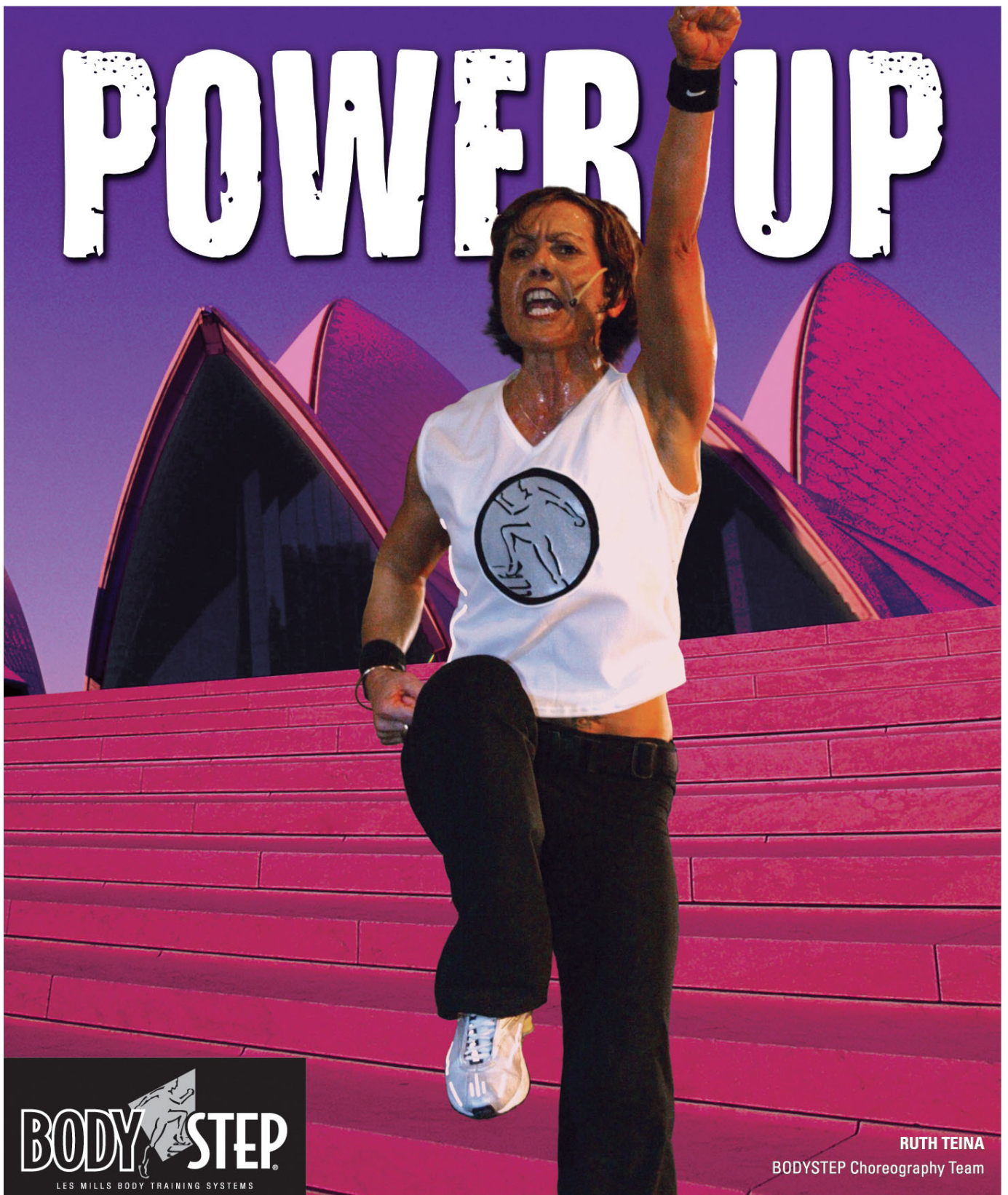


# POWER UP



**BODYSTEP**  
LES MILLS BODY TRAINING SYSTEMS

**RUTH TEINA**  
BODYSTEP Choreography Team

## CHOREOGRAPHY NOTES

**CLASS #**  
**53**

|    | <b>Title</b>                         | <b>Artist</b>                           |      |
|----|--------------------------------------|-----------------------------------------|------|
| 1  | Everybody's Free                     | Aquagen feat. Rozalla                   | 4:20 |
| 2  | Strength Of A Woman                  | Shaggy                                  | 3:20 |
| 3  | Alive                                | SClub                                   | 4:00 |
| 4  | Feels Like I'm In Love               | The Dolly Rockers                       | 5:00 |
| 5  | Work It                              | Nelly feat. Justin Timberlake           | 4:30 |
| 6  | Nessaja                              | Scooter                                 | 4:50 |
| 7  | I Like It, I Luv It                  | Koolmatch                               | 4:45 |
| 8  | Instant Replay                       | Yell                                    | 3:40 |
| 9  | Lifestyles Of The Rich<br>And Famous | Good Charlotte                          | 3:20 |
| 10 | Whoomph! (There It Is)               | Clock                                   | 5:10 |
| 11 | Jenny From The Block                 | J-Lo                                    | 6:30 |
| 12 | Big Yellow Taxi                      | Counting Crows feat.<br>Vanessa Carlton | 3:50 |

# BODYSTEP® 53

Step up for a dose of fitness fun. BODYSTEP® 53 is an addictive, butt-blasting mix of music and moves. Choreographers Mark Nu'u, Lisa Osborne and Ruth Teina have cooked up a winner with this outstanding hour-long workout. New moves add variety and interest throughout the class, but with the emphasis always on simplicity and assuring steppers of instant success. Class members readily pick up each of the moves, then hook into the rhythm of the music for a full-on burst of energy and power. Sure-footed and confident, steppers respond easily to the instructor's call for "just a little bit more".

Our latest class takes off like a rocket to the uplifting sound of *Everybody's Free*, with participants using their steps to set their own level of jet propulsion. Then the work kicks in with a series of big-beat numbers inspiring a full-frontal attack on buttocks and thighs. Scooter's *Nessaja* sets a blistering pace for the mid-class endurance track, with steppers pushing the envelope to explore their energy limits.

Fun is also top of the BODYSTEP® agenda and nowhere is this more evident than during the funky *I Like It, I Luv it*. Swaggers and Shuffles come into play with *Instant Replay*, then it's back to basics for a speed track executed to the upbeat *Lifestyles Of The Rich And Famous*. Steppers dig deep for the aptly-named *Whoomph!* before easing into a J-Lo recovery session based around Tricep Pushups and a brand-new elbow crawl. Our latest class is a BODYSTEP® treat for veterans and novices alike.

## Education Session

When To Talk and When Not To (written by Jesper Magnusson). Communicating more purposefully with class members to provide a memorable fitness experience.

Please note on the video that one person shows the low impact options in each track. Reebok suggested step heights are shown.

Please forward all music suggestions and feedback to: [feedback@lesmills.com](mailto:feedback@lesmills.com)

## ◀ Teaching Tip

## KEY

|                |                     |                                                                                     |                                                    |
|----------------|---------------------|-------------------------------------------------------------------------------------|----------------------------------------------------|
| <b>alt</b>     | alternate           | <b>OTT</b>                                                                          | over the top                                       |
| <b>ATT</b>     | across the top      | <b>Outro</b>                                                                        | last few bars of music                             |
| <b>B up</b>    | build up            | <b>PC</b>                                                                           | pre chorus                                         |
| <b>Br</b>      | bridge (non chorus) | <b>QC</b>                                                                           | quiet chorus                                       |
| <b>C</b>       | chorus              | <b>R&amp;L</b>                                                                      | right and left                                     |
| <b>C br</b>    | chorus bridge       | <b>RA</b>                                                                           | running arms                                       |
| <b>cont</b>    | continue            | <b>Ref</b>                                                                          | refrain (recurring phrase or number of song lines) |
| <b>cts</b>     | counts              | <b>Rep</b>                                                                          | reprise (part of the chorus repeated)              |
| <b>DBL</b>     | double              | <b>Rep Xx</b>                                                                       | perform the Sequence / Exercise x times            |
| <b>delt</b>    | deltoid             | <b>ROM</b>                                                                          | range of motion                                    |
| <b>F&amp;B</b> | forward and back    | <b>seq</b>                                                                          | sequence                                           |
| <b>GV</b>      | grapevine           | <b>ST</b>                                                                           | step touch                                         |
| <b>ham</b>     | hamstring           | <b>Tempo</b>                                                                        | normal pace of the music                           |
| <b>HOH</b>     | hands on hips       | <b>tog</b>                                                                          | together                                           |
| <b>Instr</b>   | instrumental        | <b>V</b>                                                                            | verse                                              |
| <b>Intro</b>   | introduction        | <b>1/1</b>                                                                          | 2 counts up, 2 counts down                         |
| <b>mins</b>    | minutes             | <b>2/2</b>                                                                          | 4 counts up, 4 counts down                         |
| <b>NV</b>      | non verbal          | <b>3/1</b>                                                                          | 6 counts up, 2 counts down                         |
| <b>O/H</b>     | overhead            | <b>4/4</b>                                                                          | 8 counts up, 8 counts down                         |
| <b>opp</b>     | opposite            | <b>1/2/1</b>                                                                        | 2 counts up, 4 counts hold, 2 counts down          |
| <b>OTS</b>     | on the spot         |  | visual preview or cue                              |

| ► 1 | Warmup | Everybody's Free ~ Aquagen feat. Rozalla | 4:20 mins | Height: |
|-----|--------|------------------------------------------|-----------|---------|
|-----|--------|------------------------------------------|-----------|---------|

**Track Objective:** Get everyone stepping in the right direction by cueing 'What' the move is, 'When' to do it, and then 'How' to do it.

| Music | Sequence / Exercise                                                | Tips & Cues                                                                                                                                                                                                         |
|-------|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Intro | 'Everybody's <b>free</b> ...' 1/2x8<br>' <b>Feels</b> good...' 4x8 | Step Set Position. Stand behind the step<br>Squat Tap L&R. HOH                                                                                                                                                      |
| Rep   | ' <b>Free</b> my baby...' 4x8                                      | Squat Tap L&R. Alt <i>Punch to diagonal L&amp;R</i><br>Punch both arms down ct 1, punch R arm to L diagonal ct 2. Punch both arms down ct 3, punch L arm to R diagonal ct 4.                                        |
| C     | 'Everybody's <b>free</b> ...' 8x8                                  | <b>Circle Combo</b><br>A 2x ST L then R. <i>Circle arms clockwise then anticlockwise</i><br>Squat Tap L&R 2x. Alt <i>Punch to diagonal L&amp;R</i><br>Rep 4x                                                        |
| V1    | ' <b>Brother</b> and sister...' 8x8                                | <b>Repeater Combo</b><br>B 8x Repeater Tap L. RA<br>Squat Tap R&L 4x. Alt <i>Punch R&amp;L Reverse</i><br>1-16<br>17-32<br>33-64                                                                                    |
| C     | 'Everybody's <b>free</b> ...' 8x8                                  | A Repeat Circle Combo L<br>1-16 Rep 4x                                                                                                                                                                              |
| Rep   | ' <b>Free</b> my baby...' 4x8                                      | C 4x March on top of step L, R, L, R. RA<br>4x March on the floor L, R, L, R. RA<br>1-4<br>5-8 Rep 4x                                                                                                               |
| Ref   | 'Everybody's <b>free</b> ...' 4x8                                  | <b>Stretch Sequence</b><br>D Place L foot onto step and sit lower to stretch R Achilles<br>Step R foot B further to stretch R Calf<br>Step L foot to the floor, prepare for next move<br>1-16<br>17-28<br>29-32     |
| V2    | ' <b>Brother</b> and sister...' 8x8                                | B Repeat Repeater Combo R then L<br>1-64                                                                                                                                                                            |
| C     | 'Everybody's <b>free</b> ...' 8x8                                  | A Repeat Circle Combo R<br>1-16 Rep 4x                                                                                                                                                                              |
| Rep   | ' <b>Free</b> my baby...' 4x8                                      | C Repeat 4x March On Top Of Step & floor R<br>1-8 Rep 4x                                                                                                                                                            |
| Ref   | 'Everybody's <b>free</b> ...' 4x8                                  | D Repeat Stretch Sequence R<br>1-32                                                                                                                                                                                 |
| Rep   | ' <b>Free</b> my baby...' 2x8                                      | Squat Tap L&R. <i>Punch both arms to L then R diagonal</i><br>1-4 Rep 4x                                                                                                                                            |
| C     | 'Everybody's <b>free</b> ...' 8x8                                  | Alt Hamstring Curl L&R. <i>Punch both arms to L then R diagonal</i><br>1-4 Rep 4x<br>Punch both arms down ct 1, punch both arms to L diagonal ct 2, punch both arms down ct 3, punch both arms to R diagonal ct 4.  |
| Outro | 'Everybody's <b>free</b> ...' 1/2x8                                | A <sup>1</sup> 2x ST L then R. <i>Circle Arms clockwise then anticlockwise</i><br>Alt Hamstring Curl L&R 2x. <i>Punch both arms to L then R diagonal</i><br>1-8<br>9-16 Rep 4x<br>Curl R leg ct 4, curl L leg ct 8. |

## ► 2

### Step Warmup

### Strength Of A Woman ~ Shaggy

3:20 mins

Height:

**Track Objective:** Use the step and gravity as tool to get the most out of your 'Butt Blasting' workout.

| Music | Sequence / Exercise                   |                                                                                                                                            |                                | Tips & Cues                                                                                                                                                            |
|-------|---------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Intro | 2x8                                   | March OTS. <i>Natural Arms</i>                                                                                                             | 1-2 Rep 8x                     |                                                                                                                                                                        |
| Instr | 2x8                                   | A Basic Step L. RA                                                                                                                         | 1-4 Rep 4x                     |                                                                                                                                                                        |
| V1    | 4x8                                   | 2x Basic Step L. <i>Cross in front</i> 4x<br>2x Basic Step L. <i>Reach F&amp;B</i> 4x                                                      | 1-8 Rep 2x<br>9-16             | Hands in blades.                                                                                                                                                       |
|       | 4x8                                   | A <sup>1</sup> 1x Basic Step L. <i>Cross in front</i> 2x<br>1x Basic Step L. <i>Reach F&amp;B</i> 2x                                       | 1-4 Rep 4x<br>5-8              |                                                                                                                                                                        |
| C     | 4x8                                   | B Alt Leg Extension L&R. <i>Cross in front</i><br><i>Open Pec Dec</i><br><i>Cross in front</i><br><i>Pull fists to hips</i><br><br>Reverse | 1 Rep 4x<br>2<br>3<br>4<br>5-8 | This armline is called a <b>Pec Dec Combo</b> .<br>Hands in fists.                                                                                                     |
| Rep   | 'Strength of a <u>woman</u> ...' 3½x8 | B <sup>1</sup> Travel Alt Leg Extension to R then L corner. <i>Pec Dec Combo</i>                                                           | 1-8 Rep 3½x                    | L foot to the R corner.                                                                                                                                                |
| V2    | 1½x8                                  | A Repeat Basic Step R with RA                                                                                                              | 1-4                            |                                                                                                                                                                        |
|       | 4x8                                   | A <sup>1</sup> Repeat Basic Step R with <i>Cross &amp; Reach Armlines</i>                                                                  | 1-8 Rep 4x                     |                                                                                                                                                                        |
|       | 4x8                                   | A <sup>2</sup> Basic Step R. 1x <i>Cross in front</i><br>1x <i>Reach F&amp;B</i>                                                           | 1-2 Rep 8x<br>3-4              |                                                                                                                                                                        |
| C     | 4x8                                   | B Repeat Alt Leg Extension R&L. <i>Pec Dec Combo</i>                                                                                       | 1-8 Rep 4x                     |                                                                                                                                                                        |
| Rep   | 'Strength of a <u>woman</u> ...' 4x8  | B <sup>1</sup> Repeat Travel Alt Leg Extension to L then R corner                                                                          | 1-8 Rep 4x                     |                                                                                                                                                                        |
| Ref   | '...Tender lips...' 4x8               | C 3x Repeater Tap R then L. RA                                                                                                             | 1-16 Rep 2x                    | To the L then R corner of the step.                                                                                                                                    |
| QC    | 'She'll put a <u>smile</u> ...' 4x8   | C <sup>1</sup> +A 3x Repeater Tap R. RA<br>2x Basic Step L. RA<br>Reverse                                                                  | 1-8 Rep 4x<br>9-16<br>17-32    | To the L corner of the step.<br>To the centre of the step.<br> Arms for Basic Step. |
| C     | 'She'll put a <u>smile</u> ...' 10x8  | C <sup>1</sup> +A <sup>2</sup> 3x Repeater Tap R. RA<br>2x Basic Step L. 1x <i>Cross in front</i> , 1x <i>Reach F&amp;B</i><br>Reverse     | 1-8 Rep 2½x<br>9-16<br>17-32   | To the L corner of the step.<br>To the centre of the step.<br>Prepare to move into track #3.                                                                           |

### ► 3 Step Orientation

Alive ~ SClub

4:00 mins

Height:

**Track Objective:** Use the music together with light propulsions to lift the intensity, and feel 'Alive'.

| Music                           | Sequence / Exercise |                                                                                                                    |  | Tips & Cues                                                |
|---------------------------------|---------------------|--------------------------------------------------------------------------------------------------------------------|--|------------------------------------------------------------|
| Intro (Synthesizer)             | 4x8                 | A 6x March on top of step L, R. <i>Natural Arms</i><br>Step down to R side L, R<br>Reverse                         |  | Feet wide.<br>1-6<br>7-8<br>9-16 <b>Rep 2x</b>             |
| C 'I feel <u>so</u> alive...'   | 4x8                 | B Propulsive Turn Step L&R. <i>Scoop &amp; Clap</i>                                                                |  | 1-8 <b>Rep 4x</b>                                          |
| V1 '...I still remember...'     | 2x8                 | C Kick L. <i>RA</i>                                                                                                |  | 1-4 <b>Rep 4x</b>                                          |
| '...Now we can...'              | 2x8                 | C <sup>1</sup> Propulsive Kick L. <i>RA</i>                                                                        |  | 1-4 <b>Rep 4x</b><br>L foot onto the step, R leg kicks.    |
| PC 'I just can't stop...'       | 2x8                 | D Step OTT L&R. <i>Reach O/H and pull down</i>                                                                     |  | 1-8 <b>Rep 2x</b>                                          |
| 'I just won't stop...'          | 2x8                 | D <sup>1</sup> Propulsive OTT L&R. <i>Reach O/H and pull down</i>                                                  |  | 1-8 <b>Rep 2x</b><br>Tap the floor cts 4 and 8.            |
| C 'I feel <u>so</u> alive...'   | 4x8                 | D+C Step OTT L. <i>Reach O/H pull down</i><br>1x Kick R. <i>RA</i><br>Reverse                                      |  | 1-4<br>5-8<br>9-16 <b>Rep 2x</b>                           |
| 'I feel <u>so</u> alive...'     | 4x8                 | D <sup>1</sup> +C <sup>1</sup> Propulsive OTT L. <i>Reach O/H and pull down</i><br>1x Kick R. <i>RA</i><br>Reverse |  | 1-4<br>5-8<br>9-16 <b>Rep 2x</b>                           |
| Ref 'Heaven for you and I...'   | 3½x8                | B Repeat Propulsive Turn Step, L&R                                                                                 |  | 1-8 <b>Rep 3½x</b><br><b>Option:</b> Low impact Turn Step. |
|                                 | ½x8                 | C Repeat Kick R                                                                                                    |  | 1-4<br><b>R</b> foot onto the step, but L leg kicks.       |
| V2 '...I still remember...'     | 2x8                 | C Repeat Kick R                                                                                                    |  | 1-4 <b>Rep 4x</b>                                          |
| '...Now we can...'              | 2x8                 | C <sup>1</sup> Repeat Propulsive Kick R                                                                            |  | 1-4 <b>Rep 4x</b>                                          |
| PC 'I just can't stop...'       | 2x8                 | D Repeat Step OTT R&L                                                                                              |  | 1-8 <b>Rep 2x</b>                                          |
| 'I just won't stop...'          | 2x8                 | D <sup>1</sup> Repeat Propulsive OTT R&L                                                                           |  | 1-8 <b>Rep 2x</b>                                          |
| C 'I feel <u>so</u> alive...'   | 4x8                 | D+C Repeat Step OTT & Kick Combo R then L                                                                          |  | 1-16 <b>Rep 2x</b>                                         |
| 'I feel <u>so</u> alive...'     | 4x8                 | D <sup>1</sup> +C <sup>1</sup> Repeat Propulsive OTT & Kick Combo R then L                                         |  | 1-16 <b>Rep 2x</b>                                         |
| Ref 'Heaven for you and I...'   | 6x8                 | B Repeat Propulsive Turn Step R&L                                                                                  |  | 1-8 <b>Rep 6x</b>                                          |
| Instr                           | 4x8                 | A Repeat 6x March on top of Step R then L                                                                          |  | 1-16 <b>Rep 2x</b><br>Feet wide.                           |
| C 'I feel <u>so</u> alive...'   | 4x8                 | D+C Repeat Step OTT & Kick Combo R then L                                                                          |  | 1-16 <b>Rep 2x</b>                                         |
| 'I feel <u>so</u> alive...'     | 4x8                 | D <sup>1</sup> +C <sup>1</sup> Repeat Propulsive OTT & Kick Combo R then L                                         |  | 1-16 <b>Rep 2x</b>                                         |
| Rep 'I feel <u>so</u> alive...' | 4x8                 | B Repeat Propulsive Turn Step R&L                                                                                  |  | 1-8 <b>Rep 4x</b>                                          |
| Outro 'Heaven for you and I...' | ½x8                 | Jump R foot onto the step. <i>Open arms out to shoulder level</i>                                                  |  | Hold finale post for 4 cts.                                |

**Track Objective:** New Move for BODYSTEP® 'Around the World'. Cue '3 Repeater, Straddle over, 3 Repeater look at the step and turn'.

| Music        | Sequence / Exercise     |                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Tips & Cues                                                                                                                                                                                                        |
|--------------|-------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Intro        | 1x2                     | Prepare to move                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |  Preview the new move 'Around The World' before you teach the track.                                                              |
| Instr        | 2x8                     | Alt Hamstring Curl L&R. HOH                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | To the centre of the step.                                                                                                                                                                                         |
|              | 2x8                     | Alt Hamstring Curl L&R to corners. HOH                                                                                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | L foot to R corner.                                                                                                                                                                                                |
| Instr (Riff) | 4x8                     | A Alt Propulsive Hamstring Curl L. Pull fists to hip level<br>Clap O/H<br>Pull fists to shoulder level<br>Cross in front |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | 1<br>2<br>3<br>4<br>5-8 Rep 4x                                                                                                                                                                                     |
|              |                         | Reverse                                                                                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                    |
| Ref          | 'Dance dance...'        | 2x8                                                                                                                      | 3x Knee Repeater L then R. RA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 1-16<br>Travel to the R then L corner.                                                                                                                                                                             |
|              | 'Dance dance...'        | 4x8                                                                                                                      | <b>Around the World</b> – Anticlockwise<br>B 3x Knee Repeater L, to the back R corner. RA<br>Step R foot down to the back R of the step. RA<br>Step L foot over to the front R of the step. RA<br>3x Knee Repeater R, to the front R corner. RA<br>Step L foot down to the front R of the step. Natural Arms<br>Step R foot down to the front R of the step. Natural Arms<br>3x Knee Repeater L, to the front L corner. RA<br>Step R foot down to the front L of the step. RA<br>Step L foot over to the front L of the step. RA<br>3x Knee Repeater R, to the back L corner. RA<br>Step L foot down to the back L of the step. Natural Arms<br>Step R foot down to the back R of the step. Natural Arms | 1-6<br>7<br>8<br>9-14<br>15<br>16<br>17-22<br>23<br>24<br>25-30<br>31<br>32<br><br>Class continues with 3x Knee Repeater.<br><br>Cue: 3, 2, Straddle other side.<br><br>Cue: 3, 2, look at your step, turn around. |
| Ref          | 'Dance ...' (Up tempo)  | 8x8                                                                                                                      | C Around the World – Anticlockwise                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | 1-32 Rep 2x<br>Class joins in.                                                                                                                                                                                     |
| V1           | '...My head is in a...' | 4x8                                                                                                                      | D Basic Jog L. RA                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | 1-4 Rep 8x                                                                                                                                                                                                         |
| C            | 'It feels like...'      | 2x8                                                                                                                      | A Repeat Alt Propulsive Hamstring Curl L&R                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1-8 Rep 2x                                                                                                                                                                                                         |
| V2           | '...Ain't been this...' | 4x8                                                                                                                      | D Repeat Basic Jog L                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     | 1-4 Rep 8x                                                                                                                                                                                                         |
| C            | 'It feels like...'      | 2x8                                                                                                                      | A Repeat Alt Propulsive Hamstring Curl L&R                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | 1-8 Rep 2x                                                                                                                                                                                                         |

|       |                           |      |                                                   |      |         |                                                                  |
|-------|---------------------------|------|---------------------------------------------------|------|---------|------------------------------------------------------------------|
| Instr | (Quiet)                   | 8x8  | C Repeat Around the World – Anticlockwise         | 1-32 | Rep 2x  |                                                                  |
| Instr | (Riff)                    | 6½x8 | A Repeat Alt Propulsive Hamstring Curl L&R        | 1-8  | Rep 6½x | <b>Note:</b> There is one extra Curl to get to the other corner. |
| Instr | (Quiet)                   | 8x8  | B Repeat Around the World – Clockwise             | 1-32 | Rep 2x  |                                                                  |
| V3    | ‘...My head is in a...’   | 4x8  | C Repeat Basic Jog R                              | 1-4  | Rep 8x  |                                                                  |
| C     | ‘It <b>feels</b> like...’ | 2x8  | A Repeat Alt Propulsive Hamstring Curl R&L        | 1-8  | Rep 2x  |                                                                  |
| V4    | ‘...Ain’t been this...’   | 4x8  | C Repeat Basic Jog R                              | 1-4  | Rep 8x  |                                                                  |
| C     | ‘It <b>feels</b> like...’ | 2x8  | A Repeat Alt Propulsive Hamstring Curl R&L        | 1-8  | Rep 2x  |                                                                  |
| Instr | (Quiet)                   | 8x8  | B Repeat Around the World – Clockwise             | 1-32 | Rep 2x  |                                                                  |
| Instr | (Riff)                    | 6x8  | A Repeat Alt Propulsive Hamstring Curl R&L        | 1-8  | Rep 6x  |                                                                  |
| Outro |                           |      | Step R foot onto step. <i>Hands on your heart</i> |      |         | Hold finalé pose for 4 cts.                                      |



|       |                             |     |                                                                                                              |                 |                                            |
|-------|-----------------------------|-----|--------------------------------------------------------------------------------------------------------------|-----------------|--------------------------------------------|
| C     | ' <u>Go</u> on, jump on...' | 8x8 | B Repeat 4x Step Knee Combo R then L                                                                         | 1-32            | Rep 2x                                     |
| Rep   | '...Until the speakers...'  | 8x8 | B <sup>1</sup> Repeat 2x Step Knee Combo R then L                                                            | 1-16            | Rep 4x                                     |
| Ref   | '...Until the speakers...'  | 4x8 | C Repeat Slow Squat Sequence R                                                                               | 1-32            |                                            |
| C     | ' <u>Go</u> on, jump on...' | 8x8 | B Repeat 4x Step Knee Combo L then R                                                                         | 1-32            | Rep 2x                                     |
| Rep   | '...Until the speakers...'  | 4x8 | B <sup>1</sup> Repeat 2x Step Knee Combo L then R                                                            | 1-16            | Rep 2x                                     |
|       | '...Until the speakers...'  | 4x8 | Double Squat L. <i>Hands to thighs</i><br>Propel across to R side of step. <i>Cross arms down</i><br>Reverse | 1-3<br>4<br>5-8 | Rep 4x                                     |
| Outro |                             | 1x8 | Stand on top of step, feet apart. <i>Air Guitar Strum</i><br>Step off the step, prepare for next track       | 1-4<br>5-8      | Slowly circle bent R arm around clockwise. |

**Track Objective:** Choose your mode to last the distance – high, medium or low.

| Music        | Sequence / Exercise |                                                                                                       |                                                                                       | Tips & Cues                      |
|--------------|---------------------|-------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------|
| Intro        | 2x8                 | Feet together, breathe in. <i>Slowly raise arms O/H</i><br>breathe out. <i>Slowly lower arms down</i> |                                                                                       | Stand behind the step.           |
|              | 2x8                 | A                                                                                                     | Alt Knee Lift L&R. <i>Alt Punch O/H</i>                                               | 1-8 <b>Rep 2x</b><br>9-16        |
| Instr (Riff) | 4x8                 | A <sup>1</sup>                                                                                        | Alt Propulsive Knee Lift L&R. <i>Alt Punch O/H</i>                                    | 1-8 <b>Rep 4x</b>                |
| C            | 8x8                 | B                                                                                                     | 4x Propulsive Knee Lift L. <i>Sprinter Arms Reverse</i>                               | 1-16 <b>Rep 2x</b><br>17-32      |
| Ref          | 2x8                 | C                                                                                                     | 6x March on top of step L. <i>RA</i><br>Step down on the floor L, R. <i>RA</i>        | 1-6 <b>Rep 2x</b><br>7-8         |
| V1           | 4x8                 | 3x Hamstring Curl on top of step L, R, L. <i>HOH</i><br>Step down R, L. <i>HOH Reverse</i>            |                                                                                       | 1-6 <b>Rep 2x</b><br>7-8<br>9-16 |
|              | 4x8                 | D                                                                                                     | <b>3 Curl Combo</b><br>Continue with added propulsion. <i>Reach O/H and pull down</i> | 1-16 <b>Rep 2x</b>               |
| Instr (Riff) | 1x8                 | A                                                                                                     | Repeat Alt Knee Lift L&R to centre of the step                                        | 1-8                              |
|              | 3x8                 | A <sup>1</sup>                                                                                        | Repeat Alt Propulsive Knee Lift L&R                                                   | 1-8 <b>Rep 3x</b>                |
| Ref          | 2x8                 | B <sup>1</sup>                                                                                        | 4x small ROM Knee Lift L. <i>Sprinter Arms</i>                                        | 1-16                             |
| C            | 8x8                 | B                                                                                                     | Repeat 4x Propulsive Knee Lift R then L                                               | 1-32 <b>Rep 2x</b>               |
| Ref          | 2x8                 | C                                                                                                     | Repeat 6x March on top of step & step down R                                          | 1-8 <b>Rep 2x</b>                |
| V2           | 8x8                 | D                                                                                                     | Repeat 3 Curl Combo R then L                                                          | 1-16 <b>Rep 4x</b>               |
| Instr (Riff) | 1x8                 | A                                                                                                     | Repeat Alt Knee Lift R&L to centre of the step                                        | 1-8                              |
|              | 3x8                 | A <sup>1</sup>                                                                                        | Repeat Alt Propulsive Knee Lift R&L                                                   | 1-8 <b>Rep 3x</b>                |
| Ref          | 2x8                 | B <sup>1</sup>                                                                                        | Repeat 4x small ROM Knee Lift R                                                       | 1-16                             |

|       |                       |      |                |                                                                                                                                                              |                    |               |                                                                                    |
|-------|-----------------------|------|----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|---------------|------------------------------------------------------------------------------------|
| C     | '...Yeah, I am...'    | 8x8  | B              | Repeat 4x Propulsive Knee Lift L then R                                                                                                                      | 1-32               | <b>Rep 2x</b> | To R corner then L corner.                                                         |
| Instr | (Quiet)               | 2x8  |                | March on top of step L, R, L, R. <i>RA</i><br>March across toward the L side of the step L, R, L, R. <i>RA</i><br>March down on the floor L, R 4x. <i>RA</i> | 1-4<br>5-8<br>9-16 |               | Stay on top of the step.<br>Stay on top of the step.<br>To the L side of the step. |
| V3    | '...Are you ready...' | 4x8  | E              | 1x Knee Lift R. <i>RA</i><br>Step across the top R of the step. <i>HOH</i><br>Reverse                                                                        | 1-4<br>5-8<br>9-16 | <b>Rep 2x</b> | R foot on the step, but L knee lifts.                                              |
| Instr | (Riff)                | 4x8  | E <sup>1</sup> | 1x Propulsive Knee Lift R. <i>Sprinter Arms</i><br>Step across the top R of the step. <i>Reach O/H and pull down 2x</i><br>Reverse                           | 1-4<br>5-8<br>9-16 | <b>Rep 2x</b> |                                                                                    |
| Rep   | '...I am the...'      | 4x8  | E <sup>2</sup> | 1x Propulsive Knee Lift R. <i>Punch R arm O/H</i><br>Step across the top R of the step. <i>Reach O/H and pull down 2x</i><br>Reverse                         | 1-4<br>5-8<br>9-16 | <b>Rep 2x</b> |                                                                                    |
| Instr |                       | 4x8  |                | Step across the top R&L. <i>Reach O/H and pull down</i>                                                                                                      | 1-8                | <b>Rep 4x</b> |                                                                                    |
| Outro |                       | 1½x8 |                | Step R foot onto step. <i>Hold arms O/H</i>                                                                                                                  | 1-4                |               | Hold finalé pose.                                                                  |

| ► 7 | Step Recovery | I Like It, I Luv It ~ Koolmatch | 4:45 mins | Height: | ● |
|-----|---------------|---------------------------------|-----------|---------|---|
|-----|---------------|---------------------------------|-----------|---------|---|

**Track Objective:** A bit of work, a bit of play.

| Music | Sequence / Exercise              |     |                                                                                                                                                                                                                                                                                                                                                                                                                   | Tips & Cues                                                                                                |
|-------|----------------------------------|-----|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|
| Intro | '...Say Oh...'                   | 1x8 | Stand on top of the step, prepare to move                                                                                                                                                                                                                                                                                                                                                                         | 1-8<br>Stand close to the L side of the step.                                                              |
|       | 'Hey <u>Hey</u> ...'             | 3x8 | Step L foot B, then tap R heel to the step. <i>HOH</i><br>Step R foot onto step, then tap L foot to the step. <i>HOH</i><br>Squat Tap L. <i>HOH</i><br>Step R foot onto step, then tap L foot to the step. <i>HOH</i><br>Repeat cts 1-8<br>Repeat cts 1-6<br>Step R foot across the top toward the R. <i>HOH</i><br>Step L foot across the top toward the R. <i>HOH</i>                                           | 1-2<br>3-4<br>5-6<br>7-8<br>9-16<br>17-22<br>23<br>24<br>L foot on the floor (L side), R foot on the step. |
| C     | 'I <u>like</u> it, I love it...' | 3x8 | <b>Squat Tap Sequence</b><br>A Squat Tap R. <i>Natural Arms</i><br>Step L foot onto step, then tap R foot on the step. <i>Natural Arms</i><br>Step R foot B, then tap L heel on the step. <i>Natural Arms</i><br>Step L foot onto step, then tap R foot to the step. <i>Natural Arms</i><br><b>Preparation to Lunge R</b><br>B Repeat cts 1-4 of Squat Tap Sequence<br>Step R foot B prepare to Lunge. <i>HOH</i> | 1-2<br>3-4<br>5-6<br>7-8<br>Rep 3x<br>R foot on the floor (R side), L foot on the step.                    |
| V1    | ' <u>Sweet</u> ...'              | 8x8 | <b>Lunge Sequence L</b><br>C Lunge down and up 3x. <i>HOH</i><br>Lunge down. <i>HOH</i><br>Lunge up and lift R knee. <i>HOH</i>                                                                                                                                                                                                                                                                                   | 1-12<br>13-14<br>15-16<br>Rep 4x                                                                           |
| C     | 'I <u>like</u> it, I love it...' | 4x8 | A Repeat Squat Tap Sequence R                                                                                                                                                                                                                                                                                                                                                                                     | 1-8<br>Rep 4x                                                                                              |
|       | 'I <u>like</u> it, I love it...' | 3x8 | A <sup>1</sup> Continue Squat Tap Sequence R, but increase ROM and let the L foot hover above the step on cts 2 & 6                                                                                                                                                                                                                                                                                               | 1-8<br>Rep 3x                                                                                              |
|       | '...I can't...'                  | 1x8 | B Repeat Preparation R                                                                                                                                                                                                                                                                                                                                                                                            | 1-8                                                                                                        |
| V2    | ' <u>Bring</u> the...'           | 8x8 | C Repeat Lunge Sequence R                                                                                                                                                                                                                                                                                                                                                                                         | 1-16<br>Rep 4x                                                                                             |
| C     | 'I <u>like</u> it, I love it...' | 8x8 | A <sup>1</sup> Repeat increased ROM Squat Tap Sequence R                                                                                                                                                                                                                                                                                                                                                          | 1-8<br>Rep 8x                                                                                              |

|       |                                         |     |                                                                                                                                                                                                                                                                                              |                                               |                                          |
|-------|-----------------------------------------|-----|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------|------------------------------------------|
| Instr | (Quiet)                                 | 4x8 | Both feet on the step. Squat down, up, down. <i>HOH</i><br>Squat up and step L foot across to the L. <i>HOH</i><br>Squat down, up, down. <i>HOH</i><br>Squat up and step R foot to the L foot. <i>HOH</i><br>Squat down, up 2x. <i>HOH</i><br>Step L foot B and prepare to Lunge. <i>HOH</i> | 1-6<br>7-8<br>9-14<br>15-16<br>17-24<br>25-32 |                                          |
| V3    | <b><u>Bring</u></b> the...'             | 8x8 | C Repeat Lunge Sequence L                                                                                                                                                                                                                                                                    | 1-16                                          | <b>Rep 4x</b>                            |
| C     | 'I <b><u>like</u></b> it, I love it...' | 4x8 | A Repeat Squat Tap Sequence L                                                                                                                                                                                                                                                                | 1-8                                           | <b>Rep 4x</b>                            |
|       | 'I <b><u>like</u></b> it, I love it...' | 3x8 | A <sup>1</sup> Repeat Increased ROM Squat Tap Sequence L                                                                                                                                                                                                                                     | 1-8                                           | <b>Rep 3x</b>                            |
|       | '...I can't...'                         | 1x8 | B Repeat Preparation to Lunge L                                                                                                                                                                                                                                                              | 1-8                                           |                                          |
| Rep   | 'I <b><u>like</u></b> it...'            | 8x8 | C Repeat Lunge Sequence L                                                                                                                                                                                                                                                                    | 1-16                                          | <b>Rep 4x</b>                            |
| C     | 'I <b><u>like</u></b> it, I love it...' | 8x8 | A <sup>1</sup> Repeat Increased ROM Squat Tap Sequence L                                                                                                                                                                                                                                     | 1-8                                           | <b>Rep 8x</b>                            |
| Outro | 'I <b><u>like</u></b> it...'            |     | Step L foot to the L side. <i>Thumbs up</i>                                                                                                                                                                                                                                                  | 1-2                                           | L foot on the floor, R foot on the step. |

Track Objective: Create seamless transitions by using timely pre-cues.

| Music | Sequence / Exercise          |       |                                                                                                                                                 | Tips & Cues                  |
|-------|------------------------------|-------|-------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------|
| Intro | 'Ten... nine...'             | 3x8   | Alt Kick L&R. RA                                                                                                                                | 1-8 Rep 3x                   |
|       | '...Instant...'              | 2x8   | Slowly travel Alt Kick F towards the middle of step. RA                                                                                         | 1-8 Rep 2x                   |
|       | '...Instant...'              | 4x8   | Alt Kick Straddle L&R. RA                                                                                                                       | 1-8 Rep 4x                   |
| V1    | '... You set my...'          | 4x8   | <b>3 Kick Repeater Straddle</b><br>3x Kick Repeater L. RA<br>Straddle down R, L. RA<br>Reverse                                                  | 1-6<br>7-8<br>9-16<br>Rep 2x |
|       | '... You keep me...'         | 2x8   | A Repeat Alt Kick Straddle L&R                                                                                                                  | 1-8 Rep 2x                   |
|       | '...And everything...'       | 2x8   | A <sup>1</sup> Alt Hamstring Curl Straddle L&R. <i>Natural Arms</i>                                                                             | 1-8 Rep 2x                   |
| Br    |                              | 1/2x8 | C Switch Curl L. <i>Scoop &amp; Clap</i>                                                                                                        | 1-4                          |
| C     | 'Instant replay...'          | 4x8   | C Alt Switch Curl R&L. <i>Scoop &amp; Clap</i>                                                                                                  | 1-8 Rep 4x                   |
|       | 'Instant replay...'          | 5x8   | <b>Switch and Shuffle Combo</b><br>Switch Curl R. <i>Scoop &amp; Clap</i><br>Feet apart, shuffle around the B of the step. <i>Fists on hips</i> | 1-4<br>5-8 Rep 5x            |
| Instr |                              | 4x8   | E March F&B R leg lead. RA                                                                                                                      | 1-8 Rep 4x                   |
| V2    | '...I feel so...'            | 4x8   | B Repeat 3 Kick Repeater Straddle R then L                                                                                                      | 1-16 Rep 2x                  |
|       | '...I just know...'          | 2x8   | A Repeat Alt Kick Straddle R&L                                                                                                                  | 1-8 Rep 2x                   |
|       | '...In every way...'         | 2x8   | A <sup>1</sup> Repeat Alt Hamstring Curl Straddle R&L                                                                                           | 1-8 Rep 2x                   |
| Br    |                              | 1/2x8 | C Repeat Switch Curl R                                                                                                                          | 1-4                          |
| C     | 'Instant replay...'          | 4x8   | C Alt Switch Curl L&R. <i>Scoop &amp; Clap</i>                                                                                                  | 1-8 Rep 4x                   |
|       | 'Instant replay...'          | 5x8   | D Repeat Switch & Shuffle Combo L                                                                                                               | 1-8 Rep 5x                   |
| Instr |                              | 4x8   | E Repeat March F&B L leg lead                                                                                                                   | 1-8 Rep 4x                   |
| C     | 'Instant replay...'          | 4x8   | B Repeat 3 Kick Repeater Straddle L then R                                                                                                      | 1-16 Rep 2x                  |
|       | 'Instant replay...'          | 1x8   | A Repeat Alt Kick Straddle L&R                                                                                                                  | 1-8                          |
|       | 'I can't <b>stand</b> it...' | 1x8   | A <sup>1</sup> Repeat Alt Hamstring Curl Straddle L&R                                                                                           | 1-8                          |
|       | 'Got to <b>have</b> ...'     | 4x8   | C Repeat Alt Switch Curl L&R                                                                                                                    | 1-8 Rep 4x                   |
| Outro |                              |       | Create your own finalé                                                                                                                          |                              |

**Track Objective:** New move, stay light on your feet, land on a soft knee.

| Music | Sequence / Exercise                                                                                              |                   | Tips & Cues                                                                                                      |
|-------|------------------------------------------------------------------------------------------------------------------|-------------------|------------------------------------------------------------------------------------------------------------------|
| Intro | 4x8 A March OTS R, L. <i>RA</i>                                                                                  | 1-4 Rep 8x        | Stay close to the step.                                                                                          |
|       | 1x8 B Jog OTS R, L. <i>RA</i>                                                                                    | 1-2 Rep 4x        |                                                                                                                  |
|       | 3x8 B <sup>1</sup> Continue Jog, turn to face the step R, L                                                      | 1-2 Rep 12x       |  4x Jog on top on last 8 cts.   |
| V1    | 8x8 <b>4x Jog on Top</b><br>C Jog on top of step R, L, R, L. <i>RA</i><br>Jog on the floor R, L, R, L. <i>RA</i> | 1-4<br>5-8 Rep 8x |                                                                                                                  |
| PC    | 4x8 D Basic Speed Step R. <i>RA</i>                                                                              | 1-4 Rep 8x        |                                                                                                                  |
|       | 4x8 C Repeat 4x Jog on Top R                                                                                     | 1-8 Rep 4x        |                                                                                                                  |
| Br    | 1x8 B <sup>2</sup> Jog on the floor, turn to face front. R, L <i>RA</i>                                          | 1-2 Rep 4x        |                                                                                                                  |
|       | 1x8 A Repeat March OTS R, L.                                                                                     | 1-4 Rep 2x        |                                                                                                                  |
| QC    | 5x8 <b>Lifestyles of the...</b><br>Slow Step OTT R&L. <i>Natural Arms</i>                                        | 1-16 Rep 2½x      | Lift L knee on cts 7&8 lift R knee on cts 15&16.                                                                 |
| C     | 8x8 <b>Lifestyles of the...</b><br>Speed OTT L&R. <i>RA</i>                                                      | 1-8 Rep 8x        | Lift R knee on cts 3&4 lift L knee on cts 7&8.                                                                   |
| Ref   | 4x8 A Repeat March OTS, L, R                                                                                     | 1-4 Rep 8x        |                                                                                                                  |
|       | 2x8 B Repeat Jog OTS L, R                                                                                        | 1-2 Rep 8x        |                                                                                                                  |
|       | 2x8 B <sup>1</sup> Repeat Jog OTS, turn to face the step L, R                                                    | 1-2 Rep 8x        |  4x Jog on Top on last 8 cts. |
| V2    | 8x8 C Repeat 4x Jog on Top L                                                                                     | 1-8 Rep 8x        |                                                                                                                  |
| PC    | 4x8 '...I'd like to see them...' <i>Speed Step</i>                                                               | 1-4 Rep 8x        |                                                                                                                  |
|       | 4x8 C Repeat 4x Jog on Top L                                                                                     | 1-8 Rep 4x        |                                                                                                                  |
| Br    | 2x8 B <sup>2</sup> Repeat Jog on the floor, turn to face front L, R                                              | 1-2 Rep 8x        |  Speed OTT on last 8 cts.     |
| C     | 16x8 <b>Lifestyles of the...</b><br>Repeat Speed OTT L&R                                                         | 1-8 Rep 16x       | Build ROM and intensity.                                                                                         |
| Outro | 2½x8 B Repeat Jog OTS L, R<br>Jump in the air                                                                    | 1-2 Rep 10x<br>1  | Lift knees higher.                                                                                               |

**Track Objective:** Observe and teach class correct body angles and positions in the Repeaters and Squats.

| Music        | Sequence / Exercise |                |                                                                                                                                                                      | Tips & Cues                                                                                                 |
|--------------|---------------------|----------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------|
| Intro        | 4x8                 | A              | Alt Down Tap L&R. HOH                                                                                                                                                | 1-4 Rep 8x<br>Lightly tap the floor with toes.                                                              |
| C            | 4x8                 |                | Alt Down Tap L&R. Natural Arms<br>Double Down Tap L. Natural Arms<br>Reverse                                                                                         | 1-4<br>5-8<br>9-16 Rep 2x                                                                                   |
|              | 4x8                 | B              | <b>Tap Combo</b><br>Alt Propulsive Down Tap L&R. Single Punch O/H L, R<br>Double Knee Repeater L. Reach both arms O/H and pull down 2x<br>Reverse                    | 1-4<br>5-8<br>9-16 Rep 2x                                                                                   |
| Instr (Riff) | 4x8                 | C              | Step OTT L&R. Reach both O/H and pull down                                                                                                                           | 1-8 Rep 4x                                                                                                  |
| (Quiet)      | 2x8                 | A              | Repeat Alt Down Tap L&R                                                                                                                                              | 1-4 Rep 4x<br>Prepare class for the 6x Knee Repeater.                                                       |
| V1           | 8x8                 | D              | <b>Repeater Combo</b><br>6x Repeater Knee Lift L. RA<br>Hold L foot on the floor and squat 2x. Hands to thighs<br>Propel to face L diagonal. Natural Arms<br>Reverse | 1-12<br>13-15<br>16<br>17-32 Rep 2x<br>R foot on step. Face R diagonal.<br>L foot on step. Face L diagonal. |
| C            | 2x8                 | A <sup>1</sup> | Alt Propulsive Down Tap L&R. Alt Punch O/H                                                                                                                           | 1-4 Rep 4x                                                                                                  |
|              | 2x8                 | A <sup>2</sup> | Double Knee Lift Repeater L&R. Reach both O/H and pull down                                                                                                          | 1-8 Rep 2x                                                                                                  |
|              | 4x8                 | B              | Repeat Tap Combo L then R                                                                                                                                            | 1-16 Rep 2x                                                                                                 |
| Instr (Riff) | 4x8                 | C              | Repeat Step OTT L&R                                                                                                                                                  | 1-8 Rep 4x                                                                                                  |
| (Quiet)      | 2x8                 | A              | Repeat Alt Down Tap L&R                                                                                                                                              | 1-4 Rep 4x<br>Prepare class for the 6x Knee Repeater.                                                       |
| V2           | 8x8                 | D              | Repeat Repeater Combo L then R                                                                                                                                       | 1-32 Rep 2x                                                                                                 |
| C            | 2x8                 | A <sup>1</sup> | Repeat Alt Propulsive Down Tap L&R                                                                                                                                   | 1-4 Rep 4x                                                                                                  |
|              | 2x8                 | A <sup>2</sup> | Repeat Double Knee Lift Repeater L&R                                                                                                                                 | 1-8 Rep 2x                                                                                                  |
|              | 4x8                 | B              | Repeat Tap Combo L then R                                                                                                                                            | 1-16 Rep 2x                                                                                                 |

|       |                                 |     |                   |                                                                                             |                        |        |                                          |
|-------|---------------------------------|-----|-------------------|---------------------------------------------------------------------------------------------|------------------------|--------|------------------------------------------|
| Instr | (Riff)                          | 4x8 | C                 | Repeat Step OTT L&R                                                                         | 1-8                    | Rep 4x |                                          |
|       | (Piano)                         | 4x8 |                   | 4x Slow Squat L. <i>Hands clasped F</i><br>Step L foot onto the step. <i>HOH</i><br>Reverse | 1-14<br>15-16<br>17-32 |        | L foot on the floor, R foot on the step. |
| Rep   | <u>'Whoomph... pow...'</u>      | 4x8 | E                 | Double Squat L then R. <i>Hands to thighs</i>                                               | 1-8                    | Rep 4x |                                          |
| C     | <u>'Whoomph</u> there it is...' | 2x8 | A <sup>1</sup>    | Repeat Alt Propulsive Down Tap L&R                                                          | 1-4                    | Rep 4x |                                          |
|       | <u>'Whoomph</u> there it is...' | 2x8 | E                 | Repeat Double Squat L then R                                                                | 1-8                    | Rep 2x |                                          |
|       | <u>'Whoomph</u> there it is...' | 4x8 | A <sup>1</sup> +E | Repeat Alt Propulsive Down Tap L&R<br>Double Squat L<br>Reverse                             | 1-4<br>5-8<br>9-16     | Rep 2x |                                          |
| Instr | (Riff)                          | 4x8 | C                 | Repeat Step OTT L&R                                                                         | 1-8                    | Rep 4x |                                          |
| C     | <u>'Whoomph</u> there it is...' | 4x8 | E                 | Repeat Double Squat L then R                                                                | 1-8                    | Rep 4x |                                          |
|       | <u>'Whoomph</u> there it is...' | 4x8 | E <sup>1</sup>    | Single Squat L&R. <i>Hands to thighs</i>                                                    | 1-4                    | Rep 8x |                                          |
| Outro |                                 | 1x8 |                   | Squat L and hold. <i>Hands on thighs</i><br>Slowly roll body up to stand upright            | 1-2<br>3-8             |        | L foot on the floor, R foot on the step. |

**Track Objective:** New move, the 'Crawl'. Monitor class and offer options when needed.

| Music | Sequence / Exercise                                                                                                                                                                              | Tips & Cues                                                                                               |
|-------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Intro | 4x8<br>Squat Tap L 2x. <i>Natural Arms</i><br>Stand on top of the step. <i>Natural Arms</i><br>Reverse                                                                                           | 1-7<br>8<br>9-16<br><b>Rep 2x</b>                                                                         |
| C     | 'Don't be <u>fooled</u> ...' 8x8<br>Continue Squat Taps. <i>Clap hands 2x on cts 8 &amp; 16</i>                                                                                                  | 1-16<br><b>Rep 4x</b>                                                                                     |
| Instr | 4x8<br>Step L foot onto the floor. <i>Hold L arm out to L side</i><br>Step R foot onto the floor. <i>Hold R arm out to R side</i><br>Transition to the floor                                     | 1-4<br>5-8<br>9-32<br><br>Stand on L side of step.<br>Prepare for Tricep Pushups.                         |
| V1    | 'Do you <u>think</u> ...' 4x8<br>A 2/2 Tricep Pushups                                                                                                                                            | 1-8<br><b>Rep 4x</b><br><br>Offer options for Pushups.                                                    |
| C     | 'Don't be <u>fooled</u> ...' 8x8<br><b>Tricep and Crawl Combo</b><br>B 2x Single Tricep Pushup<br>Crawl down to L elbow<br>Crawl down to R elbow<br>Step up onto L hand<br>Step up onto R hand   | 1-8<br>9-10<br>11-12<br>13-14<br>15-16<br><b>Rep 4x</b><br><br><b>Option:</b> Hips up for Tricep Pushups. |
| V2    | 'I'm down to <u>earth</u> ...' 4x8<br>A Repeat 2/2 Tricep Pushups                                                                                                                                | 1-8<br><b>Rep 4x</b>                                                                                      |
| C     | 'Don't be <u>fooled</u> ...' 8x8<br>B Repeat Tricep & Crawl Combo                                                                                                                                | 1-16<br><b>Rep 4x</b>                                                                                     |
| Instr | 4x8<br>Release B<br>Transition, prepare for abdominal work                                                                                                                                       | 1-8<br>9-32<br><br>Heels onto the step, lie B, buttocks closer to step.                                   |
| V3    | 'Do you <u>think</u> ...' 4x8<br>C 2/2 Basic Crunch                                                                                                                                              | 1-8<br><b>Rep 4x</b>                                                                                      |
| C     | 'Don't be <u>fooled</u> ...' 8x8<br><b>Rope Climb Combo</b><br>D 2x Single Basic Crunch<br><i>Climb L arm F</i><br><i>Climb R arm higher</i><br><i>Climb L arm higher</i><br><i>Release down</i> | 1-8<br>9-10<br>11-12<br>13-14<br>15-16<br><b>Rep 4x</b>                                                   |

|       |                                |                                                                                                                                                                                                                   |                                |                                                                             |                                              |                                      |
|-------|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------|-----------------------------------------------------------------------------|----------------------------------------------|--------------------------------------|
| Instr | 8x8                            | <b>Reverse Crunch Sequence</b><br>E Drag heels in towards buttocks. <i>Arms at sides</i><br>Lift knees toward the ceiling, tailbone lifts<br>Lower tail bone down to the floor<br>Press heels F and over the step |                                |                                                                             | 1-4<br>5-8<br>9-12<br>13-16<br><b>Rep 4x</b> | Keep knees bent.                     |
| V4    | 'I'm down to <b>earth</b> ...' | 4x8                                                                                                                                                                                                               | C                              | Repeat 2/2 Basic Crunch                                                     | 1-8<br><b>Rep 4x</b>                         |                                      |
| C     | 'Don't be <b>fooled</b> ...'   | 8x8                                                                                                                                                                                                               | D                              | Repeat Rope Climb Combo                                                     | 1-16<br><b>Rep 4x</b>                        | Climb with the R hand first.         |
| Instr | 8x8                            | E                                                                                                                                                                                                                 | Repeat Reverse Crunch Sequence |                                                                             | 1-16<br><b>Rep 4x</b>                        | <b>Option:</b> Hands remain by head. |
| QC    | 'Don't be <b>fooled</b> ...'   | 4x8                                                                                                                                                                                                               |                                | 2/2 Oblique Curl L then R                                                   | 1-16<br><b>Rep 2x</b>                        |                                      |
| C     | 'Don't be <b>fooled</b> ...'   | 8x8                                                                                                                                                                                                               | D <sup>1</sup>                 | 1x 2/2 Oblique Curl L<br>1x <i>Rope Climb using L hand first</i><br>Reverse | 1-8<br>9-16<br>17-32<br><b>Rep 2x</b>        |                                      |
|       | 'Don't be <b>fooled</b> ...'   | 4x8                                                                                                                                                                                                               |                                | Pulse Crunch. <i>Hold hands F, outside of knees</i>                         | 1-2<br><b>Rep 16x</b>                        |                                      |
| Outro | 1/2x8                          |                                                                                                                                                                                                                   |                                | Hold Crunch up to finish                                                    | 1-4                                          |                                      |

# ► 12

## Cooldown / Stretch

### Big Yellow Taxi

~Counting Crows feat. Vanessa Carlton

3:50 mins

Height:

**Track Objective:** Complete the full body workout with some gentle stretches.

| Music  | Sequence / Exercise                                                                                                                                                                                                   | Tips & Cues                                                                       |
|--------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| Intro  | 4x8<br>Lower knees to the R<br>Gently roll over<br>Slowly stand and move close to the L side of the step<br>Place R foot onto the step                                                                                | 1-8<br>9-16<br>17-28<br>29-32<br>Knees drop over to the B of the step.            |
| V1     | 2x8<br>2x8<br>A Cross L leg in front of R leg. <i>R bent arm O/H</i><br>B Step L foot onto the floor towards B of step<br>Hold L Calf Stretch. <i>R arm across body to Stretch R Shoulder</i>                         | Push R hip to the R to stretch R Iliotibial Band.<br>L leg straight, R knee bent. |
| C      | 1½x8<br>C Move L foot in closer to Stretch L Achilles. <i>Hands to thighs</i>                                                                                                                                         | Sit into the L leg.                                                               |
| V2     | 2x8<br>2x8<br>A¹ Cross L leg behind R leg, repeat Iliotibial Band Stretch to the L<br>B Repeat Calf Stretch to the R. <i>L Shoulder Stretch</i>                                                                       |                                                                                   |
| C      | 1½x8<br>C Repeat Achilles Stretch to the R                                                                                                                                                                            |                                                                                   |
| Instr  | 3x8<br>D L Quadricep Stretch, hold L foot B. <i>R arm out to the side</i><br><i>Lift R arm O/H</i>                                                                                                                    | R foot on floor to the R side of the step.                                        |
| Ref    | 3½x8<br>E Place L foot onto the step. <i>Lower R arm F</i><br>L Hamstring Stretch. <i>Hands to thighs, sweep L foot over step</i>                                                                                     |                                                                                   |
| C      | 2x8<br>F Swivel to face L<br>Lift R heel and sink lower to stretch R Hip Flexor. <i>HOH</i>                                                                                                                           | Both feet on floor, straddle the step.                                            |
|        | ½x8<br>G Swivel to face front                                                                                                                                                                                         | Feet straddle the step.                                                           |
| Instr  | 3x8<br>D Repeat Quadricep Stretch to the R                                                                                                                                                                            |                                                                                   |
| Ref    | 3½x8<br>E Repeat Hamstring Stretch to the R                                                                                                                                                                           |                                                                                   |
|        | 2x8<br>F Repeat Swivel R & Hip Flexor Stretch to the L                                                                                                                                                                |                                                                                   |
|        | ½x8<br>G Repeat Swivel to face front                                                                                                                                                                                  |                                                                                   |
| Rep    | 2x8<br>4x8<br>'Why you wanna...'<br>'Why you wanna...'<br>Squat Tap L&R, light Twist L&R. <i>Arms bent to shoulder level</i><br>H Lunge L to Stretch R Adductor. <i>R hand to step</i><br>H Repeat Adductor Stretch L | 1-4<br>1-16<br>17-32<br><b>Rep 4x</b>                                             |
| Instr  | 1x8<br>Gently stand tall<br>March F to the front of step                                                                                                                                                              | 1-4<br>5-8                                                                        |
|        | 2x8<br>Feet together. <i>R Tricep Stretch</i><br><i>L Tricep Stretch</i>                                                                                                                                              | 1-8<br>9-16                                                                       |
| (Fade) | 1x8<br>Breathe in. <i>Raise arms O/H</i><br>Breathe out. <i>Slowly lower arms down</i>                                                                                                                                | 1-4<br>5-8                                                                        |