



LES MILLS DANCE **03**

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	Aarena (Knock2 Remix) (3:31) ISOxo © 2022 Sable Valley Records. Written by: Isorena	08	Que Lo Que (4:01) Hasse de Moor © 2020 Group Chat Recordings. Written by: de Moor
02	JUMPIN (3:10) Monkwolf © 2023 Les Mills Music Licensing Ltd. Written by: Appell, Schrody, Mann, Muggerud	09	Breach (4:06) RL Grime & Juelz © 2023 Sable Valley Records. Written by: Steinway, Ching
03	La Noche (5:07) Desamor Courtesy of Les Mills Music Licensing Ltd. Written by: Guerra	10	JOY (Unspeakable) (4:35) Voices of Fire feat. Pharrell Williams © 2023 Colombia Records, a Division of Sony Music Entertainment. Written by: P. Williams, B. Williams, George
04	RATATA (2:04) Skrillex, Missy Elliot & Mr.Oizo © 2023 OWSLA/Atlantic Recording Corporation. Written by: Moore, Dupieux, Elliott, Harry, McDaniels, Simmons, Simon, Stein	ALT 02	JUMPIN (Instrumental) (3:10) Monkwolf © 2023 Les Mills Music Licensing Ltd. Written by: Appell, Schrody, Mann, Muggerud
	RATATA (2:06) Skrillex, Missy Elliot & Mr.Oizo © 2023 OWSLA/Atlantic Recording Corporation. Written by: Moore, Dupieux, Elliott, Harry, McDaniels, Simmons, Simon, Stein	ALT 10	Yeehaw Slap (5:11) Dylan Sitts Courtesy of Les Mills Music Licensing Ltd. Written by: Unknown
05	Trophy (1:05) Charli XCX © 2016 Vroom Vroom Recordings, an imprint of Altantic Records UK, a Warner Music Group Company. Written by: Long, Berger, Warner, Tarantino, Parmenius, Aitchison		
	Trophy (2:37) Charli XCX © 2016 Vroom Vroom Recordings, an imprint of Altantic Records UK, a Warner Music Group Company. Written by: Long, Berger, Warner, Tarantino, Parmenius, Aitchison		
06	Laserbeam (Good Times Ahead Remix) (5:23) Ray Volpe © 2023 Disciple. Written by: Volpe		
07	100% Pure Love (UNIQU3 Remix) (2:52) Crystal Waters Courtesy of the Universal Music Group. Written by: Waters, Davis, Douglas, Steinhour		



LES MILLS DANCE 03



Back Row, L-R: Kimi Doi, Chie Nagatomo, Yushi Shimizu, Bianca Ikinofu, Jake Pesquira
Front Row, L-R: Dannielle Lally, Des Helu, Summer Bradley, Michelle Estrada, Marcus Zomphier

Welcome to this brand new program,
LES MILLS DANCE.

DANCE 03 is here and that means it’s time to play
with a brand new set of movements.

This release takes you through an epic blend of
high energy and style.

In LES MILLS DANCE each track has its own
identity and should stand out from the track
before.

Lean into the “memorable moments” of each
track, from the old school vibes of Track 02 to the
militant and strong Track 06.

What can you do to make each track standout in
the minds of your participants?

Happy dancing!

Bianca and Summer

PRESENTERS

- Bianca Ikinofu** (New Zealand)
- Chie Nagatomo** (Japan)
- Dannielle Lally** (New Zealand)
- Des Helu** (New Zealand)
- Jake Pesquira** (United States)
- Kimi Doi** (Japan)
- Marcus Zomphier** (United States)
- Michelle Estrada** (United States)
- Summer Bradley** (New Zealand)
- Yushi Shimizu** (Japan)

CREDITS

- Creative Leads** – Bianca Ikinofu,
Summer Bradley
- Creative Directors** – Diana Archer Mills,
Gandalf Archer Mills
- 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

AARENA (KNOCK2 REMIX) 3:31mins

TRACK FOCUS

Time to get the brain working and the body moving.

MUSIC		CTS		EXERCISE	REPS
0:04	Intro /	8	A	Float Feet wide, shift weight L&R, arms float to side and front (8cts)	4x
0:19	V1 / Alright, alright, alright	4	A ¹	Float + Faster	8x
0:34	Take me away	32	B	Run & Punch Wide Run F L&R x4 with Open & Cross Arms (8cts) Punch O/H and Drop Low L&R (8cts) Repeat to B (16cts) NOTE: Preview fast Jumps on last 8cts	2x
1:04	/ (Heavy beat)	32	B ¹	Run & Punch + Jump faster with Punch and no Punch	3½x
1:58	/ (Quiet drop)	8	A	Float	4x
2:13	Take me away	4	A ¹	Float + Faster	4x
2:20	Take me away	32	B ²	Run & Punch + Open & Cross Arms O/H NOTE: Travel B&F	4x



02. DANCE

JUMPIN 3:10mins

TRACK FOCUS

Dive into the old school style and upbeat energy. Your legs should be burning in the Slide & Pop.

Please note this song contains explicit content. The Alternative song can be used in its place.

Please use *JUMPIN (Instrumental)* with the same choreography.

MUSIC	CTS		EXERCISE	REPS
0:01 Intro / Jump, jump, jump	8	A	Circle Clap Face L, Skip Arms x2, Clap O/H (4cts) Repeat to R (4cts)	2x
0:09 V1 / Hold up	12	B	Freeze Freeze (6cts) Jump OTS (2cts) Jump OTS with Arm Pump (4cts)	1x
0:15 We don't pull up	8	A ¹	Circle Clap + Feet wide, rock F, B, F and Hop Kick	4x
0:31 C / Pack it up, pack it in	16	C	Slide & Pop Feet wide, turn L&R knee inwards x2 with Arm Pull (8cts) Booty Pop B x4 with L Arm Lift and Flick (4cts) Repeat to R (4cts)	3x
0:56 Hold up	12	B	Freeze	1x
1:02 We don't pull up	8	A ¹	Circle Clap	4x
1:17 C / Pack it up, pack it in	16	C	Slide & Pop	3x
1:42 Hold up	12	B	Freeze	1x
1:48 We don't pull up	8	A ¹	Circle Clap	4x
2:04 Ladies shake your	8	C ¹	Slide & Pop + Single Knee Turn L&R + Single-Arm Raise and Flick L&R	6x
2:29 Hold up	12	B	Freeze	1x
2:35 We don't pull up	8	A ¹	Circle Clap	8x



03. 100

LA NOCHE 5:07mins

TRACK FOCUS

Stay down in the legs and work for lots of movement through the spine and ribcage.

	MUSIC	CTS		EXERCISE	REPS
0:09	Intro / (Instr)	16	A	Wind It Up Feet wide, shift weight L to R and Circle R arm O/H x3 (6cts) Wave under (2cts), Bounce OTS x8 (8cts) NOTE: Make movements bigger after 4 reps	8x
1:18	/ (Drums)	4	B	Push It Face R, Step Touch F&B (4cts)	4x
1:27	/ (Instr)	4	B ¹	Push It + Drop + Hand Push high to low	8x
1:45	/ (Siren)	16	A ¹	Wind It Up + Perform to R NOTE: Make movements bigger after 2 reps	6x
2:37	/ (Instr)	4	B ²	Push It + Face L	8x
2:55	/ (Instr)	32	A ² (A+A ¹)	Wind It Up + Stomp, Turn from L to R and Bounce B + Stomp, Turn from R to L and Bounce B NOTE: Preview Hand Push on last 8cts	4x
4:03	/ (Faster beat)	32	A ³	Wind It Up + Add Hand Push from high to low	3x
4:50	Outro / (Sirens)	4	B ³	Push It + Face L, replace Hand Push with Claps NOTE: Face R after 4 reps	8x



04. DANCE

RATATA 4:10mins

TRACK FOCUS

Watch the Masterclass footage to see how the arms whip in quickly In the Slide Jump. Lean the body back in the Cross Tap, and aim to focus on the musicality in the Pop The Chest.

	MUSIC	CTS		EXERCISE	REPS
0:08	Intro / It's the kind of	8	A	Slide Jump Slide L (2cts), Jump feet together (2cts) Repeat to R (4cts)	2x
0:15	V1 / DJ Skrillex	4	A ¹	Slide Jump + Faster	4x
0:23	I'm about to get it	4	B	Cross Tap Step L, tap R foot across (2cts) Repeat to R (2cts)	4x
0:31	Marvellous	4	A ¹	Slide Jump + Faster	4x
0:39	I do this	4	B	Cross Tap	4x
0:46	It's the kind of	16	C	Pop The Chest Jump B, face L, Chest Pump x4 (4cts) Stomp L foot and Pump Chest x4 turning to face R (4cts) Repeat to R (8cts)	2x
1:02	It's the kind of	4	A ²	Slide Jump + Arm Pull and Cross	4x
1:10	Missy Elliott	4	B	Cross Tap	4x
1:17	_ Put your hands up	4	A ²	Slide Jump	4x
1:25	High, high	4	B	Cross Tap	4x
1:33	It's the kind of	16	C	Pop The Chest	2x
1:48	_ Skrillex	4	A ²	Slide Jump	4x
1:56	_ Missy E and	4	B	Cross Tap	4x
2:04	So hot you _	8	A ³	Slide Jump + Slow it down	2x
2:11	It's the kind of	8	B ¹	Cross Tap + Slow it down	2x
2:19	DJ Skrillex	16	A ² +B ¹	Slide Jump & Cross Tap Slide and Jump L&R x2 (8cts) Cross Tap L&R x2 (8cts)	4x
2:50	It's the kind of	16	C ¹	Pop The Chest + Double Hand Pat + Quick Quick Slow Pat	2x
3:05	It's the kind of	16	A ² +B ¹	Slide Jump & Cross Tap	4x
3:37	It's the kind of	16	C ¹	Pop The Chest	2x
3:52	Outro / _ Skrillex	16	A ² +B ¹	Slide Jump & Cross Tap	2x



05. DANCE

TROPHY 3:42mins

TRACK FOCUS

Work your hips and stomp the feet! In the Walk, notice how the hands retract, then open on the hand push.

	MUSIC	CTS		EXERCISE	REPS
0:02	Intro / That trophy _	16	A	Stomp March OTS L&R x2 with Double Flick (4cts) Repeat x2 (8cts) Feet together with L heel lifted, Breathe Arms up and down (4cts)	2x
0:17	V1 / Yeah B*%ch	16	B	Walk Walk F L&R x2 with Breathe Arms (4cts) March OTS L&R x2 with Hand Push F R&L x2 (4cts) Repeat to B (8cts) Note: No Breathe Arms on 1st rep F	2x
0:32	Take the crown	32	B¹	Walk + Slow it down	1x
0:48	Take the crown	16	B	Walk	2x
1:03	/ (Quiet)	6	C	Breathe & Freeze with HOH	1x
1:06	C / That trophy _	16	A	Stomp	2x
1:21	V2 / Yeah B*%ch	16	B	Walk	2x
1:36	Take the crown	32	B¹	Walk + Slow it down	1x
1:51	Take the crown	16	B	Walk	2x
2:06	/ (Quiet)	4	C¹	Breathe & Freeze with HOH	1x
2:08	C / That trophy _	16	A	Stomp	2x
2:23	Come here to	16	B	Walk	2x
2:38	Ref / I'm here to	16	D	Bounce Wide Bounce L&R x4 (8cts) Wide Bounce L&R x4 with Torso Drop F (8cts)	2x
2:53	V3 / Take the crown	16	B	Walk	2x
3:08	/ (Quiet)	4	C¹	Breathe & Freeze with HOH	1x
3:10	Outro / That trophy_	16	A	Stomp	4x

SMART

START

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



06. 100

LASERBEAM (GOOD TIMES AHEAD REMIX) 5:23mins

TRACK FOCUS

This track is strong and militant. Open through your chest to hit clean lines.

MUSIC	CTS		EXERCISE	REPS
0:07 Intro /	16	A	Laser Combo Wide Walk L&R with Arm Pull (4cts) Cross arms in front of chest (2cts) Squat low with Arm Throw (2cts) Stand up, Breathe Arms O/H and down (8cts)	5x
0:43 Bring out the	8	B	Slide & Pull Slide L with Arm Pull (2cts) Feet together with Elbow Pull (2cts) Repeat to R (4cts)	4x
0:58 / (Laser sounds)	16	A ¹	Laser Combo + Jump OTS	2x
1:13 / (Laser sounds)	8	A ²	Laser Combo + Faster	9x
1:45 Bring out the	8	B	Slide & Pull	4x
1:59 Laser. laser	32	A ³	Laser Combo + Slow it down + Travel F&B	1x
2:14 / (Laser sounds)	16	A ⁴	Laser Combo + Faster + Travel F&B	4½x
2:47 Bring out the	8	B	Slide & Pull	2x
2:54 Bring, bring, bring	8	B ¹	Slide & Pull + Double Elbow Pull	2x
3:02 / (Laser sounds)	16	A ⁴	Laser Combo NOTE: Travel B on 1st rep	4½x
3:34 / (Throbbing beat)	32	A ³	Laser Combo	2x
4:03 / (Whoosh sound)	8	B ²	Slide & Pull + Offbeat hits	4x
4:18 Bring out the	16	C	Breathe Feet wide, Breathe Arms up and down (8cts) Breathe Arms up O/H (8cts),	1x
4:24 Outro / (Soft vocals)	32	D	Release Contract to R bringing L arm across (8cts) Face F, Breathe Arms up O/H (8cts) Repeat to L (16cts)	4x



07. DANCE

100% PURE LOVE (UNIIQU3 REMIX) 2:52mins

TRACK FOCUS

Bring a commercial, jazzy style to this track. It's about creating lots of shape in the body.

	MUSIC	CTS		EXERCISE	REPS
0:07	Intro / Pure love	16	A	Over Under Shift weight L&R, sweeping arms over and under (8cts) Wide Walk B L&R (4cts) Walk F L&R (4cts)	3x
0:28	It's twelve past midnight	16	B	4 Clicks Hip Rock L x4 with 4 clicks (8cts) Repeat to R (8cts) NOTE: Reach O/H to transition from side to side	4x
0:57	_ Back to the middle	8	A ¹	Over Under + Faster	4x
1:11	Let's go	8	A ¹	Over Under NOTE: Perform to R	4x
1:25	I want your	8	A ¹	Over Under	4x
1:39	I want your	8	A ¹	Over Under NOTE: Perform to R	4x
1:54	You'll never have	16	B	4 Clicks	4x
2:22	_ 100% pure	8	A ¹	Over Under	4x
2:36	Outro / I want your	8	A ¹	Over Under NOTE: Perform to R	4x



08. DANCE

QUE LO QUE 4:01mins

TRACK FOCUS

Think about taking up space in this track. The movements should be expansive and full.

MUSIC		CTS		EXERCISE	REPS
0:02	Intro /	4	A	Wide Step Tap Wide Step Tap L&R with Elbow Bounce (4cts)	7x
0:15	/ (Building beat)	16	A ¹	Grapevine Combo + Grapevine L&R (8cts) + Wide Step Tap L&R x2 (8cts)	2x
0:30	/ (Electronic vocals)	16	A ²	Grapevine Combo + Double Arm Scoop	4x
1:00	/ (Double drum hit)	8	B	Step & Circle Tap L foot F&B, Circle Arms around head (4cts) Repeat to R (4cts)	4x
1:15	/ (Siren)	16	B ¹	Step & Circle + Faster L&R x2 (8cts) + Slow L&R (8cts)	2x
1:30	_ Oh, oh, oh	4	A	Grapevine Combo	8x
1:45	/ (Building beat)	16	A ¹	Grapevine Combo	2x
2:00	/ (Electronic vocals)	16	A ²	Grapevine Combo	4x
2:30	_ Oh, oh, oh	8	B	Step & Circle	4x
2:45	/ (Siren)	16	B ¹	Step & Circle	2x
3:00	/ (Building beat)	32	A ² +B ²	Grapevine Combo/Step & Circle + Scoop It (16cts) + Tap & Wrap, slow then fast (16cts)	4x



09. 100

BREACH 4:06mins

TRACK FOCUS

Let’s go! Be dynamic and work to maintain that 100 technique all the way to the final punch.

	MUSIC	CTS		EXERCISE	REPS
0:16	Intro / (Pulsing beat)	4	A	Float Feet wide, shift weight L&R, Arms Float to side and front (4cts)	8x
0:31	Make them notice ya _	16	B	Lunges Face L corner, drop into Lunge and jump together x3 with Downward Punch Arms (6cts) Slide L with Arm Raise to shoulder height Repeat to R (8cts)	4x
1:00	/ (Heavy beat)	8	C	Punch High to Low Double Punch Arms O/H and F (4cts) Step Kick L&R with O/H Arm Sweep (4cts)	4x
1:14	Come on _	8	C ¹	Punch High to Low + Double Punch faster	8x
1:43	Selecta _	16	B	Lunges	2x
1:58	Let’s go_	16	B ¹	Lunges + Travel L&R on Jumps	2x
2:12	/ (Piano)	8	A ¹	Float + Slow it down	4x
2:27	/ (Pulsing beat)	4	A	Punch High to Low	8x
2:42	Selecta _	8	C	Punch High to Low	4x
2:56	/ (Building beat)	32	B ¹ +C ¹	Lunges & Punch High to Low 3x Jump L&R (16cts) Punch Lt x2 (16cts)	3x
3:40	Outro / (Techno beat)	8	C ¹	Punch High to Low	6x



10. COOLDOWN

JOY (UNSPEAKABLE) 5:11mins

Please note this song contains explicit content. The Alternate song can be used in its place.
Please use *Yeehaw Slap* with the same choreography.

TRACK FOCUS

Relax the body and enjoy the uplifting feel of this track. Give people freedom with the arms in each movement.

	MUSIC	CTS		EXERCISE	REPS
0:11	Intro / _ Unspeakable, speakable	4	A	Single Single Double Wide Step Hop L&R with Open & Close arms (4cts)	16x
0:34	_ When them blessings	16	A ¹	Single Single Double + Single, single, double NOTE: Travel L&R	2x
0:45	_ The last word	32	A ²	Single Single Double + March OTS with Arm Pull L&R x4	5x
1:43	Said I couldn't change	32	B	Side Body Stretch Lean L and Sweep R arm into Side Body Stretch and hold (16cts) Repeat to R (16cts) NOTE: Jump in on last ct to prepare for next move	2x
2:05	_ Unspeakable speakable	32	A ²	Single Single Double	3x
2:40	Can make them much brighter	16	C	Breathe & Plié Breathe Arms up and down with Plié down and up (16cts) NOTE: Jump in on last ct to prepare for next move	4x
3:02	Lately I've heard	32	A ²	Single Single Double	2x
3:26	Joy, joy, joy	16	D	Breathe Arms up and down	1x
3:31	I've got joy	32	E	Pulsing Side Body Stretch Breathe Arms up, Lean L & Arm Reach R into Side Body Stretch (8cts) Pulse Stretch x4 (8cts) Lean R with L Arm Reach into Side Body Stretch (8cts) Pulse Stretch x4 (8cts)	2x
3:54	When them blessings	64	F	Shoulder Stretch Sweep both arms into R Shoulder Stretch (8cts) Hold Stretch and wiggle (24cts) Repeat to R (32cts)	1x
4:17	Joy, in my walk	32	G	Adductor Stretch 1 Breathe Arms up and down into Adductor Stretch (32cts)	1x
4:28	_ If you want it	32	H	Adductor Stretch 2 Wide Adductor Stretch, drop R&L shoulder inwards (32cts)	1x
4:40	When them blessings	64	I	Adductor Stretch 3 Lunge L, hold Adductor Stretch (32cts) Repeat to R (32cts) NOTE: Roll up to standing on last 8cts	1x
5:03	Outro / Joy, joy, joy	16	D	Breathe Arms up and down	1x



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.

