and step R on top of the step, L steps wide. *Hands to thighs* 4
- Squat down, up, down. *Hands to thighs* 5-7
- Squat up and step L on the floor, R steps across to L side of step. *Bent Raise F* 8
- Squat down, up, down, up. *Hands to thighs* 9-12
- March behind the step L, R, L, R. *RA* 13-16

- **Chest up**
- **Core braced**
- **Knees in line with toes**
- **Hips back and down**
- Bend the knees to sit deeper, working the legs

SQUAT AROUND

PHONETIC CUE 'Side, top, side, step back; side, top, side, step back'

- L on top of the step, R on the floor, squat down. *Bent Raise F* 1-2
- R on top of the step, L steps wide, squat down. *Hands to thighs* 3-4
- L steps to the floor, R on top of the step, squat down. *Bent Raise F* 5-6
- Step back L, R. *HOH* 7-8

- Let participants know that they can reduce ROM by squatting higher
- OPTION: Low Squat Around

SLOW 6-POINT STOMP

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

- Stomp L on top of the step, on the R side. *RA* 1
- Step R onto the floor beside the step. *RA* 2
- Stomp L on top of the step, on the R side. *RA* 3
- Step R behind the step. *RA* 4
- Step L behind the step. *RA* 5
- Jump R foot on top of the step, Hip Extension L. *RA* 6
- Step back L, R. *RA* 7-8

- Use visual cues to move participants to the left side
- Use repetitive phonetic cues to help participants move with the rhythm
- **Natural walking rhythm**, right, left, right left
- **Keep the body square to the front**
- **Core braced**
- **Chest up**
- Squeeze the glutes to jump on top

SLOW 6-POINT STOMP & 2x SQUAT COMBO

PHONETIC CUE 'Stomp, 6, 5, 4, 3, 2, step wide, squat down, up, down, again; Stomp, 6, 5, 4, 3, 2, step wide, squat down, up, down, again'

- Stomp L on top of the step, on the R side. *RA* 1
- Step R onto the floor beside the step. *RA* 2
- Stomp L on top of the step, on the R side. *RA* 3
- Step R behind the step. *RA* 4
- Step L behind the step. *RA* 5
- Jump R foot on top of the step, Hip Extension L. *RA* 6
- Step back wide L, R. *RA* 7-8
- Squat down. *Hands stacked F* 9-10
- Stand up. *Hands stacked F* 11-12
- Squat down. *Hands stacked F* 13-14
- Stand up. *HOH* 15-16

- **Maintain the natural walking rhythm**

- Squat:
- **Knees in line with toes**
 - **Hips down and back**
 - **Chest up**
 - Core braced



04. COME OUT 5:56mins

TECHNIQUE AND COACHING

6-POINT STOMP & ROTATING SQUAT

PHONETIC CUE '6, 5, 4, 3, 2, 1, squat down, rotate, rotate, rise; 6, 5, 4, 3, 2, 1, squat down, rotate, rotate, rise'

- Stomp L on top of the step, on the R side. RA 1
- Step R onto the floor beside the step. RA 2
- Stomp L on top of the step, on the R side. RA 3
- Step R behind the step. RA 4
- Step L behind the step. RA 5
- Jump R on top of the step, Hip Extension L. RA 6
- Step back wide L, R. RA 7-8
- Squat down. Place hands onto the step 9-10
- Jump and rotate 45 degrees clockwise, staying in Squat position. Hands on the step 11-12
- Jump and rotate anticlockwise 45 degrees, staying in Squat position. Hands on the step 13-14
- Stand up. HOH 15-16

- Core braced
- Stay in the Squat position as you reach down and when you rotate
- Back long and flat
- No Burpee, no worries! Coach participants that they can stay with the 6 Point Stomp & 2x Squats

OPTION: 6-Point Stomp & 2x Squats

TAP DOWN

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

- Tap down L. RA 1-2
- Step back R, L. RA 3-4
- Repeat to the other side 5-8

- Continue with the Tap Down or Drop Squat

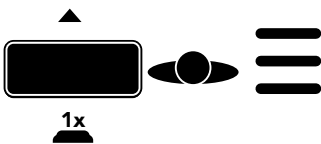
DROP SQUAT

PHONETIC CUE 'Drop, change sides; drop, change sides'

- Drop Squat L. Blade RA 1-2
- Step back R, L. RA 3-4
- Repeat to the other side 5-8

- Knees in line with toes
- Chest up
- Core braced
- Hips back and down
- Drop and drive up with the legs

OPTION: Tap Down



05. PEAK 2

TRACK FOCUS

Lift the energy and excitement for this track right from the start with your track introduction. Use your vocal tone to match the highs and lows in the music. Avoid over coaching technique in this track, focus more on coaching the travel patterns for the moves and unleashing big energy 'vibes'.

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 / Magic in my bones	1x8		Standing to the R side of the step, <i>arms by sides</i> , feet hip-width apart. Prepare to move	8	
0:03	Instr /	4x8	A	6x March Across the step L then R. <i>RA</i> 👁 6x Pendulum Swing Across on the last 8cts	16	2x
0:17	C / I-I-I got this feeling	8x8	A ¹	6x Pendulum Swing Across L then R. <i>HOH</i>	16	4x
0:45	Br / Is this entertaining	½x8	B	ATT L. <i>HOH</i>	4	
0:47	Rep 1 / There goes my mind	4x8	B ¹	Propulsive ATT R then L. <i>Reach Up & Down</i>	8	4x
1:01	Instr / (Quiet)	2x8	C	Up Tap R. <i>Arms relaxed by sides</i> 👁 Knee Lift on the last 4cts	4	4x
1:08	V1 / Gimme gimme gimme	2x8	D	Knee Lift R. <i>RA</i>	4	4x
1:15	Wait until the reaper	2x8	D ¹	Propulsive Knee Lift R. <i>Blade RA</i> 👁 Propulsive L-Step Knee Lift on the last 8cts	4	4x
1:21	Playing with a stick	4x8	D ²	Propulsive L-Step Knee Lift R. <i>Blade RA</i> 👁 Freeze L-Step Knee Lift on the last 8cts	8	4x
1:35	Rep 2 / My patience is waning	4x8	D ³	Freeze L-Step Knee Lift R. <i>Freeze Bent Raise F</i>	8	4x
1:49	Ref / My patience is waning	1x8	E	Leg Abduction R. <i>Arms relaxed by sides</i>	4	2x
1:53		1x8	E ¹	Leg Abduction R. <i>Bent cross O/H</i>	4	2x
1:56	C / I-I-I got this feeling	8x8	F	6x Pendulum Swing Across & 2x Propulsive Leg Abduction Combo R then L	32	2x
2:24	Br / Is this entertaining	½x8	B	🔄 ATT R. <i>HOH</i>	4	
2:26	Rep 1 / There goes my mind	4x8	B ¹	🔄 Propulsive ATT L then R. <i>Reach Up & Down</i>	8	4x



05. PEAK 2

MUSIC			EXERCISE		CTS	REPS
2:40	Instr / (Quiet)	2x8	C	 Up Tap L. <i>Relaxed by sides</i>  Knee Lift on the last 4cts	4	4x
2:47	V2 / Gimme gimme gimme	2x8	D	 Knee Lift L. RA	4	4x
2:54	Wait until the reaper	2x8	D ¹	 Propulsive Knee Lift L. <i>Blade RA</i>  Propulsive L-Step Knee Lift on the last 8cts	4	4x
3:01	Playing with a stick	4x8	D ²	 Propulsive L-Step Knee Lift L. <i>Blade RA</i>  Freeze L-Step Knee Lift on the last 8cts	8	4x
3:15	Rep 2 / My patience is waning	4x8	D ³	 Freeze L-Step Knee Lift L. <i>Freeze Bent</i> <i>Raise F</i>	8	4x
3:28	Ref / My patience is waning	1x8	E	 Leg Abduction L. <i>Arms relaxed by sides</i>	4	2x
3:32		1x8	E ¹	 Leg Abduction L. <i>Bent cross O/H</i>	4	2x
3:35	C / I-I-I got this feeling	8x8	F	 6x Pendulum Swing Across & 2x Propulsive Leg Abduction Combo L then R	32	2x
4:03	Br / Is this entertaining	½x8	B	 ATT L. <i>HOH</i>	4	
4:05	Rep 1 / There goes my mind	4x8	B ¹	 Propulsive ATT R then L. <i>Reach Up &</i> <i>Down</i>	8	4x
4:19	Outro / Is this entertaining	½x8		Leap R onto the step. <i>Point L F</i> Step L to the floor. <i>Punch L O/H</i>	2 2	



05. BONES 4:26mins

TECHNIQUE AND COACHING

6x MARCH ACROSS

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

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

- Use visual cues to show the direction and leading leg
- **Whole foot on the step**
- **Chest up**
- **Hips square to the front**

6x PENDULUM SWING ACROSS

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

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

- **Core braced**
- **Glutes squeezed**
- **Soft knee landings**
- **Hips square to the front**
- Avoid an excessive Pendulum Swing with unlocked, out-of-control hips
- Move with control

OPTION: 6x March Across

ATT

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

Step L onto the step, towards the L. HOH 1
Step R across to the middle of the step, beside L. HOH 2
Step L to the floor, on the L side. HOH 3
L on the floor, Knee Lift R. HOH 4

- Use a visual cue to show the direction to move

PROPULSIVE ACROSS THE TOP

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

Step R onto the step. Reach Up 1
Propel towards the R, L on the step. Pull fists to hips 2
Step L onto the floor, then lift R knee. Reach Up and Down 3-4

- **Step to the middle of the step** to safely step across
- **Step down to the floor with control.** Avoid an uncontrolled 'double bounce'
- **Core braced**
- **Chest up**

OPTION: ATT

UP TAP

PHONETIC CUE 'Up Tap, Down Tap; Up Tap, Down Tap'

Step R onto the step, then tap L to the step. Arms relaxed by sides 1-2
Step L onto the floor, then tap R to the floor. Arms relaxed by sides 3-4

- Use visual cues to hold the Up Tap
- **Whole foot on the step**
- **Chest up**
- Time to reset

KNEE LIFT

PHONETIC CUE 'Lift your knee, Down Tap; lift your knee, Down Tap'

Step R onto the step, then lift L knee. RA 1-2
Step L onto the floor, then tap R to the floor. RA 3-4

- Knee forward to hip level, or lower
- **Hips square to the front**



05. BONES 4:26mins

TECHNIQUE AND COACHING

PROPULSIVE KNEE LIFT

PHONETIC CUE 'Jump, Down Tap; jump, Down Tap'

Propel R onto the step, lift L knee. *Blade RA* 1-2
Step L onto the floor, then tap R to the floor. *Blade RA* 3-4

- **Roll through the foot and push off the toes**
- **Soft knee landings**
- **Core braced**
- Chest up
- Knee forward to hip level, or lower
- Move with control

OPTION: Knee Lift

PROPULSIVE L-STEP KNEE LIFT

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

Propel R onto the step, lift L knee. *Blade RA* 1-2
Step L onto the floor behind the step, then tap R to the floor. *Blade RA* 3-4
Propel R onto the step, lift L knee. *Blade RA* 5-6
Step L onto the floor beside the step, then tap R to the floor. *Blade RA*

- **Keep the hips square to the front**
- **Soft knee landings**

OPTION: L-Step

FREEZE L-STEP

PHONETIC CUE 'Freeze; freeze'

Freeze Knee Lift R to the step. *Bent Raise F* 1-2
Step L onto the floor behind the step, then tap R to the floor. *Pull fists to hips* 3-4
Freeze Knee Lift R to the step 5-6
Step L onto the floor beside the step, then tap R to the floor. *Pull fists to hips* 7-8

- **Soft knee landings**
- **Core braced**
- **Chest up**
- Strong arms

OPTION: L-Step

LEG ABDUCTION

PHONETIC CUE 'Lift your leg, Down Tap; lift your leg, Down Tap'

Step R onto the step, then Leg Abduction L. *Arms relaxed by sides* 1-2
Step L on the floor, then step R on the floor. *Arms relaxed by sides* 3-4

- **Supporting knee in line with toes**
- **Keep leg low**
- **Core braced** to avoid overarching the lower back
- Squeeze glutes to lift the leg

LEG ABDUCTION WITH BENT CROSS O/H

PHONETIC CUE 'Lift your leg, Down Tap; lift your leg, Down Tap'

Step R onto the step, then Leg Abduction L. *Bent Cross O/H* 1-2
Step L on the floor, then step R on the floor. *Pull fists to hips* 3-4

- **Chest up**
- **Core braced**

OPTION: Leg Abduction



05. BONES 4:26mins

TECHNIQUE AND COACHING

6x PENDULUM SWING & 2x PROPULSIVE LEG ABDUCTION COMBO

PHONETIC CUE 'Pendulum Swing, 6, 5, 4, 3, 2, 1, Leg Abduction, jump up, step down, up, again; 6, 5, 4, 3, 2, 1, Leg Abduction, jump up, step down, up and down'

- 6x Pendulum Swing across the step R, L, R, L, R, L. HOH 1-6
- Step R to the floor, then tap L to the floor. RA 7-8
- Propel L onto the step, Leg Abduction R. Bent Cross O/H 9-10
- Step R on the floor, then step L on the floor. Pull fists to hips 11-12
- Propel L onto the step, Leg Abduction R. Bent Cross O/H 13-14
- Step R on the floor, then step L on the floor. Pull fists to hips 15-16
- Repeat to the other side 17-32

- **Soft knee landings** in the Leg Abductions
 - Physically show and coach the option of 6x March Across & 2x Leg Abduction Combo
- OPTION: 6x March Across & 2x Leg Abduction Combo

06. CONDITIONING 1

TRACK FOCUS

Use repetitive phonetic cues to set up the leg pattern in the first combo.

Coach a small ROM in the Weighted Rotations. Weights don't pass the thigh line and rotate from the rib cage.

Advise newer participants to focus on the legs only.

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
0:02	Intro / (Instr)	2x8	One weight plate in each hand. Standing on top of the step, close to the back of the step Prepare to move 👁️ Squat Combo on the last 8cts	16	
0:10		4x8 A	Squat Combo L (no arms) 👁️ Weighted Arm Combo on the last 8cts	8	4x
0:25	V1 / I can't listen	8x8 A ¹	Squat Combo L. Weighted Arm Combo	8	8x
0:55	PC / Dangerous but I	2x8 B	March L on the floor, R on the step. Hold weight plates F March L on the floor, R on the step. Lower weight plates to hips March L on the floor, R on the step. Weighted RA 👁️ Half Stomp on the last 4cts	4 4 8	
1:03	C / Running and running	8x8 C	3x Half Stomp Combo L	16	4x
1:34	Instr / (Riff)	4x8 D	Double Squat with Knee Lift Combo L	4	8x
1:49	Ref / So I'm a light up	2x8	Recovery. Prepare to work the other side	16	
1:56		2x8 A	🔄 Squat Combo R (no arms)	8	2x
2:04	V2 / I can't listen	8x8 A ¹	🔄 Squat Combo R. Weighted Arm Combo	8	8x
2:34	PC / Dangerous but I	2x8 B	🔄 March R on the floor, L on the step. Hold weight plates F March R on the floor, L on the step. Lower weight plates to hips March R on the floor, L on the step. Weighted RA 👁️ Half Stomp on the last 4cts	4 4 8	
2:42	C / Running and running	8x8 C	🔄 3x Half Stomp Combo R	16	4x
3:13	Instr / (Riff)	4x8 D	🔄 Double Squat with Knee Lift Combo R	4	8x
3:28	Outro /	½x8	Shake out arms and legs	4	



06. UNDER ATTACK 3:35mins

TECHNIQUE AND COACHING

SQUAT COMBO

PHONETIC CUE 'Squat, lift, Squat, Knee Lift; Squat, lift, Squat, Knee Lift'

L foot onto the floor, R foot onto the step, Squat down. Arms by sides, palms open 1-2
Hip Extension L. Arms by sides, palms open 3-4
L foot onto the floor, R foot onto the step, Squat down. Arms by sides, palms open 5-6
Knee Lift L. Arms by sides, palms open 7-8

- Core braced
- Chest up
- Squeeze glutes
- Knees in line with mid-foot
- Back leg is low, squeeze glutes

OPTION: No weight plates

SQUAT AND WEIGHTED ARM COMBO

PHONETIC CUE 'Squat, lift, Squat, rotate; Squat, lift, Squat, rotate'

L foot onto the floor, R foot onto the step, Squat down. Weight plates F 1-2
Hip Extension L. Arms by sides, palms open 3-4
L foot onto the floor, R foot onto the step, Squat down. Weight plates F 5-6
R foot onto the step, lift L knee. Rotate L 7-8

- Core braced
- Chest up
- Knees in line with toes
- Small rotation from the ribcage
- Turn knuckles to the back of the room
- Slight tip forward to pull back, keep core braced
- Keep the plates inside the leg line as you rotate, avoid rotating too far

OPTION: Squat Combo

MARCH WITH PLATE HOLD

PHONETIC CUE 'Right, left; right, left'

March L onto the floor, R foot onto the step. Hold weight plates F 1-4

- Core braced
- Natural walking rhythm

MARCH WITH PLATES TO HIPS

PHONETIC CUE 'Lower plates to your hips'

March L onto the floor, R foot onto the step. Lower weight plates to hips 1-4

- With control, lower plates to hips

WEIGHTED MARCH

PHONETIC CUE 'Run your arms'

March L onto the floor, R foot onto the step. Weighted RA 1-8

- Keep core braced to control the plates
- Avoid swinging the arms excessively

3x HALF STOMP COMBO

PHONETIC CUE 'Half Stomp, 3, 2, 1, Double Squat, rotate; Stomp, 3, 2, 1, Double Squat, rotate'

March L onto the floor, then step R onto the step. Weighted RA 1-2
March L onto the floor behind the step, then step R onto the step. Weighted RA 3-4
March L onto the floor, then step R onto the step. Weighted RA 5-6
March L onto the floor behind the step, then step R onto the step. Weighted RA 7-8
March L onto the floor, then step R onto the step. Weighted RA 9-10
March L onto the floor behind the step, then step R onto the step. Weighted RA 11-12
Step L onto the floor beside the step, R foot onto the step, squat down, up, down. Weight plates F 13-15
R foot onto the step, lift L knee. Rotate L 16

- Core braced
- Chest up
- Knees in line with mid-foot
- Hips level
- Natural walking rhythm
- Work harder by bending knees deeper as you step to the side

OPTION: 3x Half Stomp and Knee Lift with plates to chest



06. UNDER ATTACK 3:35mins

TECHNIQUE AND COACHING

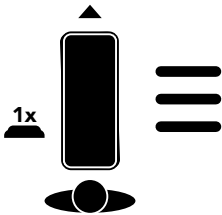
DOUBLE SQUAT WITH KNEE LIFT

PHONETIC CUE 'Drop, rotate; drop, rotate'

Step L onto the floor beside the step, R onto the step, squat down, up, down. *Weight plates F* 1-2
R foot onto the step, lift L knee. Rotate L 3-4

- Knees out over toes
- Chest up
- Core braced

OPTION: Double Squat and Knee Lift with plates to chest



07. PARTY STEP

TRACK FOCUS

Use short clear cues to set up the moves and to also let the music shine through.

Highlight the "oh snap" lyrics by not talking over them.

Remind your class that the 6 Point Stomp has a natural walking rhythm and that they have previously done this move in the Mixed Strength track.

Encourage participants to make some noise and show you their 'Party Arms' in the Traveling Cha-Cha-Cha.

Teach Flava

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

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / London london	½x8	Standing behind the step, arms by sides, feet hip-width apart. Prepare to move	12	
0:05	Ref / _ It's me	3x8 A	Down Tap L then R. RA 👁 Cha-Cha-Cha on the last 4cts	8	3x
0:16	London london	3x8 A¹	Cha-Cha-Cha L then R. Natural Arms 👁 Circular Snap on the last 4cts	8	3x
0:26	C / How come every time	4x8 A²	Cha-Cha-Cha L then R. Circular Snap	8	4x
0:41	Br / Ladies , oh snap	½x8 B	Hamstring Curl L. HOH	4	
0:42	Rep 1 / Drinks start pouring	4x8 B¹	Propulsive Hamstring Curl R then L. Scoop & Clap 👁 Traveling Cha-Cha-Cha F&B R then L. Freestyle Arms	8	4x
0:57	Rep 2 / _ We're here to party	4x8 B²	Traveling Cha-Cha-Cha F&B R then L. Freestyle Arms	8	4x
1:11	Ref / _ It's me	2x8 C	Basic Step R. RA 👁 4x March on top on the last 8cts	4	4x
1:18	V1 / When I come to club	4x8 D	4x March On Top R. RA 👁 6-Point Stomp on the last 8cts	8	4x
1:32	V2 / Drinks start pouring	5x8 D¹	6-Point Stomp R. RA	8	5x
1:50	Instr /	4x8 E	6-Point Stomp & 2x Down Tap Combo R 👁 6-Point Stomp & Cha-Cha-Cha Combo on the last 16cts	16	2x
2:04	C / How come every time	8x8 E¹	6-Point Stomp & Cha-Cha-Cha Combo	16	4x
2:32	Br / Ladies , oh snap	½x8 B	🔁 Hamstring Curl R. HOH	4	
2:34	Rep 1 / Drinks start pouring	4x8 B¹	🔁 Propulsive Hamstring Curl L then R. Scoop & Clap 👁 Traveling Cha-Cha-Cha F&B L then R. Freestyle Arms	8	4x
2:49	Rep 2 / _ We're here to party	4x8 B²	🔁 Traveling Cha-Cha-Cha F&B L then R. Freestyle Arms	8	4x



07. PARTY STEP

MUSIC			EXERCISE		CTS	REPS
3:03	Ref / _ It's me	2x8	C	 Basic Step L. RA  4x March On Top on the last 8cts	4	4x
3:10	V3 / When I come to club	4x8	D	 4x March On Top L. RA  6-Point Stomp on the last 8cts	8	4x
3:24	V4 / Drinks start pouring	5x8	D ¹	 6-Point Stomp L. RA	8	5x
3:42	Instr /	4x8	E	 6-Point Stomp & 2x Down Tap Combo L  6-Point Stomp & Cha-Cha-Cha Combo on the last 16cts	16	2x
3:56	C / How come every time	8x8	E ¹	 6-Point Stomp & Cha-Cha-Cha Combo L	16	4x
4:25	Br / Ladies , oh snap	½x8	B	 Hamstring Curl L. HOH	4	
4:26	Rep 1 / Drinks start pouring	4x8	B ¹	 Propulsive Hamstring Curl R then L. Scoop & Clap  Traveling Cha-Cha-Cha F&B R then L. Freestyle Arms	8	4x
4:40	Rep 2 / _ We're here to party	4x8	B ²	 Traveling Cha-Cha-Cha F&B R then L. Freestyle Arms	8	4x
4:55	Outro / _ Oh snap	1x8		Leap R onto the step Cross L leg over R leg. Circular Snap R	2 6	



07. LONDON BRIDGE 5:02mins

TECHNIQUE AND COACHING

DOWN TAP

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

- Down Tap L. RA 1-2
- Step back R then L. RA 3-4
- Repeat to the other side 5-8

- Use visual cues to show the direction of the Down Tap
- **Body square to the front**
- **Light tap with the toes**

CHA-CHA-CHA

PHONETIC CUE 'Cha-Cha-Cha, change sides; Cha-Cha-Cha, change sides'

- Cha-Cha-Cha L. Natural Arms 1-2
- Step back R then L. RA 3-4
- Repeat to the other side 5-8

- **Light on the toes**
- **Hips square to the front**
- **Core braced**

OPTION: Down Tap

CHA-CHA-CHA WITH CIRCULAR SNAP

PHONETIC CUE 'Cha-Cha-Cha change sides; Cha-Cha-Cha change sides'

- Cha-Cha-Cha L. Circular Snap 1-2
- Step back R then L. RA 3-4
- Repeat to the other side 5-8

- Add the sass with the Circular Snap
- Can you flick your hair as you snap?

OPTION: Cha-Cha-Cha

HAMSTRING CURL

PHONETIC CUE 'Step curl, change sides; step curl, change sides'

- Step L onto the step then curl R. HOH 1-2
- Step back R then L. HOH 3-4

- Use repetitive phonetic cues to set up the Hamstring Curl
- **Whole foot on the step**
- **Core braced**

PROPULSIVE HAMSTRING CURL

PHONETIC CUE 'Step curl, change sides; step curl, change sides'

- Step R onto the step then curl L. Scoop & Clap 1-2
- Step back L then R. Scoop & Clap 3-4
- Repeat to the other side 5-8

- **Chest up**
- **Soft knee landing**
- Lift back heel
- Jump and clap

OPTION: Hamstring Curl

TRAVELING CHA-CHA-CHA WITH FREESTYLE ARMS

PHONETIC CUE 'Cha-Cha-Cha, straddle, Cha-Cha-Cha, step back; Cha-Cha-Cha, straddle, Cha-Cha-Cha, step back'

- Cha-Cha-Cha R, travel forward. Freestyle Arms 1-2
- Straddle L then R. HOH 3-4
- Cha-Cha-Cha L, travel backwards. Freestyle Arms 5-6
- Step back R then L. HOH 7-8

- Use repetitive phonetic cues to set up the Traveling Cha-Cha-Cha
- Encourage participants to add their own 'flava' to the arms – any party arms you like

OPTION: Cha-Cha-Cha



07. LONDON BRIDGE 5:02mins

TECHNIQUE AND COACHING

BASIC STEP

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

Basic Step R. RA 1-4

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

4x MARCH ON TOP

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

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

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

- Check in and connect with your participants

6-POINT STOMP

PHONETIC CUE 'Stomp 6, 5, 4, 3, 2, 1; again, 6, 5, 4, 3, 2, 1'

Stomp R onto the step. RA 1

Step L onto the floor, beside the step. RA 2

Stomp R onto the step. RA 3

Step L behind the step. RA 4

Step R behind the step. RA 5

Jump L onto the step, Hip Extension R. RA 6

Step back R then L. RA 7-8

- Use visual cues to show the direction of the move
- **Natural walking rhythm** or 'swagger'
- **Soft knee landing** on the Jump

OPTION: 4x March On Top

6-POINT STOMP & 2x DOWN TAP COMBO

PHONETIC CUE 'Stomp, 2 Down Taps, step tap, step tap; Stomp, 2 Down Taps, step tap, step tap'

Stomp R onto the step. RA 1

Step L onto the floor, beside the step. RA 2

Stomp R onto the step. RA 3

Step L behind the step. RA 4

Step R behind the step. RA 5

Jump L onto the step, Hip Extension R. RA 6

Step back R then L. RA 7-8

Down Tap R. RA 9-10

Step back L then R. RA 11-12

Down Tap L. RA 13-14

Step back R then L. RA 15-16

- Use repetitive phonetic cues to set up the 6 Point Stomp & 2x Down Tap
- **Natural walking rhythm**

6-POINT STOMP & CHA-CHA-CHA COMBO

PHONETIC CUE 'Stomp it, 2 snaps – snap 1, snap 2; Stomp it, 2 snaps – snap 1, snap 2'

Stomp R onto the step. RA 1

Step L onto the floor beside the step. RA 2

Stomp R onto the step. RA 3

Step L behind the step. RA 4

Step R behind the step. RA 5

Jump L onto the step, Hip Extension R. RA 6

Step back R then L. RA 7-8

Cha-Cha-Cha R. Circular Snap 9-10

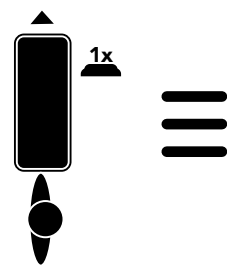
Step back L then R. RA 11-12

Cha-Cha-Cha L. Circular Snap 13-14

Step back R then L. RA 15-16

- Use visual cues to show the direction of the move
- Get creative with bringing the connection and 'flava' to this track
- On the second round, add the 'Attitude' arms with a sassy Shoulder Shrug and Chest Pop! How can you make the arms your own?

OPTION: 6-Point Stomp & Cha-Cha-Cha Combo



08. ATHLETIC CIRCUIT

TRACK FOCUS

Use strong, clear, sports type coaching in this track.

Use short phonetic cues to set up the moves, then lots of motivation to drive the last few reps of each move.

Remember your safety cues for soft landings in all jumping moves, and a strong core in the Burpees.

In the Speed Step section use countdowns and then tell your class when to ‘freeze’. This section has a bright, energetic and happy vibe.

Teach Athletic

Come into this track
Strong and authoritative.

MUSIC		EXERCISE		CTS	REPS
0:00	Intro / Forever’s gonna slow	1x8	Standing behind the step, facing the R wall. Prepare to move	8	
0:03	Rep / See me again	2x8	👁 ATT and Walk Around L then R	16	
0:10		2x8 A	ATT and Walk Around L then R 👁 Propulsive ATT & Run Around Combo on the last 8cts	16	
0:17	C / See me again	8x8 A ¹	Propulsive ATT & Run Around Combo L then R	16	4x
0:45	Br / Ooh da da da	1½x8 B	Step L onto the step and face F. <i>Flexed hands F</i> 👁 Propulsive Power Jump and Squat L then R on the last 8cts	12	
0:50	Rep / For ever , and ever	4x8 C	Propulsive Power Jump and Squat L then R	8	4x
1:03	Finale	½x8	L foot on the step, R foot on the floor. <i>Flexed hands out to the sides</i>	4	
1:04		2x8	Transition to the top of the step	16	
1:09		2x8	Jog L, R on top of the step. RA	2	8x
1:18	_ Na na na	4x8 D	4x Straddle Jog L then R. RA	32	
1:22	V1 / Rise up from the dead	8x8 D	4x Straddle Jog L then R. RA	32	2x
1:41	PC / _ We got to keep	5x8 D ¹	2x Straddle Jog L then R. RA	16	2½x
1:52	C / Get busy	8x8 D ²	Alt Straddle Jog R then L. RA	8	8x
2:10	Finale / Get busy	½x8	Step R to the floor. <i>Point both F</i>	2	
2:12	PC / Whoa all I need	4x8	Transition to the R side of the step 👁 Triple Squat Pulse & Jump On Combo on the last 16cts	32	
2:22		8x8 E	Triple Squat Pulse & Jump On Combo 👁 Burpee & Jump On Combo on the last 16cts	16	4x
2:44	C / Whoa all I need	12x8 E ¹	Burpee & Jump On Combo	16	6x
3:17	Finale	½x8	Step feet apart. <i>R flexed hand to R side</i>	4	



08. ATHLETIC CIRCUIT

MUSIC			EXERCISE		CTS	REPS
3:18	Instr / Get busy	1½x8	Transition to the top of the step		12	
3:22	V2 / Monsters never sleep	8x8	D	 4x Straddle Jog L then R. RA	32	2x
3:40	PC / _ We got to keep	5x8	D	 2x Straddle Jog R then L. RA	16	2½x
3:51	C / Get busy	8x8	D¹	 Alt Straddle Jog L then R. RA	8	8x
4:10	Finale / Get busy	½x8	D²	 Step L to the floor. <i>Point both F</i>	2	
4:11	PC / Whoa all I need	4x8	Transition to the R side of the step  Triple Squat Pulse & Jump On Combo on the last 16cts		16	
4:17		8x8	E	Triple Squat Pulse & Jump On Combo  Burpee & Jump On Combo on the last 16cts	16	4x
4:44	C / Whoa all I need	12x8	E¹	Burpee & Jump On Combo	16	6x
5:17	Finale	½x8	Step feet apart. <i>R flexed hand to R side</i>		4	
5:19	Rep / See me again	2x8	Transition to the R side of the step		16	
5:25	See me again	2x8	A	 ATT and Walk Around L then R  Propulsive ATT & Run Around Combo on the last 8cts	16	
5:32	C / See me again	8x8	A¹	 Propulsive ATT & Run Around Combo L then R	16	4x
6:00	Br / Ooh da da da	1½x8	B	 Step L onto the step and face F. <i>Flexed hands F</i>  Propulsive Power Jump and Squat L then R on the last 8cts	12	
6:05	Rep / For ever , and ever	4x8	C	 Propulsive Power Jump and Squat L then R	8	4x
6:19	Finale	½x8	L foot on the step, R foot on the floor. <i>Flexed hands out to the sides</i>		4	



08. CRY FOR YOU / GET BUSY / HOPE 6:26mins

TECHNIQUE AND COACHING

OVER THE TOP AND WALK AROUND

PHONETIC CUE 'Across The Top, go, across, march around; again, across, march around'

- Step L onto the step. Bent Raise F 1
- Propel towards the L, R onto the step. Bent Raise F 2
- Step L onto the floor, then step R to the floor. HOH 3-4
- March forward and around to the back of the step R, L, R, L. RA 5-8
- Repeat to the other side 9-16

- Set up the move with repetitive phonetic cues
- Natural walking rhythm forwards

PROPULSIVE ATT & RUN AROUND COMBO

PHONETIC CUE 'Drive, reach, run around; drive, reach, run around'

- Step L onto the step. Bent Raise F 1
- Propel towards the L, R onto the step. Bent Raise F 2
- Step L onto the floor, then step R to the floor. Reach R 3-4
- Run towards the back of the step R, L, R, L. RA 5-8
- Repeat to the other side 9-16

- **Soft knee landings**
- **Chest up**
- Reach towards the step
- Lift the heels in the Run

OPTION: OTT & Walk Around Combo

PROPULSIVE POWER JUMP AND SQUAT

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

- Power Jump up. Reach O/H 1-2
- Land in Squat position with R foot onto the step, L on the floor. Pull fists to hips 3-4
- Repeat to the other side 5-8

- **Soft knee landings** then bend knees more to squat
- **Chest up**
- **Core braced**
- **Knees in line with toes**
- Work the Plyometric jump AND the Squat landing
- Use your glutes, quads and the momentum of the Arm Swing to drive up and over
- Sit low to drive high

OPTION: Step Up and Squat

JOG

PHONETIC CUE 'We run, left, right; left, right'

- Speed Jog L, R on top of the step. RA 1-2
- Natural running rhythm
- There's a new speed pattern coming up, 4x Straddle Jogs with a Freeze

4x STRADDLE JOG

PHONETIC CUE 'Straddle Jog 4, 3, 2, and freeze; Straddle, 4, 3, 2 and freeze'

- Straddle Jog L 4x. RA 1-14
- L foot onto the step, freeze R leg. RA 15-16
- Repeat to the other side 17-32

- Use visual cues to show the leading leg and the which leg to freeze
- **Soft landing**
- **Chest up**
- **Whole foot lands on the step**
- Light on the feet
- Squeeze glutes to freeze



08. CRY FOR YOU / GET BUSY / HOPE 6:26mins

TECHNIQUE AND COACHING

2x STRADDLE JOG

PHONETIC CUE 'Straddle 2, 1 and freeze; Straddle, 2, 1 and freeze'

Straddle Jog R 2x. RA1-6

R onto the step, freeze L. RA7-8

Repeat to the other side9-16

- Keep light on the toes

ALTERNATING STRADDLE JOGS

PHONETIC CUE 'Down and freeze; down and freeze'

Straddle Jog L. RA1-2

L foot onto the step, freeze R leg. RA3-4

Repeat to the other side5-8

- This is our speed training
- Working agility for the legs

TRIPLE SQUAT PULSE & JUMP ON COMBO

PHONETIC CUE 'Triple Pulse Squat, 3, 2, 1, jump on, run back; Squat, 3, 2, 1, jump on, run back'

Triple Pulse Squat, facing the step. Hands to thighs1-6

Jump on top of the step, land in a Squat. Bent Raise F7-8

Run on the floor L, R, L, R, L, R, L, R. RA9-16

- **Knees in line with toes**
- **Chest up**
- **Soft knee landing**
- Bend knees more to feel the work in the legs

OPTION: Triple Squat Pulse & Stagger On Combo

BURPEE & JUMP ON COMBO

PHONETIC CUE 'Squat, Plank, Squat Jump On, run back'

Squat down. Hands stacked F1-2

Jump back to Plank. Hands on the step3-4

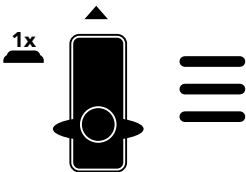
Jump to Squat. Hands on the step5-6

Jump onto the step. Bent Raise F7-8

Run on the floor L, R, L, R, L, R, L, R. RA9-16

- **Soft knee landings**
- **Core braced tightly** in Plank
- **Bend knees heaps** as you place hands onto the step AND when you jump onto the step
- Drive legs back and in to work the Burpee

OPTION: Triple Squat Pulse & Jump On Combo



09. PEAK 3

TRACK FOCUS

Teach WITH the music to bring the song to life. To do this, use short phonetic cues to set up moves then as the music builds, let the music take over.

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 /	1x6		Standing on top of the step. Prepare to move	6	
0:02	Instr / Hey	2x8	A	Down Tap L then R. RA	4	4x
0:09	Rep / Ain't no other man	4x8	B	Single Down Tap & 3x Repeater Knee Lift set-up L 👁 Single Propulsive Down Tap & 3x Repeater Knee Lift Combo on the last 8cts	8	4x
0:22	C / Ain't no other man	6x8	B ¹	Single Propulsive Down Tap & 3x Repeater Knee Lift Combo L	8	6x
0:43	Rep / Ain't no other man	4x8	C	Propulsive OTT L then R. <i>Reach Up & Down</i>	8	4x
0:57	Ref / Hey	2x8	A ¹	Down Tap L then R. <i>Arms relaxed by sides</i> 👁 4x Straddle March down then up on the last 8cts	4	4x
1:04	V1 / _ <i>I could feel it</i>	4x8	D	4x Straddle March down then up L. RA 👁 4x Straddle March down then 4x Jog Up on the last 8cts	8	4x
1:18	_ <i>Don't know what</i>	2x8	D ¹	4x Straddle Marches down then 4x Jog Up L. RA	8	2x
1:25	PC / So tell my mother	4x8	D ²	Single Straddle Jog L. RA 👁 Step then Tap L then R on the last 4cts	4	8x
1:39	Ref / _ <i>Ain't no other</i>	2x8	E	Step then Tap L then R. RA 👁 Freeze Tap L then R on the last 4cts	4	4x
1:46	_ <i>Ain't no other</i>	2x8	E ¹	Freeze Tap L then R. RA 👁 2x Slow and 4x Fast Freeze Taps on the last 8cts	4	4x
1:52	Rep 2 / You've got soul		E ²	2x Slow and 4x Fast Freeze Taps L. <i>Blade RA</i>	8	6x
2:13	Instr / Hey	2x8	F	Freeze Squat L. <i>Blade RA</i> Transition to the top of the step 👁 Single Down Tap & 3x Repeater Knee Lift set-up R on the last 8cts	4 12	
2:20	C / Ain't no other man	6x8	B ¹	🔁 Single Propulsive Down Tap & 3x Repeater Knee Lift Combo R	8	6x
2:41	Rep / Ain't no other man	4x8	C	🔁 Propulsive OTT R then L. <i>Reach Up & Down</i>	8	4x
2:55	Ref / Hey	2x8	A ¹	🔁 Down Tap R then L. <i>Arms relaxed by sides</i> 👁 4x Straddle March down then up on the last 8cts	4	4x
3:01	V2 / _ <i>Never thought</i>	4x8	D	🔁 4x Straddle March down then up R. RA 👁 4x Straddle March down then 4x Jog Up on the last 8cts	8	4x
3:15	_ <i>You got what I want</i>	2x8	D ¹	🔁 4x Straddle March down then 4x Jog Up R. RA	8	2x



09. PEAK 3

	MUSIC			EXERCISE	CTS	REPS
3:22	PC / So tell my mother	4x8	D ²	 Single Straddle Jog R. RA  Step then Tap R then L on the last 4cts	4	8x
3:36	Ref / _ Ain't no other	2x8	E	 Step then Tap R then L. RA  Freeze Tap R then L on the last 4cts	4	4x
3:43	_ Ain't no other	2x8	E ¹	 Freeze Tap R then L. RA  2x Slow and 4x Fast Freeze Tap on the last 8cts	4	4x
3:50	Rep 2 / You've got soul	6x8	E ²	 2x Slow and 4x Fast Freeze Tap R. Blade RA	8	6x
4:11	Instr / Hey	2x8	F	 Freeze Squat R. Blade RA  Transition to the top of the step  Single Down Tap 3x Repeater Knee Lift set-up L on the last 8cts	4 12	
4:17	C / Ain't no other man	6x8	B ¹	 Single Propulsive Down Tap & 3x Repeater Knee Lift Combo L	8	6x
4:38	Rep / Ain't no other man	4x8	C	 Propulsive OTT L then R. Reach Up & Down	8	4x
4:52	Outro / Ain't no other man	½x8		Step L to the floor. Arms folded Point L index finger F	1 3	



09. AIN'T NO OTHER MAN 5:00mins

TECHNIQUE AND COACHING

DOWN TAP

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

Down Tap L. RA 1-2
Down Tap R. RA 3-4

- **Chest up**
- Body weight on top of the step
- Toes tap lightly to the floor

SINGLE DOWN TAP & 3x REPEATER KNEE LIFT COMBO

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

Down Tap L. RA 1-2
3x Repeater Knee Lift R. RA 3-8

- **Hips square to the front** in the Down Tap
- **Body on a 45-degree angle** in the Repeater
- **Chest up**
- Toes tap lightly to the floor

SINGLE PROPULSIVE DOWN TAP & 3x REPEATER KNEE LIFT COMBO

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

Propulsive Down Tap L. Sassy Hand Swipe 1-2
Body on a 45-degree angle, L foot on top of the step, 3x Repeater Knee Lift R. RA 3-8

- Keep a clean, sharp swipe arm-line in the Single Tap to get the look and feel of the move
- OPTION: Single Down Tap & 3x Repeater Knee Lift Combo

PROPULSIVE OTT

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

Step L onto the step. *Reach Up* 1
Propel towards the L, R on the step. *Pull fists to hips* 2
Step L onto the floor, then lift R knee. *Reach Up and Down* 3-4
Repeat to the other side 5-8

- **Step down to the floor with control.** Avoid an uncontrolled 'double bounce'
- **Core braced**
- **Chest up**

OPTION: OTT

4x STRADDLE MARCH DOWN AND UP

PHONETIC CUE 'March 4, 3, 2, 1 and up; March 4, 3, 2, 1 and up'

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

- Use repetitive phonetic cues
- **Natural walking rhythm**
- Moving down and up
- A chance to reconnect with participants and check in

4x STRADDLE MARCHES DOWN AND JOG UP

PHONETIC CUE 'March 4, 3, 2, 1, Jog Up; March 4, 3, 2, 1, Jog Up'

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

- **Soft knee landings**
- **Lift heels**
- **Chest up**

OPTION: 4x Straddle March Down and Up



09. AIN'T NO OTHER MAN 5:00mins

TECHNIQUE AND COACHING

SINGLE STRADDLE JOG

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

March L, R onto the floor. RA1-2

Jog L, R onto the step. RA3-4

- Lift the heels to run and feel the work in the hamstrings and glutes
- OPTION: Single Straddle March

STEP TAP

PHONETIC CUE 'Step Tap; Step Tap'

Step then Tap L. RA1-2

Repeat to the other side3-4

- Toes lightly tap the step
- Body weight on the floor
- Feel the music in the Tap

FREEZE TAP

PHONETIC CUE 'Freeze; freeze'

Freeze Tap L. Blade RA1-2

Repeat to the other side3-4

- Body weight on the floor, toes lightly tap the step
- Core braced
- Chest up

OPTION: Step Tap

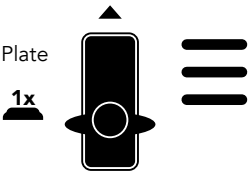
2x SLOW AND 4x FAST FREEZE TAP

PHONETIC CUE 'Freeze, Freeze, fast; Freeze, Freeze, fast'

Freeze Tap L then R. Blade RA1-4

Fast Freeze Tap L, R, L, R. Blade RA5-8

- Soft knee landings
 - Core braced
 - Chest up
 - Light tap
 - Feel the contrast between slow and fast
 - Bend the knees to load the legs
 - Freeze leg, knee over mid-foot
 - This is agility and speed training
- OPTION: Freeze Tap



10. CONDITIONING 2

TRACK FOCUS

Coach the technique for all of the moves in this track.

Coach a narrow foot stance in the Squat Pulses, weight close to the head in the Halo, and the range for the Wood Chops (from the thigh, up towards the opposite shoulder).

For the core work, lower back pressed down, move ribs towards hips and a steady breathing rhythm.

Teach Athletic

Come into this track

Out of breath and in need of cardio recovery.

MUSIC			EXERCISE		CTS	REPS
0:00	Intro / Mm , Eoseo wa	3x8		Standing R foot on the step, L foot on the floor. Hold weight down to L hip with both hands	24	
0:09	PC / _ Ayo ladies	8x8	A	3x Squat Pulse & Halo L then R 👁 Full Squat Pulse & Halo Combo with arms L then R on the last 16cts	16	4x
0:34	C / (Horns)	4x8	A ¹	3x Squat Pulse & Halo Combo with arms L then R	16	2x
0:46	V1 / A jjeoreo jjeoreo jjeoreo	4x8	B	Transition to set up for Pulse Lunge L. Hold weight to top of chest 👁 3x Pulse Lunge L on the last 8cts	32	
0:58	Ok urin meoributo	4x8	C	3x Pulse Lunge L. Hold weight to top of chest 👁 Scoop Arms on the last 8cts	8	4x
1:11	PC / _ Bamsae ilhaessji	8x8	C ¹	3x Pulse Lunge L. Scoop Arms	8	8x
1:36	C / (Horns)	8x8	A ¹	REPEAT 3x Squat Pulse & Halo Combo with arms L then R	16	4x
2:01	Ref / (Pop pop pop)	4x8	B	Recovery & transition to set up for Pulse Lunge R. Hold weight to top of chest 👁 3x Pulse Lunge R on the last 8cts	32	
2:13	V2 / Wae haebogido	4x8	C	REPEAT 3x Pulse Lunge R. Hold weight to top of chest 👁 Scoop Arms on the last 8cts	8	4x
2:26	PC / _ Bamsae ilhaessji	8x8	C ¹	REPEAT 3x Pulse Lunge R. Scoop arms	8	8x
2:51	C / (Horns)	8x8	A ¹	REPEAT 3x Squat Pulse & Halo Combo with arms R then L	16	4x
3:16	Intro / Ohhh	2x8		Transition to the floor for core work. Feet hip-width apart on the step	16	
3:24	V1 / _ Somebody told me	4x8	A	Hip Bridge Up and Down	4	8x
3:40	PC / I , know a place	4x8	A ¹	Alt Single-Leg Hip Bridge R then L 👁 Rope Climb Combo on the last 16cts	8	4x
3:56	C / _ Welcome to	8x8	B	Rope Climb Combo	16	4x



10. CONDITIONING 2

MUSIC			EXERCISE		CTS	REPS
4:29	V2 / _ Day of neglect	4x8	A	 Hip Bridge Up and Down	4	8x
4:45	PC / I, know a place	4x8	A ¹	 Alt Single-Leg Hip Bridge R then L  Rope Climb Combo on the last 16cts	8	4x
5:01	C / _ Welcome to	8x8	B	 Rope Climb Combo	16	4x
5:34	Ref / I...	4½x8	C	Basic Crunch	4	9x
5:44	PC / I, know a place	4x8	C ¹	Single-Leg Basic Crunch R then L	8	4x
6:01	C / _ Welcome to	8x8	B	 Rope Climb Combo	16	4x
6:34						



10. DOPE / LOST & FOUND 6:37mins

TECHNIQUE AND COACHING

TRIPLE SQUAT PULSE

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

R foot on top of the step, L foot onto the floor, squat down, up, down up, down. *Weight to L hip with both hands* 1-6
Stand on top of the step. *Weight shifts to R hip* 7-8
Repeat to the other side 9-16

- Set this move up with repetitive phonetic cues
- Coach a narrow stance to avoid participants taking their feet too wide
- **Core braced**
- **Chest up**
- **Knees in line with toes**

TRIPLE SQUAT PULSE WITH HALO COMBO

PHONETIC CUE '3, 2, 1, Halo around; 3, 2, 1, Halo around'

R foot on top of the step, L foot onto the floor, squat down, up, down up, down. *Weight to L hip with both hands* 1-6
Stand on top of the step. *Halo R* 7-8
Repeat to the other side 9-16

- **Elbows slightly forward of the body**
- **Core braced**
- **Chest up**
- **Knees in line with toes**
- Tight circular movement around the head

OPTION: Triple Squat Pulse

TRIPLE SQUAT PULSE & HALO COMBO

PHONETIC CUE 'Woodchop, Halo around; Woodchop, Halo around'

R foot on top of the step, L foot onto the floor, squat down and up. *Weight to L hip with both hands* 1-2
R foot on top of the step, L foot onto the floor, squat down and up. *Woodchop up* 3-4
R foot on top of the step, L foot onto the floor, squat down and up. *Woodchop down* 5-6
Stand on top of the step. *Halo R* 7-8
Repeat to the other side 9-16

- **Keep hips and shoulders square to the front**
- **Strong core brace throughout**
- **Chest up**
- **In the Woodchop, weight moves towards top of thigh then weight diagonally across and up to shoulder height**

OPTION: Triple Squat Pulse

TRIPLE PULSE LUNGE

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

R foot on the step, Lunge down and up L. *Hold plate to chest* 1-2
R foot on the step, Lunge down and up L. *Hold plate to chest* 3-4
R foot on the step, Lunge down and up L. *Hold plate to chest* 5-6
R foot on the step, tap L onto the step. *Hold plate to chest* 7-8

- **Chest up**
- **Core braced**
- **Front knee presses out over toes, back heel lifted**
- Hips square to the front



10. DOPE / LOST & FOUND 6:37mins

TECHNIQUE AND COACHING

TRIPLE PULSE LUNGE WITH SCOOP

PHONETIC CUE 'Scoop down, pull to chest; Scoop down, pull to chest'

- R foot on the step, Lunge down and up L. Scoop down 1-2
- R foot on the step, Lunge down and up L. Scoop middle 3-4
- R foot on the step, Lunge down and up L. Scoop O/H 5-6
- R foot on the step, tap L onto the step. Hold plate to chest 7-8

- **Weights stop just above eye line**
- **Arms straight**
- Squeeze shoulder blades together to open the chest
- Core braced

OPTION: Triple Pulse Lunge

HIP BRIDGE

PHONETIC CUE 'Lift, lower; lift, lower'

- Feet onto the step, lying on the floor, Hip Bridge Up. Arms on the floor by sides 1-2
- Feet onto the step, lying on the floor, Hip Bridge Down. Arms on the floor by sides 3-4

- **Feet hip-width apart**
- **Keep the feet flat on step**
- **Core braced** to keep a neutral spine
- **Squeeze glutes** to drive hips towards the ceiling
- Lots of breathing

ALTERNATING SINGLE-LEG HIP BRIDGE

PHONETIC CUE 'Lift, lower; lift, lower'

- Feet onto the step, lying on the floor, Hip Bridge Up. Arms on the floor by sides 1-2
- Feet onto the step, lying on the floor, Hip Bridge Down. Arms on the floor by sides 3-4

- Drive through the heel on the step
- Strengthening the glute max, our biggest glute muscle
- Exhale, inhale
- Push hips towards the ceiling
- Stop when you need to; join back in when you're ready

ROPE CLIMB

PHONETIC CUE '4, 3, 2, 1, slide down slow and C-Crunch in; 4, 3, 2, 1, slide down slow and C-Crunch in'

- Legs lift to vertical, lying on the floor, Rope Climb R. Reach O/H R 1-2
- Legs lift to vertical, lying on the floor, Rope Climb L. Reach O/H L 3-4
- Legs lift to vertical, lying on the floor, Rope Climb R. Reach O/H R 5-6
- Legs lift to vertical, lying on the floor, Rope Climb L. Reach O/H L 7-8
- Legs lower to 45 degrees, arms lower O/H. Hands stacked 9-14
- C-Crunch. Fingertips to temples 15-16

- **Lower back to the floor**
- Move ribs towards the hips
- Climb it then slide it
- Encourage participants to stay with you right to the end
- Exhale, Inhale

CRUNCH

PHONETIC CUE 'Lift, lower; lift, lower'

- Feet onto the step, Crunch up. Fingertips to temples 1-2
- Feet onto the step, Crunch down. Fingertips to temples 3-4

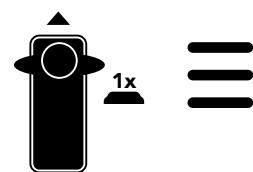
- **Ribs towards the hips**
- Fingertips light on the temples
- Chin tucked in

SINGLE-LEG BASIC CRUNCH

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

- Feet onto the step, Crunch up and lift R leg. Fingertips to temples 1-2
- Feet onto the step, Crunch up and lift L leg. Fingertips to temples 3-4

- Lift shoulder blades off the floor
- Alternating Leg Lift
- Get ready for one more set of Rope Climbs



11. COOLDOWN / STRETCH

TRACK FOCUS

As we cool down and stretch, also celebrate a job well done and the joy of training together.

Teach Athletic

Come into this track

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

MUSIC		EXERCISE		CTS
0:02	Intro /	2½x8	Transition to lie on L side, on top of the step	20
0:15	C / _ Stars shining Dream a little	4x8	A Side-lying Quad Stretch R Transition to the other side	24
				8
0:37	_ Say nighty Dream a little	4x8	A  Side-lying Quad Stretch L Transition to stand, R foot on the step L foot B, long on the floor	24
				8
0:59	V1 / _ Stars fading	2x8	B Standing Calf Stretch L and Shoulder Stretch L	16
1:09	_ I'm longing	2x8	C Standing Hamstring Stretch R	16
1:20	C / _ Sweet dreams	2x8	D Wide Straddle the step Side Stretch L	16
				16
1:31	_ But in your dreams	2x8	E Hip Flexor Stretch L Stand and circle L arm	12
				4
1:42	Instr / (Piano)	2x8	B  Standing Calf Stretch R and Shoulder Stretch R	16
1:53		2x8	C  Standing Hamstring Stretch L	16
2:04	V2 / _ Stars fading	2x8	D  Wide Straddle the step  Side Stretch R	16
				16
2:15	_ I'm longing	2x8	E  Hip Flexor Stretch R  Stand and circle R arm	12
				4
2:26	C / _ Sweet dreams	2x8	F Stand on top of the step Cross L foot behind R foot. ITB Stretch L	16
2:37	_ But in your dreams	2x8	F Cross L foot in front of L foot. ITB Stretch R	16
2:48	Rep / Ba doo	2x8	Straddle the step Standing Upper Back Stretch	4
				12
2:56	Ba doo	1½x8	Standing Chest Opener	12
3:04	(Whistle)	2x8	Squat position L Shoulder Stretch	16
3:15	_ But in your dreams	1½x8	 Squat position R Shoulder Stretch	12
3:24	Dream of me	2x8	Roll body up, circle arms out and O/H, then down	16



11. DREAM A LITTLE DREAM 3:34mins

TECHNIQUE AND COACHING

SIDE-LYING QUAD STRETCH

PHONETIC CUE 'Lie on your L side on top of the step, prop yourself up onto your elbow. Bend your R knee and hold your R ankle. Gently pull your R heel towards your backside'

Side-lying Quad Stretch R

- Stack R hip on top of L hip
- Press your knees together

OPTION: Keep knees slightly apart

STANDING CALF STRETCH AND SHOULDER STRETCH

PHONETIC CUE 'Make your way onto your feet, R foot onto the step, L foot steps back to Calf Stretch. Bring L arm across your chest and gently pull on the forearms – towards the R'

Standing Calf Stretch L and Shoulder Stretch L

- Keep back heel grounded and press body weight forward

STANDING HAMSTRING STRETCH

PHONETIC CUE 'Gently shift body weight back and straighten R leg'

Standing Hamstring Stretch R. Hands stacked on the L knee

- Gently fold upper body over, bring belly button towards the top of the thigh
- Chest up
- Core braced

WIDE STRADDLE AND SIDE STRETCH

PHONETIC CUE 'Straddle the step wide; take a big Side Stretch'

Wide Straddle and Side Stretch L

- Straddle the step for a big Side Stretch
- Beautiful stretch through the side body

HIP FLEXOR STRETCH

PHONETIC CUE 'Rotate to the side, front hand on the floor, back heel long and lifted'

Hip Flexor Stretch L

OPTION: Back knee to the floor

ITB STRETCH

PHONETIC CUE 'On top of the step, cross L foot behind R foot and reach the top arm O/H and across'

ITB Stretch L

STANDING UPPER BACK STRETCH

PHONETIC CUE 'Straddle the step, hands together and stretch the arms forward'

- Open through the shoulder blades

STANDING CHEST OPENER

PHONETIC CUE 'Arms wide, Chest Stretch'

- Core tight
- Lift chest
- Pinch between the shoulder blades

SQUAT POSITION SHOULDER STRETCH

PHONETIC CUE 'Bend knees, hands to thighs, dip shoulder forward'

Squat position Shoulder Stretch L

- Stretch the front of the shoulder

ROLL BODY UP, CIRCLE ARMS OUT, OVER HEAD AND DOWN

PHONETIC CUE 'Roll up, take a big breath in, circle up and over head and breathe out, arms down'

- Sweet dreams
- Put your hands together
- BODYSTEP 130 – what a sweaty workout!



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.