

DANCE #LIKENINA

LES MILLS BODYJAM

BONUS RELEASE

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09. HIP HOP

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11. HIP HOP

MUSIC AND CREDITS

Hey instructors, we'd love your feedback on our new notes! Click here to fill out a quick survey https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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01. WARMUP

MONSTER 3:37mins

TRACK FOCUS

What a banger to kick off this special collabo. Keep your coaching simple and clear to set up the space that's going to simmer through the whole workout, and then your class will be able to connect to those powerful intro drops.

	Music		Exercise	REPS	LEVEL
0:07	(Low Synth)	1½x8	Wide Hip Walk L, R <i>"Move hips side-to-side"</i>	6	Blue
0:14	Yeah!	4x8	Hip Shift Combo Wide Hip Walk L, R x2 Add Wide Hip Walk L, R x2 with Down Shoulder Bounce <i>"Bounce your shoulders down on the beat."</i>	4	
0:34	I been hungry like	4x8	Add Elbow Stack <i>"Arms up."</i> Add Elbow Stack to Shoulder Bounce Add Hands To Hips <i>"Hands down."</i> Add HOH to Shoulder Bounce	2	
0:54	Reload! _	4x8	Up Knee Knee lift R, L x2 Hip Bump L, R with HOH x2 <i>"Pick up your left knee."</i>	4	Blue
1:13	_ I'm a monster	4x8	Add Fist Throw-down	4	Red
1:33	_ Blood on the floor	2x8	Chest Isolation Chest Pop B&F <i>"Close your chest."</i>	8	Blue
1:43	_ I just want to	2x8	Add Chest B, R, F, L <i>"Hit all four sides."</i>	4	Yellow
1:53	(Synth blast)	2x8	Add Chest Circle R to L <i>"Round... and round."</i>	4	
2:03	_ (I'm a monster)	2x8	Add Chest Circle L to R <i>"Switch."</i>	4	
2:13	I been hungry like	2x8	Hip Bump Bump hip B with feet wide. <i>"Push your hips to the back."</i>	16	Yellow
2:23	Get too close.	2x8	Stomp L Stomp L foot with hip roll back to front. <i>"Stomp your right leg."</i>	8	
2:33	Reload! _	2x8	Add fast stomp L around in a circle Add R arm to diagonal with palm flexed & L HOH	16	
2:43	(Beat and Synth)	2x8	Stomp R Add fast stomp R around in a circle Add L arm to diagonal with palm flexed & L HOH <i>"Switch"</i>	16	Red
2:53	_ I'm a monster	4x8	Up Knee	4	Yellow
3:12	(Keyboard)	4x8	Hip Shift Combo	2	Yellow
3:32	(Quiet)	1x8	Breathe arms wide to OH		Blue



02. DEEP HOUSE

TOUCH ME 4:38mins

TRACK FOCUS

This deep house ride sets the tone, upping the complexity without overdoing it. Keep your technique sharp on the arm combo, bouncy on the Back Steps and find the freedom with all those stutters forward.

	Music		Exercise	REPS	LEVEL
0:00	Touch me	4x8	Back Step L Step back wide L, R Step forward together L, R "Step backwards, and then feet together."	8	Blue
0:15	Touch me	4x8	Back Step R Add: House bounce feel "Switch sides."	8	
0:31	Touch me, deeply	8x8	Freeze The Arm R Setup Wide walk R with R hand behind head, elbow wide (2cts) "Watch how high my elbow goes." Wide walk L with R hand to forehead, elbow across (2cts) Wide walk R with R hand slide across face elbow wide (2cts) "Slide the hand across your face." Wide walk L with R hand throw down F (2cts) Hip roll R to L with swizzle R hand x4 "Roll your hips."	4	Blue
1:01	(B/up)	12x8	Add: Double time (NB: only two hip rolls with swizzle hands) Back Step R x2	6	
Stutter Step'n Walk R Setup					
1:48	(Gritty synth)	8x8	Wide Drop forward R, L with heel lift L, R x4 "Drop into your heel." Walk back R, L (NB: Last count, step wide L)	4	Blue
Freeze The Arm L Setup					
2:19	Touch me, deeply	8x8	Repeat setup Freeze The Arm on L side	4	Red
2:50	(B/up)	12x8	Add: Double time Back Step L x2 "How strong can you make it? FREEZE your technique."	6	
Freeze The Arms Setup					
3:36	(Spacey Synth)	8x8	Continue wide-walk L and hip roll L to R Add: Double Arms "Both arms, together!" Back Step L x2	4	Red
4:07	Touch me	8x8	Stutter Step'n Walk L Add: combo leading with the left.	4	



03. BANGER NUMBER 1

EXTRAORDINARY 3:41mins

TRACK FOCUS

Annnnnddddd herrrrrrre we go... We take the energy up a million notches, with simple dramatic arms sweeps, and uber fun bounce in your butt. Make sure you tell your class they don't have to jump if they don't want to, then let the Big Room vibes light the floor up.

Music		Exercise		REPS	LEVEL
Reach & Wrap Setup					
0:00	Reach, for me	12x8	Slow step with lean and reach L "Reach, out." Slice L arm across with contraction to R, palm faces up "Fold your body." Hip-rock R, L x4 with arm drizzle "Wrap and drizzle." Repeat R. (Last 4cts: preview 'Pump It Up' R, L)	3	Blue
0:46	are extraordinary!	2x8	Willy Bounce L, R with arm pump R, L "Let your booty bounce."	4	
Willy Bounce Jump Setup					
0:54	(B/up)	6x8	Willy Bounce Jump L, R Turn L "Single turn to the side." Repeat R (Last rep: Preview 'Jump Turn')	3	Red
1:17	are extraordinary	4x8	Add: Jump Turn "If you want to Jump... Swing your arms above your head!"	2	
1:33	(Synth & Beat)	8x8	Stutter Step'n Walk L	4	
2:04	Stay, with me	4x8	Reach & Wrap	1	Blue
2:19	all extraordinary	4x8	Add: Double time	2	Yellow
2:35	all extraordinary!	2x8	Willy Bounce Jump L, R with Arm Pump R, L "Pump it."	4	Gold
2:42	(B/up)	10x8	Jump Turn "Swing your arms and lift your knees."	5	Red
3:21	(Synth & Beat)	4x8	Stutter Step'n Walk L	2	Gold
3:37	are extraordinary		Feet wide to finish		



04. HIP HOP

MURDER 3:40mins

TRACK FOCUS

Take the dark electro feels and use them to set-up the Diagonal Kick with precision and clarity. Use simple, descriptive cues to help your peoples nail the Double Grab, and when you wrap the hand on the face, go full swag, and tell your class they can put the hands anywhere.

Music		Exercise		REPS	LEVEL
Diagonal Kick Setup					
0:01	(Synth hit)	4x8	Jump L leg in, kick R leg across and low (2cts), step feet wide (6cts). "Kick. Hop the leg under the body."	4	
0:19	(Synth rhythm)	4x8	Add: diagonal arm slice "Open." Add: reach R arm OH "Reach." Add: squat with floor wipe "Scrape the floor."	4	
Double Grab Setup					
0:38	(Beat and synth)	6x8	Stomp L with R grab, slide L with head wrap, Repeat R walk B L, R x2. "Sharp and smooth."	6	
1:07	(B/up)	10x8	Double Grab Diagonal Kick Add: R hand over mouth, L arm F Wide walk B L, R x2 Walk OTS L, R x2 "Hands where you like"	5	
1:54	(Quiet)	2x8	Slow Double Grab (8cts) Slow Diagonal Kick (8cts) "Suuuper slow."	1	
Shoulder Swag Setup					
2:04	(Synth and claps)	4x8	Wide walk B L, R with R hand over mouth, L arm F x2 Wide walk B L, R with arm scoop R, L x2 "Turn your body and scoop across."	4	
2:23	(Beat and synth)	8x8	Double Grab Diagonal Kick Shoulder Swag back Double Grab, Kick "5... and 7, 8."	4	
Twist Setup					
3:02	(Pops)	4x8	Twist (2cts) Jump wide, Hold. "Turn hips from side, to side." (Last rep: preview jump to side.)	4	
3:21	(Pops and hi-hat)	4x8	Add: jump to L side Add: walk OTS L, R to turn to front "Jump to the side"	4	



05. HIP HOP MACHINE 2:54mins

TRACK FOCUS

Let your voice ride the contrast, low and smooth when setting up the Lean Back then play it way up in the Slap-Slap Back. Role-model clean lines and strong footwork to show precisely what your class should be hitting as you put the two combos together.

Music		Exercise		REPS	LEVEL
Lean Back Setup					
0:01	You want to	4x8	Lean with L foot back and arm ripple out “Lean back with open arms.” Lift R heel to face L side with arm wrap L, “Your right arm on top.”	4	
0:19	We used to	5x8	Add: Turn torso to back	5	
Slap-Slap Back Setup					
0:43	(B/up)	9x8	Step F L, R, with shoulder slap L, R from opposite arm, “Slap your shoulder.” Straight-legged bounce back “It’s all in the hips”	9	
1:27	We used to be,	4x8	Twist Lean Back Slap-Slap Back	2	
1:46	_ Wanna go to	4x8	Step touch L, R	8	
2:05	(B/up)	10x8	Twist Lean Back Slap-Slap Back	5	



06. HIP HOP

YOU CAN FEEL THE FORCE 5:13mins

TRACK FOCUS

As we start to put it together the music turns dark, gritty, more anthemic. Pre-cue all of the combos repeatedly so your class can get confident, then as the music fades mid-way, chill your voice and setup the Throw It Up slow, simple and clear. Oh yeah and then the final drop, Double Jump, leesssssgeeeehhhddittttt....

Music		Exercise		REPS	LEVEL
0:00	_ Hey	4x8	Double Grab Diagonal Kick Shoulder Swag Back Twist Lean Back Slap-Slap Back "Put it together."	1	
Shoulder Roll Setup					
0:20	Hip hop! _	2x8	Feet wide with shoulder roll B R, L with lean L, R "Just your shoulders."	8	
0:30	the call sign	2x8	Add: Toe Tap in.	8	
0:41	peel off, you	12x8	Double Grab Diagonal Kick Shoulder Swag Twist Lean Back Slap-Slap Back	3	
1:41	Whatever!	2x8	Drop B with L foot B, R knee lift and tap "Drop all of the weight into your back leg."	16	
1:51	(Beat and hits)	2x8	Repeat: R "Heavy in the back leg."	16	
Throw It Up Setup					
2:01	Whatever!	2x8	Half-time lean B with L foot B, R knee lift and tap "Slow it down, you don't need to lift your leg so high."	8	
2:11	(Quiet synth)	8x8	Add: double arm throw OH "Throw it away... Aggressive." Add: R hand tap L heel, clap, tap L heel "Get Low"	8	
Shoulder Roll Setup cont.					
2:51	(Synth)	2x8	Feet wide with shoulder roll B R, L with lean L, R	8	
3:01	(Building synth)	2x8	Add: Toe Tap in.	8	
3:11	(Muffled vocals)	12x8	Throw It Up Add: Double time. Shoulder Roll R, L x2 Walk OTS L, R x4 (Last rep: Preview the double jump.)	6	
Double Jump Setup					
4:12	(Heavy Beat)	8x8	Double jump with feet under hips, then split legs L, R "Feet together, and out." Chest Circle R to L, chest facing R cnr	8	
Back-Front Tap & Wave Setup					
4:53	Whatever!	4x8	Tap L foot behind, side, front, side "Keep it small, and tight."	8	



07. HIP HOP

BOLLYWOOD STUNNA 2:29mins

TRACK FOCUS

This track is super great cause it’s full of space in every sense of the word. Use the room, walk back far, wander around when your traveling. AND then there is all this space in the choreography where you can be yourself, feel something else. Heaps of room for play, un-stress your class, find some fun, everybody smile, before we get serious crazy again.

	Music		Exercise	REPS	LEVEL
0:00	(Claps and Sitar)	8x8	(Continues from previous track) Tap L foot behind, side, front, jump to face L Palm push, Body Wave Walk backwards (facing L) L, R, x2 with palms up Walk F L, R, x2 (to face front) “3, 2, 1, jump, wave...”	4	
0:36	(Beat and spacey synth)	12x8	Add: double time tap Add: shimmy Walk free L, R, x2	6	
			Four Taps		
1:33	(Quiet)	4x8	Four taps L wide, drag R foot in, Walk OTS R, L x2 Repeat R. “Four taps”	2	
1:51	(Beat and spacey synth)	8x8	Add: Lean and 4x ascending ‘Six60’ Hands	4	



08. HIP HOP

4U 4:06mins

TRACK FOCUS

This track is all about suspense... Talk your class through the combos, then they've got time to simmer with that info before they dance the bejesus outta it. Use the space to pre-cue your class and layer a foundation of confidence before we hit breakout.

	Music		Exercise	REPS	LEVEL
0:00	(Keyboard)	4x8	Walk OTS L, R (Preview upcoming routine)	16	
0:18	(Synth and pops)	4x8	Throw It Up Shoulder Roll Double Jump Back-Front Tap & Wave Four Taps	6	
0:36	(Synth and beat)	4x8	Walk OTS L, R	16	
0:54	_ Fire	4x8	Throw It Up Shoulder Roll Double Jump Back-Front Tap & Wave Four Taps	1	
1:13	(B/up)	4x8	Walk OTS L, R	16	
1:31	(Heavy beat)	8x8	Throw It Up Shoulder Roll Double Jump Back-Front Tap & Wave Four Taps	2	
2:08	(Keyboard)	4x8	Walk OTS L, R (Preview: second half of DANCE #LIKENINA Combo)	16	
2:26	(Synth and beat)	8x8	DANCE #LIKENINA Combo Setup Throw It Up Shoulder Roll Double Jump Back-Front Tap & Wave Four Taps Double Grab Diagonal Kick Shoulder Swag Twist Lean Back Slap-Slap		
3:02	(B/up)	4x8	Walk OTS L, R	16	
3:21	(Bass & synth droplets)	8x8	DANCE #LIKENINA Combo	1	
3:57	get off the	2x8	Walk OTS L, R	8	



09. HIP HOP

TWO ZERO 3:16mins

TRACK FOCUS

Use the repetition of this track to smash up the cardio and get deep into the choreography. Take this time to polish the technique, and look for ways to move your class even deeper into the movement.

	Music		Exercise	REPS	LEVEL
0:00	ready , get ready	2x8	Walk OTS L, R	8	
0:08	(Bassy synth)	24x8	DANCE #LIKENINA Combo	3	
2:00	(Build)	4x8	Walk OTS L, R	16	
2:18	_ I'm a mess but	8x8	DANCE #LIKENINA Combo	1	
2:55	(Beat)	4x8	Step touch L, R	8	
3:13	(Crossfade)	½x8	Back Step L	1	



10. BANGER NUMBER 2

APEX 2:56mins

TRACK FOCUS

Switch up!! Change the feel, change the game. Bring back all the combos from the start of the class to some bangin new bangers, making it sharp, keeping it bouncy, and most importantly, playing with the high energy feels to the end of the class.

Music		Exercise		REPS	LEVEL
0:00	(Beat)	4x8	(from previous track) Back Step L "Remember this?"	8	
0:14	(Wobbly synth)	4x8	Freeze the Arm L Setup Wide walk L with L hand behind head, elbow wide (2cts) Wide walk R with L hand to forehead, elbow across (2cts) Wide walk L with L hand slide across face elbow wide (2cts) Wide walk R with L hand throw down F (2cts) Add: Hip roll L to R with swizzle hand x2 "Make it slow."	2	
0:29	(B/up)	4x8	Freeze The Arm L Add: Double time Back Step L x2 "Add a little back-back forward-forward."	16	
0:44	(Heavy beat)	8x8	Willy Bounce Jump Freeze The Arm L Back Step L x2	2	
1:14	(Low bass)	8x8	Stutter Step'n Walk L	4	
1:44	(Quiet)	4x8	Freeze The Arms Add: Half time Add: Hip roll L to R with swizzle hands x2	2	
1:59	(B/up)	4x8	Freeze The Arms Add: Double time Back Step L x2	2	
2:14	(Heavy beat)	8x8	Willy Bounce Jump Freeze The Arm L Back Step L x2	2	
2:44	(Synth wave)	1x8	Feet wide and breathe arms wide to OH.		



11. HIP HOP

ALL ME 3:23mins

TRACK FOCUS

Just when you thought it was over... Stretch the body out with some calm, ease everybody into a false sense of security, then BLAMMARANG, build the hype as the music grows, pre-cue your class back to Throw It Up, then... 5,6,7,8 Shut-up and Dance. We end it huge, we end it high, we end it #LIKE NINA

Music			Exercise	REPS	LEVEL
			(NB: there's a break between this and the last track!)		
0:00	(Ascending synth)	4x8	Wide Squat with elbows on thighs		
0:17	(Beat and clicks)	4x8	Wide legged forward fold		
0:35	(Synth blast)	1x8	Jump heels in (2cts) Roll up (6cts)		
0:40	(Build)	1x8	Rock hips L, R	4	
0:45	(B/up)	2x8	Walk OTS L, R	8	
0:54	(Wavey synth & beat)	8x8	DANCE #LIKENINA Combo		
1:31	(Beat and clicks)	4x8	Step touch L, R	8	
1:49	(Synth blast)	2x8	Feet wide, arms wide to OH, and drizzle down		
1:58	(Beat and clicks)	2x8	Rock hips L, R	8	
2:07	(B/up)	4x8	Step touch L, R	8	
2:26	(Wavey synth & beat)	8x8	DANCE #LIKENINA Combo	1	
3:02	(Synth wind)	2x8	Step touch L, R	4	
3:11	(Synth pops)	2x8	Rock hips L, R		
			Feet wide and breathe arms wide OH to finish.		



We’re going massive for the second time, with our next #LIKENINA workout. Together with Reebok and Nina Dobrev, an actress with 14 million Instagram followers, we’ve created an exclusive LES MILLS BODYJAM workout, that anyone can do. Featuring all the moves Nina loves, along with some of our favorites, this release gives everyone the chance to experience what LES MILLS BODYJAM is all about.

You can teach this workout from the 24th of September, a week before it goes live online to the public.

We’re giving this to you for free, to say thanks for all your hard work. The moves are simple and the workout is easy to teach - it’s all about the party vibe. Enjoy!

The LES MILLS BODYJAM team

CREDITS

Program Director – Gandalf Archer Mills

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Diana Archer Mills

Technical Consultant – Bryce Hastings & Andrew Newmarch

Production Coordinator – Alex Pugh

KEY

B	Back	F	Forward
L	Left	O/H	Over Head
OTS	On The Spot	R	Right
	This move features in the new move videos.		

Please note the color to represent the correct level of execution:

	BASE		FLAVA		BREAKOUT
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PRESENTERS

Gandalf “G” Archer Mills (New Zealand) is Program Director for BODYJAM. He is based in Auckland and has dedicated his life to dance, performance and teaching.

Rachael Newsham (New Zealand) is Program Director of SH’BAM and co-Program Director of BODYCOMBAT. She is based in Auckland.

Johnson Zhang (China) is a BODYJAM and BODYCOMBAT Trainer, BODYPUMP and RPM Instructor and a LES MILLS GRIT Series Coach. He lives in Dalian where he has his own gym.



MUSIC

WARMUP

- 1
- Monster** (3.37)

Slippy & Goja feat. Panther

© 2018 Monstercat.

Written by: Swartwout, Impellizzeri, Milanesi, Matumona

BANGER NUMBER 2

- 10
- Apex** (2.56)

Vicetone

© 2017 Monstercat.

Written by: Pool, Den Boer

DEEP HOUSE

- 2
- Touch Me** (4.38)

Candyland & Ricci

© 2016 Monstercat.

Written by: Martin, Ricci

HIP HOP

- 11
- All Me** (3.23)

Conro

© 2017 Monstercat.

Written by: Patton

BANGER NUMBER 1

- 3
- Extraordinary** (3.41)

Pegboard Nerds & Spyker feat. Elizaveta

© 2017 Monstercat.

Written by: Khripounova, Odden, Parsberg, Friis

HIP HOP

- 4
- Murder** (3.40)

Soulji

© 2018 Monstercat.

Written by: Soulji
- 5
- Machine** (2.54)

Bishu feat. Mister Blonde

© 2018 Monstercat.

Written by: Campbell, Sherman, Gabriel, Sands
- 6
- You Can Feel The Force** (5.13)

ArcherM_IIs

© 2018 DAM Music.

Written by: Archer Mills, Dyer, Hansen
- 7
- Bollywood Stunna** (2.29)

Reach

© 2017 Monstercat.

Written by: McKoy
- 8
- 4U** (4.06)

Aero Chord

© 2015 Monstercat.

Written by: Vlastaras
- 9
- Two Zero** (3.16)

ArcherM_IIs

© 2018 DAM Music.

Written by: Archer Mills, M Sanei



WE ARE THE LES MILLS TRIBE

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

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

Exercise is our global movement. Millions of us bind together every day to unite through sweat. Our movement shakes the world.

Music is our soul. It drives us, focuses us, gives us passion.

We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement. While honoring our heritage, we set course for the future. Looking to inspire, innovate, and create as much as humanly possible.

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

We are the Les Mills Tribe.

OUR DECLARATION OF INTENT

The Les Mills global family is made up of 17,500 fitness clubs, 130,000 instructors and millions of participants from 100 countries around the globe.

Separated by geography, religion, race, color and creed, we are united in our love of movement, music and the pursuit of healthy living, both for ourselves and our planet.

At Les Mills we believe in the dignity of each individual within our community and strive to respect the rights and freedoms of all.

In our choice of role models, music and movements we understand that different people and societies have different standards for dress, popular culture and dance.

We also know that what is considered appropriate in some contexts can be seen as inappropriate in others.

As a company that leads group fitness experiences for millions of people every day, we walk a fine line between delivering cutting-edge, innovative products and ensuring that accepted norms are upheld and respected.

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

We embrace open communication with our global family so differences of opinion can be expressed, and compromises reached.

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

