



LES MILLS DANCE **02**

MUSIC

01. WARM-UP

02. DANCE

03. 100

04. DANCE

05. DANCE

06. 100

07. DANCE

08. DANCE

09. 100

10. COOLDOWN

DECLARATION OF INTENT

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MUSIC

- 01

dashstar* (VIP) (2:17)

Knock2

© 2022 NIGHTMODE.
Written by: Singphiphat
- 02

dashstar* (Yellow Claw Trap Edit) (2:27)

Knock2

© 2022 NIGHTMODE.
Written by: Singphiphat
- 03

AM to PM (3:51)

Christina Milian

Courtesy of the Universal Music Group.
Written by: Winniberg, Flores, Karlsson
- 04

Smash! (4:58)

CHYL & Fahjah

© 2023 Dim Mak Records, Inc.
Written by: Maharajh, Shi
- 05

Satisfying (3:04)

Curbi

© 2021 Heldeep Records.
Written by: Curwen-Bingley
- 06

Muevelo (5:34)

Maldi

Courtesy of Les Mills Music Licensing Ltd.
Written by: Guerra, Matamalos
- 07

Booty Time (Yellow Claw & Stoltenhoff Remix) (3:58)

Aazar & Cesqueaux

© 2018 Barong Family.
Written by: Tuparia, Duvivier
- 08

Goodies (Knock2 Remix) (3:30)

Dillon Francis

Courtesy of the Universal Music Group.
Written by: Love, Garrett, Smith, Jefferson
- 09

Disconnect (2:38)

Becky Hill and Chase & Status

Courtesy of the Universal Music Group.
Written by: Poole, McIntosh, Makis, Hill, Kennard, Milton
- 10

Disconnect (2:03)

Becky Hill and Chase & Status

Courtesy of the Universal Music Group.
Written by: Poole, McIntosh, Makis, Hill, Kennard, Milton
- Happy** (4:35)

Yung Willis & Mr. Eazi

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Written by: Ajibade, Shekwoyemi, Collins



LES MILLS DANCE 02



Back Row, L-R: Kimi Holm, Andy Zhang, Dannielle Lally, Sami Nieschmidt, Summer Bradley, Yayoi Matches, Jake Pesquira
Front Row, L-R: Jamie Terrill, Sebastian Jaramillo, Marcus Zomphier, Bianca Ikinofu

LES MILLS DANCE 02 has landed and we are back in the iconic Studio One at Les Mills Auckland City in New Zealand.

This release is uplifting with lyrically driven choreography. You can look forward to a mix of nostalgic bangers and powerful beats. We challenge you to dive into the movement with curiosity; ask yourself where it comes from in your body? Each release offers an opportunity to grow as a dancer for both you and your participants. We hope you enjoy this one!

Bianca Ikinofu and Summer Bradley

PRESENTERS

- Andy Zhang** (China)
- Bianca Ikinofu** (New Zealand)
- Dannielle Lally** (New Zealand)
- Jamie Terrill** (United States)
- Jake Pesquira** (United States)
- Kimi Holm** (Finland)
- Marcus Zomphier** (United States)
- Sami Nieschmidt** (New Zealand)
- Yayoi Matches** (New Zealand)
- Sebastian Jaramillo** (Germany)
- Summer Bradley** (New Zealand)

CREDITS

- Creative Leads** – Bianca Ikinofu, Summer Bradley
- Creative Directors** – Diana Archer Mills, Gandalf Archer Mills
- Choreographers** – Kayla Paige, Riley Bourne
- Production Coordinator** – Sophie Anderson



EXPRESS FORMAT

30-MINUTE FORMAT

Track 01	Warm-up
Track 02	Dance
Track 03	100
Track 04	Dance
Track 05	Dance
Track 06	100
Track 10	Cooldown
Total Time	29:38

Please note: This 30-minute class format has been customized for this release.

KEY

B up	Build-up	OTS	On the spot
Intro	Introduction	cts	Counts
L	Left	R	Right
Instr	Instrumental	Outro	Last few bars of music
F&B	Forward and back	Mins	Minutes
HOH	Hands on hips	O/H	Over head
	Preview		

RELEASE FEEDBACK

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

TEACHING THIS RELEASE

How long should I teach the new release for?

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

GUIDELINES FOR TRACK SELECTION

- In the 45-minute class, you must always teach the Warm-up and Cooldown. Tracks 03, 06 and 09 are the Cardio tracks so you should also include these routines and try to mix up the styles and feels.
- As future releases are created, you may mix and match certain tracks from releases, but only like for like. This means a track must always be swapped with a track of the same number, so, for example, always replace a Track 03 with a Track 03, not anything else!

Think about the highs and lows, and the journey the playlist will create. You know your participants best and know that some will have a preference for one style or genre over others; so just use common sense when putting your playlist together. You will have more options to curate personalized classes as more releases of LES MILLS DANCE are created.



01. WARM-UP

DASHSTAR* 4:44mins

TRACK FOCUS

To warm up the body with three different movement patterns.

MUSIC		CTS		EXERCISE	REPS
0:08	Intro / _ Tell me where	16	A	Reach & Pull Squat & Lean L with Breath Arms up (4cts) Stand Up & Pull arms down (4cts) Repeat to R (8cts)	3x
0:31	PC / Get poppin' for	16	B	Lunge L Foot Tap B x4 with Hand Push (8cts) Repeat to R (8cts)	2x
0:46	Man, man, man_	16	B ¹	Lunge + Jump	6x
1:32	C / Get poppin' for	8	B ²	Lunge + Cut in half and drop lower	4x
1:47	V / _Tell me where	16	C	Low To High Scoop L & R arm low to O/H (8cts) Pop Chest and lower arms (8cts)	1x
1:55	Get poppin' for	8	C ¹	Low To High + Faster NOTE: Music speeds up after 4 repetitions	8x
2:25	Tell me where	16	A	Reach & Pull	4x
2:51	PC / Get poppin' for	8	C ¹	Low To High	8x
3:16	C / 3, 2, 1 go _	8	B ²	Lunge	4x
3:29	Get poppin' for	8	C ¹	Low To High	4x
3:42	V / Show me the stars	16	A	Reach & Pull	2x
3:54	PC / Show me the stars_	8	C ¹	Low To High	4x
4:07	C / 3, 2, 1 drop	8	B ²	Lunge	4x
4:20	Outro / Get poppin' for	8	C ¹	Low To High	4x



02. DANCE

AM TO PM 3:51mins

TRACK FOCUS

Embrace your own style in this track.

MUSIC		CTS		EXERCISE	REPS
0:08	Intro / AM to PM	4	A	Hip Roll Hip Roll B, L to R (4cts) NOTE: Add Hand Flick from 2 nd rep	4x
0:17	AM to PM_	4	B	Jump Drop feet wide, Jump & Drop L with Arm Throw (2cts) Double Jump & Drop R with Arm Throw (2cts)	8x
0:36	V / Everybody want to	16	C	Walk & Snap Walk F, L&R x2.5 (5cts) R foot step F with Hip Roll & Snap (3cts) Repeat to B with R leg (8cts) NOTE: Half rep on last rep, then walk around in a cicle	3x
1:03	C / _ Somebody hit the lights	4	B	Jump Drop	4x
1:12	Everybody looking	2	A ¹	Hip Roll + Faster NOTE: Arm Flick on ct5, ct1 and ct5	8x
1:21	Instr /	4	B	Jump Drop	4x
1:31	V / Everybody in the club	16	C	Walk & Snap	3x
1:58	C / _ Somebody hit the lights	4	B	Jump Drop	4x
2:07	Everybody looking	2	A ¹	Hip Roll	8x
2:16	Somebody hit the lights	4	B	Jump Drop	4x
2:26	Everybody looking	2	A ¹	Hip Roll	8x
2:35	V / _ From the front	4	A ³	Hip Roll Hip Roll B, R to L (4cts) NOTE: Add Hand Flick on reps 3 and 5	5x
2:46	No we don't need	2	A ⁴	Hip Roll + Faster NOTE: Arm Flick on ct3, ct7 and ct3	8x
2:55	PC / _ Find a honey	16	C	Walk & Snap NOTE: This rep, walk around in a circle	1x
3:04	C / _ Somebody hit the lights	4	B	Jump Drop NOTE: Perform to R	4x
3:14	Everybody looking	2	A ¹	Hip Roll NOTE: Perform to R	8x
3:23	Somebody hit the lights	4	B	Jump Drop NOTE: Perform to R	4x
3:32	Everybody looking	2	A ¹	Hip Roll NOTE: Perform to R	8x
3:41	Outro /			Freestyle for Outro	



03. 100

SMASH! 4:58mins

TRACK FOCUS

Find momentum in the "Arm Drive" Combo.

	MUSIC	CTS		EXERCISE	REPS
0:01	Intro /	8	A	Cross Tap Tap R foot across F and reset with Arm Swing (4cts) Tap L foot behind and reset with Double Arm Pull (4cts)	4x
0:15	/ Bounce to this	4	A ¹	Cross Tap + Faster	8x
0:28	B up / Bounce to this _	32	B	Arm Drive Combo Squat with L&R Arm Sweep (8cts) Squat Freeze with Arm Pull (4cts) Hop Turn over R shoulder (4cts) Repeat to R (16cts)	1x
0:41	/ _ Turn up the	16	B ¹	Arm Drive Combo + Faster	4x
1:08	/ Bounce to this _	4	B ²	Arm Drive Squat with L&R Arm Sweep	8x
1:21	/ (Shimmer)	8	A	Cross Tap Note: Perform to R	4x
1:34	/ Bounce to this	4	A ¹	Cross Tap NOTE: Perform to R	8x
1:47	B up / Bounce to this _	32	B	Arm Drive Combo NOTE: Perform to R	1x
2:01	/ Turn up the	16	B ¹	Arm Drive Combo NOTE: Perform to R	4x
2:27	/ (Shimmer)	8	A	Cross Tap	4x
2:40	/ Bounce to this	4	A ¹	Cross Tap	8x
2:53	B up / Bounce to this _	32	B ³	Arm Drive Combo + Sweep arm O/H	1x
3:07	/ Turn up the	16	B ⁴	Arm Drive Combo + Sweep arm O/H faster	4x
3:33	/ Bounce to this	4	B ⁵	Arm Drive Squat with L&R Arm Sweep O/H	8x
3:47	/ (Shimmer)	8	A	Cross Tap NOTE: Perform to R	4x
4:00	/ Bounce to this	4	A ¹	Cross Tap NOTE: Perform to R	8x
4:13	B up / (Shimmer)	32	B ³	Arm Drive Combo NOTE: Perform to R	1x
4:27	Outro / Turn up the	16	B ⁴	Arm Drive Combo NOTE: Perform to R	4x



04. DANCE

SATISFYING 3:04mins

TRACK FOCUS

Find the movements in your hips and side body. Sit deep into the legs.

MUSIC		CTS		EXERCISE	REPS
0:05	Intro / Satisfying feels so	4	A	Walk It Out Wide Walk with Hip Rock L&R (4cts)	6x
0:16	/ _ Feels so good, feels so good	2	A ¹	Walk It Out + Faster	16x
0:31	/ (Building)	4	B	Step Touch Step Touch R&L with Arm Float (4cts)	8x
0:46	/ Satisfying feels so good _	32	C	Take It Back Face L, Walk B R&L x3 with Arm Rock (6cts) Step Touch with Elbow Scoop to face R (2cts) Step Touch with Arm Float F&B x2 (8cts) Repeat to R (16cts)	3x
1:31	/ I know that you	4	A ²	Walk It Out Wide Walk R&L with High & Low Hands (4cts)	8x
1:46	/ (Building)	2	A ³	Walk It Out + Faster	16x
2:01	/ Feels so good _	4	B	Step Touch	8x
2:16	Outro / Satisfying feels so good _	32	C	Take It Back	3x



05. DANCE

MUEVELO 5:34mins

TRACK FOCUS

Set this track up with clean base technique and then encourage your participants to bring out their inner performer.

MUSIC	CTS		EXERCISE	REPS
0:09 Intro /	16	A	Jump Extend Jump feet together with arms across chest (2cts) L foot steps F extend L arm to side and R O/H (2cts) Repeat to R (4cts) Travel B, Step Point L&R x2 (8cts)	3x
0:37 / Oh, oh, oh	8	A ¹	Jump Extend + Faster	10x
1:23 / Muevelo, muevelo	8	B	Wave Wide Tap L&R with Double Arm Float (8cts)	4x
1:41 / (Pulsing synth)	4	B ¹	Wave + Faster and Lower	4x
1:51 / Muevelo, muevelo	8	C	Cross Turn Jump and Cross R foot over L (2cts) Turn to face B (2cts) Repeat to L (4cts)	1x
1:55 / Yo soy que	8	B	Wave	1x
2:00 / Muevelo, muevelo	16	C+B	Cross Turn & Wave	2x
2:18 / Oh, oh, oh	8	C ¹ +B ¹	Cross Turn & Wave + Faster	10x
3:04 / (Quiet lyrics)	16	A	Jump Extend NOTE: Add Arm Pull Down	3x
3:32 B up / Oh, oh, oh	8	A ¹	Jump Extend	10x
4:18 / Muevelo muevelo	8	B	Wave	4x
4:37 B up /	4	B ¹	Wave	4x
4:46 Outro / Oh, oh, oh	8	C ¹ +B ¹	Cross Turn & Wave	10x

SMART

START

Acknowledge your new participants and let them know they can leave now if they choose to.



06. 100

BOOTY TIME (YELLOW CLAW & STOLTENHOFF

REMIX) 3:58mins

TRACK FOCUS

What time is it? 100 track time! Get low in the legs in the Raise Up and then put your full energy into the Knee Lift Combo.

MUSIC	CTS		EXERCISE	REPS
0:06 Intro / Let me see that	8	A	Raise Up Slide Step F L&R (4cts), Walk B L&R (4cts)	2x
0:13 / Let me see that	8	A ¹	Raise Up + Raise arms O/H and Throw Down	4x
0:25 / (Synth)	8	A ²	Raise Up + Sink lower and hands to thighs	8x
0:51 / Tick tock, booty clock	4	B	Knee Lift Combo Lift L&R knee with Double Arm Punch Down (4cts)	8x
1:04 / Booty time _	32	B ¹	Knee Lift Combo Knee Lift L&R x2 (8cts) Wide Bounce L&R x2 to face L (4cts) Pop Butt B with arms O/H and hands on thighs (4cts) Repeat to R (16cts)	2x
1:30 / (Synth)	8	A ²	Raise Up	4x
1:42 / Tick tock	4	B	Knee Lift	8x
1:55 / Booty time _	32	B ¹	Knee Lift Combo	5x
2:46 / Booty, booty, booty	8	A ²	Raise Up	8x
3:12 / Tick tock, booty clock	4	B	Knee Lift	8x
3:25 / Booty time _	32	B ¹	Knee Lift Combo	2x



07. DANCE

GOODIES (KNOCK2 REMIX) 3:30mins

TRACK FOCUS

Find coordination between the lower and upper body. Remember to bring the energy down in this track after Track 06.

	MUSIC	CTS		EXERCISE	REPS
0:02	Intro /	2	A	Arm Combo March OTS L&R (2cts) NOTE: Arms O/H on last 8cts	14x
0:15	/ I bet you want the	16	A ¹	Arm Combo March OTS, slide arms down body and bring arms O/H (8cts) March OTS, extend arm L&R x2 to high diagonal (4cts) Fan hands by face x4 (4cts)	4x
0:45	/ I bet you want the _	16	B	Jump Knee Travel L, Step and Jump Knee x3 with Cross Punch Arms (6cts) Step Together and Clap O/H (2cts) Repeat to R (8cts)	4x
1:16	/ _Watch me pull up	32	B+ A ¹	Jump Knee & Arm Combo	3x
2:02	/ I bet you want the	16	C	Push & Sweep Sweep torso F from L to R with arms extended (4cts) Circle L arm and Stomp R foot x2 (4cts) Repeat to R (8cts)	4½x
2:36	B up / Watch me pull up	32	B+ A ¹	Jump Knee & Arm Combo	3x
3:22	Outro /			Freestyle Freeze	



08. DANCE

THE MOVEMENT (RADIO EDIT) 3:07mins

TRACK FOCUS

A simple track with cool, bouncy energy. Relax the brain and work the body.

	MUSIC	CTS		EXERCISE	REPS
0:04	Intro / You keep coming	8	A	Drop It Low Step Touch L&R x2, Slow Arm Raise on cts 5-8 (8cts)	3x
0:16	/ You keep coming	8	A ¹	Drop It Low + Drop Low into legs	4x
0:31	/ You keep coming	8	B	Scoop Step Touch F L&R with L&R Scoop Arms (4cts) Wide walk B L&R x2 with Double Wide Hand Push (4cts)	8x
1:01	B up / You keep coming	32	A ²	Drop It Low + Travel F x2, travel B x2	1x
1:17	/ You keep coming	32	A ² +B	Drop It Low and Scoop Drop It Low F x2 (16cts) Scoop B x2 (16cts)	2x
1:48	/ (Quiet)	8	C	Squat Drop Roll Wide Squat, Lean L, Push palms down (2cts) Lift and circle arms across chest to R (2cts) Repeat to R (4cts)	4x
2:03	/ You keep coming	32	A ² +B +C	Full Combo Drop It Low F (8cts) Scoop x2 (16cts) Squat Drop Roll (8cts)	4x
3:04	Outro / You keep coming			Finish Jump feet together with Arm Throw to front	



09. 100

DISCONNECT 4:41mins

TRACK FOCUS

This track has a big, celebratory feel. Connect with the lyrics to find the timing.

MUSIC		CTS		EXERCISE	REPS
0:11	Intro / I ain't gonna lie	32	A	Turning Butt Kick Face L, Step Flick L&R, heel to butt, turning to face R, drop into Squat (4cts) Ripple up to standing (4cts) Repeat to R (8cts)	2x
0:33	/ If we disconnect	32	A ¹	Turning Butt Kick + Faster with Jump + Bounce Twist F&B NOTE: Preview Clap on last rep	2x
0:55	/ That's on your mind _	32	A ²	Turning Butt Kick + Clap	2x
1:17	/ That's on your mind _	4	B	Transition Wide Walk R&L (4cts)	4x
1:22	/ Where's my lighter crew	16	B ¹	Rope Pull Wide Hip Rock R with L Arm Reach Across (4cts) Repeat to L (4cts) Stand tall, lifting arms O/H and Pulling down (8cts)	4x
1:44	/ If we disconnect	16	B ²	Rope Pull + Faster + Bounce R&L NOTE: Turn to face L on last 8cts	4x
2:06	/ Oh, oh, oh let it go	32	A ²	Turning Butt Kick	3x
2:39	/ I ain't gonna lie	16	B ¹	Rope Pull	4x
3:01	/ If we disconnect	16	B ²	Rope Pull	4x
3:23	Outro / That's on your mind_	32	A ² +B ²	Turning Butt Kick and Rope Pull Turning Butt Kick L&R (16cts) Rope Pull x2 (16cts)	3½x



10. COOLDOWN

HAPPY 4:35mins

TRACK FOCUS

Take a moment to breathe and celebrate the workout you have just completed.

MUSIC		CTS		EXERCISE	REPS
0:08	Intro / All I need _	4	A	Foot Taps Tap out and in L&R (4cts)	4x
0:17	V1 / As I wake up	4	A ¹	Foot Taps with Arms + Breathe Arms up and down (8cts) + Hands pull up by chest (8cts)	4x
0:50	C / Me, I want to	8	B	Grapevine Grapevine L (3cts) R Hip Turn out and in (1ct) Repeat R (4cts)	4x
1:07	C / Me, I want to	8	B ¹	Grapevine + Alt Punch O/H	4x
1:24	Br / Hey, ho, hey ho	4	C	Step Sway Step Touch L&R with O/H Arm Sway (4cts)	8x
1:41	V2 / You see	32	D	Stretch 1 R arm high and Side Body Stretch (8cts) Square hips and tip F (8cts) Repeat on L (16cts)	2x
2:15	C / Me, I want to	8	B	Grapevine	4x
2:32	Me, I want to	8	B ¹	Grapevine	4x
2:49	Br / Hey, ho, hey ho	4	C	Step Sway	8x
3:06	V3 / You see	64	E	Stretch 2 Face L for R Hip Flexor Stretch (16cts) R Quad Stretch (16cts) Repeat to R (32cts)	1x
3:40	C / Me, I want to	8	B	Grapevine	4x
3:57	Me, I want to	8	B ¹	Grapevine	4x
4:14	Br / Hey, ho, hey ho	4	C	Step Sway	8x



WE ARE ONE GLOBAL FAMILY

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

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

Exercise is our global movement.

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

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

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

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

We are United.

OUR DECLARATION OF INTENT

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

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

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

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

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

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

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

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

