



LesMILLS
SH'BAM



28

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TRACK 01

MUSIC Love On Me 3:29 mins

TRACK FOCUS

Joy – the best way to get people relaxed. Dive into the lyrics and sing along in the chorus, getting participants to clap along and connect themselves to you and the experience.

STYLE

Street/Jazz

FEEL

Fallen in love-style; happy, buzzy vibes

0:06 / Girl put your love

4x8 / A / **Slow Hip Rock 'n' Roll 2reps**

Slow Hip Rock L&R x2 (8cts), slow circle hips to back L&R x2 (8cts)

0:22 / (Steel drum) (n)

4x8 / A¹ / **Hip Rock 'n' Roll 4reps**

Hip Rock x2 (4cts), circle hips to back L&R x2 (4cts)

0:37 / Girl put your love

4x8 / A² / **Hip Rock 'n' Roll 4reps**

+ Arm Swing R&L & Arm Circle O/H

(Tip: There's just one Arm Circle O/H, even though there are two Hip Rolls!)

0:52 / (B up)

8x8 / A³ / **Hip Rock 'n' Roll Combo 2reps**

Step Touch L&R x2 with clap traveling F (8cts)

Hip Rock 'n' Roll OTS (8cts); repeat traveling B (16cts)

1:24 / Singing (echo)

1x8 / B / **Step-Bounce 2reps**

Step L with R Arm Swing and tap R foot with

Elbow Pull (2cts); repeat R (2cts)

1:28 / (Beat)

4x8 / B¹ / **Bounce & Turn 2reps**

Step Bounce L&R x2 (8cts), Circle Turn & Clap L&R (8cts)

1:43 / (Steel drum)

2x8 / **Breather Stretch 1rep**

Circle hips to Back L&R x8 with arms wide to O/H (8cts) and drizzle down (8cts)

1:51 / (Synth vocals)

4x8 / **Squat Stretch 8reps**

Squat (2cts) and Hamstring Stretch (2cts) with hands on thighs (Note: Last rep, roll up)

2:06 / (Light vocals)

4x8 / A² / **Hip Rock 'n' Roll 4reps**

2:22 / (B up)

8x8 / A³ / **Hip Rock 'n' Roll Combo 2reps**

2:52 / Singing (echo)

1x8 / B / **Step-Bounce 2reps**

2:57 / (Beat)

4x8 / B¹ / **Bounce & Turn 2reps**

3:12 / Girl put your

4x8 / A⁴ / **Slow Hip Rock 'n' Roll 2reps**

+ Tribal Arms to side & Arm Circle

MOVEMENT TIPS FOR INSTRUCTORS

* NOT TO BE USED AS COACHING CUES *

HIP ROCK 'N' ROLL COMBO

- Hips move side to side, pushing out through hip joint
- Then roll around in a circle, front to back
- Arms come in as it speeds up – casual Swag Arms then roll around the back of the head and drizzle down the body
- Last set brings in some slow Ragga Arms – as a setup for Track 11 – body turns to the side, knees soft and arms extend fully



STEP-BOUNCE & TURN

- Step and tap the toes of the opposite leg
- Bounce the butt
- Body on an angle
- Low Fist Pump arm (Elbow Bounce) – hands grab, as if you're latching onto something
- In Dance phase, travel the move side to side
- Add Circle Turn and clap. Hands out to side with bent elbow as you turn



COACHING THE VIBES

- The Warmup is always about making the class feel comfortable, and connecting to them.
- Cue your Feet cues clearly so people feel successful straight away
- Then connect and praise, connect to the lyrics or sing, and have a great time with your participants!

"The hips start the party in SH'BAM 28!"

"We got this! Just like that"

"SH'BAM is anything that you want! We won't let you down today!"

"Hear that Caribbean beat?!"

TRACK 02

MUSIC Jump Around 3:05 mins

TRACK FOCUS

Clear Feet cues early on will help you nail this track. The verses are different lengths, so being able to cue the next move clearly is VERY helpful when you are unsure of the changes. Offer OPTIONS on the Jumps.

STYLE

Old-school Hip Hop

FEEL

On top of the Hip Hop world, Old-School, Frat Party

0:04 / Jump around!

2x8 / A / **Hip-Hop Kick** 4reps

Low kick L&R (2cts)

0:08 / Pack it up, pack

6x8 / A¹ / **Hip-Hop Kick Combo** 4reps

Low kick L&R (2cts), slide L (2cts); repeat R (4cts)

0:27 / _ Skip the ad

2x8 / A² / **Hip-Hop Kick Combo** 2reps

+ Arms pop

0:36 / Jump around!

2x8 / B / **Jump & Twist** 2reps

Wide Twist Jump L&R (2cts), twist L, R, L (2cts); repeat R (4cts)

0:45 / Jump! Jump!

2x8 / B¹ / **Jump & Twist** 2reps

+ Arm Push O/H

0:54 / Jump when it's

2x8 / C / **Switch Jump Combo** 1rep

Jump in and out (1ct), hold (1ct) x6 (12cts), jump

OTS with arms O/H x4 (4cts)

1:03 / _ Get a bird's

4x8 / A² / **Hip-Hop Kick Combo** 4reps

1:20 / Jump around!

2x8 / B / **Jump & Twist** 2reps

1:29 / Jump! Jump!

2x8 / B¹ / **Jump & Twist** 2reps

1:38 / Jump when it's

2x8 / C / **Switch Jump Combo** 1rep

1:47 / _ Jump up and down

6x8 / A² / **Hip-Hop Kick Combo** 6reps

2:14 / Jump around!

2x8 / B / **Jump & Twist** 2reps

2:23 / Jump! Jump!

2x8 / B¹ / **Jump & Twist** 2reps

2:32 / Jump when it's

2x8 / C / **Switch Jump Combo** 1rep

2:41 / (Outro)

4x8 / A² / **Hip-Hop Kick Combo** 4reps

Hip-hop freeze to finish!

MOVEMENT TIPS FOR INSTRUCTORS

* NOT TO BE USED AS COACHING CUES *

HIP-HOP KICK COMBO

- Kick side to side. (Walk phase a little bit of hip action)
- Third kick: push away from the body, lead with the heel and drag the body across – like you're going but reluctantly!
- Add the hop as you kick. Bend your knees to help you hop up
- Arms freestyle, 'rap hands'
- When you hit Dance phase, push the hips wider so you don't look like Mary Poppins!



JUMP & TWIST

- Jump side to side with feet facing forward, then turn feet, knees and hips on the Twist
- On balls of feet, toes turn out first when you twist. Pattern is 'Front, Front, Out & Out'
- Not a massive movement side to side, although you can go there if you want to in Dance phase!
- Add the overhead arm throw on the jump – it's like a push, making a statement with your arms
- On the Twist, arms down and a bit staunch, tension through the arms and fists

SWITCH JUMP COMBO

- Jack the feet in and out, with emphasis on the out and ONE (timing)
- Feet wider than hips and knees/toes turned out slightly
- Option to squat only, or to jump and pick heels up, touching in center
- Arms freestyle, again Rap Hands and throw anywhere

COACHING THE VIBES

- Keep it super simple with the Feet cues and allow people to find their groove.
- Start the kicks as soon as you can when the song starts, so the class get used to the move, and then cue early two kicks and slide.
- Make sure you show and cue all of the options so that everyone can choose what's best for them – Squats, Jacks or Jumps!
- Then get the party jumping in the chorus! This is a high-energy track and is a huge lift at the start of the class.
- Drop the odd lyric here and there - it really hypes the class up and adds a cool masculine edge.

"Shawty mosh pit – a SH'BAM mosh pit! It's a bit crazy but that's how we like it!"

"Put your hands up, and break it down!"

"You guys are dripping with swag!"

CREATING THE WOW

Use all the hype moments! Jumping OTS before going back to the kick combo gets everyone going! Throw your hands up and commit to it and they will too!

TRACK 03

MUSIC That's My Girl 3:23 mins

TRACK FOCUS

If you can, bring out the swag in your body language during the chorus, when you have one hand high, you will give the class a massive sense of self-worth and their confidence will sky-rocket. So praise and encourage THEM, as they are YOUR girls (and boys).

STYLE

Street Jazz

FEEL

Swaggy, Cocky

0:03 / (Heavy drums)

2x8 / A / **March & Look 4reps**

Stomp with arms crossed L (1ct) and look L with a nod (or Pop-Lock) (1ct); repeat R (2cts)

0:13 / Who's been working

2x8 / B / **3 Stomp 2reps**

Triple Stomp (3cts) and step R in (1ct); repeat R (4cts)

0:22 / _ Ain't nothing, ain't

2x8 / B¹ / **3 Stomp & Pop 2reps**

+ Shoulder Pop & Throw Down

0:31 / You've been down

2x8 / C / **Slow Wave 2reps**

Slow low wave L&R (4cts), Lean-Back Wave L&R (4cts)

0:41 / Destiny said you've

2x8 / C¹ / **Wave 4reps**

Low Wave L&R (2cts), Lean-Back Wave L&R with R arm O/H (2cts)

0:50 / _ That's my girl!

4x8 / B¹+C¹ / **3 Stomp & Pop and Wave 2reps**

Stomp & Pop (8cts), Wave x2 (8cts)

(Note: Notice the foot twist on 3 Stomp)

1:09 / (Heavy drums)

1x8 / A / **March & Look 2reps**

1:14 / Nod if you been

2x8 / B / **3 Stomp 2reps**

1:24 / _ Ain't nothing, ain't

2x8 / B¹ / **3 Stomp & Pop 2reps**

1:33 / You've been down

2x8 / C / **Slow Wave 2reps**

1:42 / Destiny said you've

2x8 / C¹ / **Wave 4reps**

1:51 / _ That's my girl!

4x8 / B¹+C¹ / **3 Stomp & Pop and Wave 2reps**

2:11 / You've been down

2x8 / C / **Slow Wave 2reps**

2:21 / Destiny said you've

2x8 / C¹ / **Wave 4reps**

2:30 / (Drums)

2cts / Freeze OTS with R arm O/H

2:31 / _ That's my girl!

8x8 / B¹+C¹ / **3 Stomp & Pop and Wave 4reps**

3:09 / (Heavy drums)

2x8 / A / **March & Look 4reps**

MOVEMENT TIPS FOR INSTRUCTORS

*** NOT TO BE USED AS COACHING CUES ***

STOMP & POP

- Walk phase is showing them the weight shift. Keep this really clean with no 'extra bits' to distract them
- Add the shoulder, but it's a rib shift too – shift the ribs and shoulder up, up, up with the rhythm. Hands throw down in fists as you step together
- As Dance phase comes in, the arms go outwards a bit more and there's a toe turn, pivoting on the ball of the foot – the heel comes in as you push the shoulder, creating a turn in the hip
- Jump the feet together in a little hop as you throw the hands down – like you're making a statement!



WAVE

- Squat and roll your body down one way, releasing the heel, tucking in the chin and getting underneath the radar! Then roll the other way
- When you come up you roll backwards, chest first, with rear heel up
- In the speed phase, one hand goes to thigh, the other one scoops. The shoulders roll forward then back as you come up and wave the hand in the air
- The body tips forward then back – forward, forward, back, back pattern



COACHING THE VIBES

- As always, use super clear Feet cues to set up the movement. From here it's really simple so you can get into the feel of the track really quickly.
- Use inclusive and encouraging language from the beginning of the track so that your participants feel encouraged to put their whole heart and soul into it!
- Try using the lyrics, especially the sassy bridge! This song is super empowering – let the lyrics lead the way.
- It doesn't need to be "that's my girl!" – perhaps it's your man! Make it work for you.

"Destiny said it, you got to get up and get it – get mad independent and don't you ever forget it."

"What you waiting for? Sometimes you gotta take hold of your moment, and you've gotta own it!"

CREATING THE WOW

Let the music speak! The chorus is the Wow moment, every time it hits!

TRACK 04

MUSIC Gorilla 3:04 mins

TRACK FOCUS

Get into the legs, and get low so you can easily shift gears and feels. Make sure you nail the setup of the full combo so they know it's 2 Fast Arms and 3 Hip Rocks side to side. This way, they are ready for the armlines.

STYLE

Hip Hop

FEEL

Jungle, Agro, Grumpy/Crumpy

0:00 / (Beat)

4x8 / A / **Step Touch 8reps**

Step Touch L&R (4cts)

0:14 / Hey! Hey! We're

4x8 / A¹ / **Low Step Touch 8reps**

+ Get low

0:29 / Konichi wa

4x8 / B / **Slow Staunch Rock 4reps**

Hip Rock L&R x4 with arm flex wide, down, cross, O/H (8cts)

0:45 / We go go gorilla

4x8 / B¹ / **Staunch Rock-It-Out 2reps**

Hip Rock L with arm flex O/H & R with Arm Scoop wide (4cts) x2, rock hips L, R, L, hold (4cts); repeat R (8cts)

0:59 / (Heavy beat)

4x8 / B² / **Staunch Rock-It-Out 2reps**

+ Hammer Arm

1:14 / (Synth trip)

4x8 / B³ / **Staunch Rock-It-Out 2reps**

+ Travel F

1:29 / (Synth wave)

2x8 / C / **Staunch Breather 1rep**

Feet wide with arms crossed to O/H (8cts) and squat down with low Primal Punch (8cts)

1:36 / (Drums)

2x8 / A² / **Primal Step Touch 1rep**

Step Touch L&R with low Primal Arms and travel B (8cts); repeat, traveling F (8cts)

1:44 / Hey! Hey! We're

4x8 / A³ / **Primal Step Touch 2reps**

+ Low Drum Arms

2:00 / We go gorilla!

2x8 / C¹ / **Staunch Breather 1rep**

Feet wide with arms crossed to O/H (8cts), Hip Rock L&R x4 with arms wide (8cts)

2:07 / We go go gorilla

2x8 / B / **Slow Staunch Rock 2reps**

2:14 / (B up)

12x8 / B²+A³ / **Get Staunch! Get Primal! Combo 3reps**

Staunch Rock-It-Out (16cts), Primal Step Touch (16cts)

Primal pose to finish

SH'BAM Tips

CALEY SAYS: Keep your words simple and clear throughout. The feel is grounded, masculine and totally 'Gorilla'-like! The music has a voice of its own, so be encouraged to let the music speak!

MOVEMENT TIPS FOR INSTRUCTORS

* NOT TO BE USED AS COACHING CUES *

When you put the combo together your legs should burn and you should feel a huge cardio kick!

SLOW STAUNCH ROCK

- Feet wider than shoulder width; strong, primal position with the arms – tension through the body
- Hips rock side to side – arms move slowly every time you move your hips – like a tick!
- Cross the arms at the wrist and move them straight up in front of the body. When they get to the top of the movement the chest pushes through and the elbows draw back as the hands circle out – helps to bring the silverback vibe to life! It's like a lat pulldown
- Finally the elbows come back and around – contract through the core, and bring the chest back into a concave position



STAUNCH ROCK-IT-OUT

- Similar to the slow move but the shoulders lift and drop as the hips and shoulders turn side to side, lifting the heel
- Lift and then contract – contrasting movement, as big then as little as you can
- Hammer fist then pops across the chest



PRIMAL STEP TOUCH

- Start in a deep Squat, reaching for the floor like you're about to come forward
- Keep the arms in a staunch position and the body bent forward in Squat as you step back
- Turn the foot out as you step
- Rear arm bangs like a hammer into the front fist
- Stay low to keep the 'jungle' vibe



COACHING THE VIBES

- Feet cues are so vital in this track, as there are a lot of moves in the combo.
 - Cue well in advance of each choreography change, so participants feel successful and are able to follow straight away – eg that there are '2 Fast Arms, then 3 Hip Rocks'.
 - When you sink into the deep Squat like a gorilla, let them know they are going to take 4 steps backwards, R then L.
 - On the way forward they get the feel of the drum banging from the music and from your arm-lines – no need to say much.
 - When it's time to put it all together, let them know – and then visually show them by stepping back a fraction early so they have a hint of what's happening next.
 - Don't be afraid to get primal – it really adds authenticity to the agro Hip Hop!
- "Welcome to my concrete jungle!"*
"Step to the beat of my drum!"

CREATING THE WOW

The Wow happens in the tick music... Create tension through your whole body, show intensity on your face and be quiet as you do this – that will help your participants feel this.

TRACK 05

MUSIC Mundian To Bach Ke 3:55 mins

TRACK FOCUS

Let the music speak! Cue EARLY the changes in the choreography and the moment they are about to put the whole combo together.

STYLE

Bollywood

FEEL

Bollywood

0:07 / (Drums)
2x8 / A / **March 8reps**
March OTS with Hip Rock L&R (2cts)

0:15 / (Beat)
4x8 / A¹ / **Wide Walk 16 reps**
Wide Walk OTS with Hip Rock L&R (2cts)
Preview: Tricep Push

0:30 / (Drums & melody)
4x8 / A² / **Push Combo 4reps**
Wide Walk F L&R x2 (4cts), Wide Walk B L&R x2
with Double Tricep Push behind x4 (4cts)
Preview-Slide & Look

0:45 / (Vocals)
4x8 / A³ / **Slide & Look Combo 4reps**
+ Look L, slide R arm high, L arm low (1ct); repeat
R (1ct)

1:01 / (Drums & beat)
4x8 / A⁴ / **Slide & Look Combo 4reps**
+ Travel F&B

1:16 / Ha!
4x8 / B / **Polish Bounce 4reps**
Jump L facing R corner (1ct) and Hip Bump OTS x3
(3cts) with R hand polishing R cheek (x4) and
L palm straight out; repeat R (4cts)

1:32 / (Synth wave)
Freeze / Feet together, arms press to side and
down (9cts)

1:36 / (String melody)
2x8 / C / **Push & Pull 1rep**
Stomp L foot x7, step together (8cts); repeat R
(8cts)

1:46 / (Bass)
2x8 / C¹ / **Push & Pull 1rep**
+ Push front palm down, back palm up x7, push
down on ct 8
(Keep elbows tight for true Bolly flavor)

1:55 / (Guitar & beat)
4x8 / C² / **Push & Pull 2reps**
+ Heel Flick

2:14 / (B up)
12x8 / A⁴+B+C³ / **Bollywood Bhangra Combo
3reps**
Slide & look Combo (8cts) + Polish Combo (8cts) +
Push & Pull Combo with Turn (8cts L & 8cts R)

3:02 / (Drums & build)
4x8 / **Wide Walk 16reps**
L&R OTS x8, travel B x8

3:17 / (Drums & beat)
8x8 / A⁴+B+C³ / **Bollywood Bhangra Combo
2reps**

Bollywood finish!

MOVEMENT TIPS FOR INSTRUCTORS

* NOT TO BE USED AS COACHING CUES *

WIDE WALK

- Feet wider than shoulder-width
- Push the hips forward and side to side
- Sit upper body back, and arms hang loose

PUSH COMBO

- Bring the Wide Walk forward, one hand pushes down, one pushes up, on a diagonal with flat palms – everything is about pushing! Like you're creating space for yourself to dance
- Walk back, stick the butt out and lean forward slightly. Arms are doing Tricep Presses with flat hands – elbows stay still while forearms move!



POLISH BOUNCE

- Come forward on an angle, one arm extends, palm up, look down the arm. The other hand is behind the head, moving in a backwards circular 'polishing' movement
- Pump chest and contract abs at the same time



PUSH & PULL

- Hip pushes up as the foot pushes down
- Butt swings around to the front
- Front arm circles in towards you and down, like you're pushing down some petticoats!
- Rear hand pushes upwards – flexed hand
- Move this in a circle, dropping the arms and the foot to change sides



BOLLYWOOD BHANGRA COMBO

- Everything goes huge in Dance phase – push the hips more; with feet wider, jump into the Polish Combo, really push away on the turn! Dance this so they can feel it!

COACHING THE VIBES

- The less said in this track the better – keep the cues concise because there are so many changes happening and the music is the main attraction.
- After a busy first 4 tracks, where you've had plenty of time for connection and chats, this one creates space to just dance and feel!

"In a cast of thousands, you gotta stand out!"

"2 chances, 2 dances – are you ready?"

CREATING THE WOW

When the combo comes together and the music starts to speed up, there is a real feeling of success – acknowledge the music and that feeling! Allow them to dance the final 2 combinations as big as they can!

TRACK 06

MUSIC Say You Do 3:22 mins

TRACK FOCUS

Options are a focus here – to not jump or bounce. Celebrate the 'breather' halfway by asking the class to clap and sing with you.

STYLE

90s' Jazz

FEEL

Fresh Prince of SH'BAM Air meets Mariah's doo wops

0:10 / say you love me, tell

4x8 / A / **Slow Heel-Toe Tap** 2reps

Dig R heel and step (2cts), repeat L (2cts), dig R heel, tap toe, dig heel, and step (4cts); repeat R (8cts)

0:32 / _ If you love

4x8 / A¹ / **Slow Heel-Toe Tap** 2reps

+ Drop

0:54 / _ Do-da-do-doo

4x8 / A² / **Heel-Toe Tap** 4reps

Jump-jack out and dig R heel, jump together (1ct), repeat L (1ct), jump-jack out, in, out, together (2cts); repeat R (4cts)

1:17 / you say you do!

2x8 / A³ / **Heel-Toe Tap** 2reps

+ Hammer Hands

1:28 / got me feeling bad

2x8 / **Step Touch** 8reps

Step Touch L&R (4cts)

1:39 / it only lasts so long

2x8 / B / **Fresh Kick** 2reps

Kick L, R (2cts), Double Kick L (2cts); repeat R (4cts)

1:50 / _ If you love

4x8 / B¹ / **Fresh Kick** 4reps

+ Arms

2:12 / _ Love me like you

4x8 / **Rock It Out** 16reps

Rock It Out L&R with clap O/H (2cts)

2:34 / say you do!

4x8 / A³ / **Heel-Toe Tap** 4reps

2:56 / _ Do-da-do-doo

4x8 / B¹ / **Fresh Kick** 4reps

MOVEMENT TIPS FOR INSTRUCTORS

* NOT TO BE USED AS COACHING CUES *

The theme of movement in this track is the 'up bounce' – the moves are all elevated on the 1 count.

HEEL-TOE TAP

- Squat and pop the heel out, single single, double
- Squat to the front, then turn the butt to the side to release the heel
- Add the hop, propelling yourself up like a jack-in-a-box!
- Watch out for the little pause before you speed it up
- Arms throw out to each side, hands in fists – extending the way that the heel is pointing
- Option: No Jump, Heel Dig



FRESH KICK

- Flick-kick in the same pattern – single, single, double
- As the hop comes in, propel yourself up, bouncing on the ball of your foot
- When you travel it, lift one hip at a time to lead the way, bending the knees when you jump
- Pattern is up, down, up, down, up, up!
- Hands up and clicking like Carlton!



COACHING THE VIBES

- It's singalong time in this track!
- It's super simple with only two moves and the feels are all right there because of the 90s' cardio moves and the feel-good, throw-your-hands-in-the-air arm-lines!
- Use the quiet time at the beginning to recover from the previous track and introduce the slow Heel-Toe Tap, and make sure you let them know that they don't have to speed up the move, or jump if they don't want to!
- This track is escapism and totally in the essence of SH'BAM – sweating and smiling! You'll find you don't need to overfill the track with chit-chat as the song is awesome!

"Hey. the 90s called - we better hurry up!"

"If you need to, keep it low and do what you wanna do!"

CREATING THE WOW

In the sections where you get to have a break, breathe, smile and connect with your class – sing along with them, or get them to 'Holla' back in the claps!

TRACK 07

MUSIC Showtime 4:09 mins

TRACK FOCUS

Raise the roof in the final combo, and let them enjoy the hands-up feels. Let them do whatever they need to or feel how they want to with that hands-up arm-line, as it's basically there to set them free for a moment and to feel epic!

STYLE

House/Freestyle/Hip Hop

FEEL

Ibiza, white party, ticker-tape

0:07 / (B up)

2x8 / A / **Knee Pop 4reps**

Double Knee Pop R&L (4cts)

0:14 / (Heavy bass)

4x8 / A¹ / **Swing & Pop 2reps**

Step L, swing R knee F, B, F (4cts), step B and pop knee L&R (4cts); repeat R (8cts)

0:29 / (Bass & claps)

4x8 / A² / **Swing & Pop 2reps**

+ Bouncy Jump

0:43 / (Synth wave to build)

2x8 / B / **Chill Out**

Feet wide with Body Roll down and F (8cts), Wave L&R x2 (8cts)

0:51 / (Heavy bass & claps)

4x8 / C / **Scratch & Slide 4reps**

Slide L and turntable scratch with R hand (2cts); repeat R (2cts); Rock It Out L&R x2 (4cts)

1:05 / (High synth melody)

4x8 / C¹ / **Strobe Light Scratch & Slide 4reps**

+ Strobe Light Arms (Chop-Chop-Wave-Flick)

1:20 / (Synth wave)

3x8 / B / **Chill Out**

Feet wide with Body Roll down and F (8cts), Wave L&R x4 (16cts)

1:31 / (Keyboard)

2x8 / D / **Dance Floor Scope 2reps**

Walk F (4cts) & B (4cts)

1:38 / (Loud synth)

4x8 / D¹ / **Dance Floor Scope 4reps**

+ Body Scoop and Rave Wave Shoulders

1:52 / (Synth & beat)

4x8 / D² / **Dance Floor Scope 4reps**

+ High Rave Wave Shoulders

2:07 / (Glitchy synth)

8x8 / **Step Touch 16reps**

Step Touch L&R

Preview: **Swing & Scratch House Combo**

2:36 / Showtime! _

24x8 / A²+C¹+D² / **Swing & Scratch House**

Combo 6reps

Swing & Pop (16cts) + Scratch & Slide (8cts) +

Dance Floor Scope (8cts)

MOVEMENT TIPS FOR INSTRUCTORS

* NOT TO BE USED AS COACHING CUES *

Big moves to complement a big sound!

SWING & POP

- Step and swing: knee is bent when it comes forward, and then straightens as it extends
- A double Knee Pop to bring you back
- Knee Pop – you don't have to jump
- Shoulders come forward as the knee pops; this brings the swag feel. Hips go back



STROBE LIGHT SCRATCH & SLIDE

- Slide to one side, shoulder and hip turn, releasing heel, and rear hand circles like you're scratching on a turntable
- Then rock hips side to side as the hands cross and swipe in front of the face, to the elbows. Slide the hands out and then flick away – like you're throwing the sweat at the crowd!



DANCE FLOOR SCOPE

- Duck under the radar as you walk forward. Then stand up to walk back, extending hands in front of the body in mini hand circles – rave styles!



COACHING THE VIBES

- Set up the Walk phases of the combinations with clear Feet cues, but let your delivery have some 'punch' as this track is big from the beginning.
- Use the natural breaks in the music to chill everyone out before bringing in each new move.
- Clearly tell your class to hold the Step Touch while you show them the full combo – this will help them to get it!
- Then it's all about dancing BIG! Go for it and bring the dance party vibes alive with your energy.

"This track is massive, our moves are gonna be massive, our energy is gonna be massive!"

"We gotta scope out the dance floor – we go to our space – strobe lights, laser lights. Party people put your hands up!"

CREATING THE WOW

There are so many Wow moments! The first silent, dramatic 'nose dive' creates huge feel. And the hyped Step Touch leading to the moment the combo is put together gets the crowd screaming!

TRACK 08

MUSIC Pour Some Sugar On Me 4:20 mins

TRACK FOCUS

OPTIONS – no turn; don't go all the way to the floor if you don't need to. On the drops, BRING THE HOUSE DOWN on the fist pump/shake it up section and LET RIP! You gotta go there first so they know HOW far they can go. People LOVE to sing their hearts out – your job is to set the tone and the expectation that this is the time to do so!

STYLE

Jazz

FEEL

Nostalgia, Rock Concerts, High on too much sugar

0:06 / (Guitar)

1x8 / A / **Rock It Out L 4reps**

Quick Hip Rock L&R (1ct) with L arm O/H (pump on every 2nd count)

0:10 / Love is like a bomb

2x8 / B / **3 Walks L 2reps**

3x Walks L and throw head L (4cts), 2x Walks R (2cts), walk R with Arm Throw O/H (1ct) and down to sit on hip (1ct)

0:22 / be your man!

4x8 / B¹ / **3 Walks L 4reps**

+ Turn R

0:45 / _ Take a bottle

2x8 / A¹ / **Rock It Out L 16reps**

+ L Forearm resting on head for first 3 reps

0:56 / Pour some sugar

3x8 / C / **Throw Some Sugar L 1½reps**

Throw arm L (1ct) & R (1ct), face L corner and drop L with arms crossed (1ct), stand and throw arms O/H (1ct), arms drizzle down body with little Hip Roll (4cts); repeat R

1:13 / I'm hot, sticky

1x8 / D / **Sticky Sweet Drop 1rep**

Drop L and smack floor (2cts), hair flick/look F (2cts), roll up (4cts)

1:19 / (Guitar)

2x8 / A / **Rock It Out R 4reps**

1:29 / Listen! Red light

2x8 / B / **3 Walks R 2reps**

1:41 / Loosen up!

4x8 / B¹ / **3 Walks R 4reps**

+ Turn L

2:04 / _ Take a bottle

2x8 / A¹ / **Rock It Out R 16reps**

2:14 / Pour some sugar

1x8 / C / **Throw Some Sugar R 1½reps**

2:31 / I'm hot, sticky

1x8 / D / **Sticky Sweet Drop R 1rep**

Drop R and smack floor (2cts), hair flick/look F (2cts), roll up (4cts)

2:37 / (Synth)

2x8 / E / **Corner Combo 1rep**

3 Walks to R corner, hold (4cts), 3 Walks Back, hold (4cts); repeat L (8cts)

2:49 / (Guitar lick)

2x8 / E¹+D / **Corner Combo 1rep**

+ Run and Sticky Sweet Drop

3:00 / (Electric guitar)

4x8 / E²+D / **Corner Combo 2reps**

+ Forward Turn & Arm Reach O/H for a massive drop!

3:23 / _ Take a bottle

2x8 / A / **Rock It Out R 16reps**

3:34 / Pour some sugar

4x8 / C / **Throw Some Sugar R 2reps**

3:56 / Pour some sugar

3x8 / C¹ / **Throw Some Sugar R 1½reps**

+ Low jump and travel F

4:13 / sugar me! _

1x8 / D / **Sticky Sweet Finish 1rep**

Arm Throw wide L&R (1ct), hold (1ct), O/H L&R (1ct) hold (1ct), turn R (1ct), sink and drizzle (1ct)

MOVEMENT TIPS FOR INSTRUCTORS

*** NOT TO BE USED AS COACHING CUES ***

3 WALKS

- 3 steps to one side, head look (to the outside), then 3 steps back, reach up and drop into the hip. Heel lifted, knees bent. One arm down beside hip, the other is draping over head
- Look seductively at the class as you do this!
- Contrast from the lift to the drop gives drama
- Throw the hands out to prep for the turn – then turn on the toes



ROCK IT OUT

- Rock your hips side to side, keeping the hand on the head from the previous move
- Hand throws up like you're pumping your fist at a rock concert; other one grabs onto pants/lower part of top to bring the grunge feel



THROW SOME SUGAR

- Your hand will be in the air from the previous move – throw that hand out to the side. Then turn to the other side and throw that hand out. Contract body down, pulling the arms in, then throw hands up and body-wave as you drizzle your hands down!
- As Dance phase come in, the body weight shifts over in the direction you throw your arm
- You can put your own style on this - bring the drama! The bigger the better!



CORNER COMBO

- 3 dramatic steps forward, 4 steps back
- Then speed it up and add the drop – like someone has taken the strength from your legs
- One hand drops to the floor, the other extends behind, and give a mad hair flick!
- There's a little pause before you drop – run run HOLD, drop, flick
- Option to add a Forward Turn, throwing your hands up before you drop!



COACHING THE VIBES

- This one is wild, free and very sexy! Use your body and face to convey this.
- Set up the Feet cues and Feel, but keep words minimal in the verse phases, as the music and the movements do the job for you.
- When the pre-chorus comes in, amp up the room by connecting to the class like a real rock-star would! Encourage them to sing with you, pumping their fist high!
- The Corner Combo needs clear Feet cues of 3 steps forward and 4 back. Preview the turn and drop.
- Let them know they don't have to drop to the floor – they can go as far as they want to.
- Use your Jazz runs and arms to create massive lifts in the class.
- Be really externally focused – eyes on them to bring THEIR magic alive

"Don't be afraid to pour that sugar!"

"Shake that bottle up and get ready!"

CREATING THE WOW

The Wow moment is created when you commit to the drops and they see it and try it for the first time – especially when you bring in the turn and drop!

TRACK 09

MUSIC Get Busy 3:30 mins

TRACK FOCUS

Dial it way back and let them get into the groove of the hips again. This track has Polynesian swag ALL over it, so channel your Moana or Maui as best you can, and 'pati pati' and 'siva' your heart out.

STYLE

Hip Hop

FEEL

Polynesian-style swag – Maui meets SH'BAM

0:04 / Shake that thing

2x8 / A / **Hip Shake 4reps**

Hip Shake L&R x4 with Shoulder Bounce on every 4th rep (4cts)

0:14 / Woman get busy

4x8 / B / **Hip Wind 4reps**

3 steps out on L with Hip Roll (3cts), step L in (1ct); repeat R (4cts)

0:32 / Remix!

1x8 / Freeze

0:37 / Clap your hands

2x8 / C / **Hip-Hop Knee 2reps**

Knee Lift L, R, L (3cts), Patipati (double clap!) (1ct); repeat R (4cts)

0:47 / Touch your ear

2x8 / C¹ / **Hip-Hop Knee 2reps**

Knee Lift L, R, L (3cts), roll hands up (1ct); repeat R (4cts)

0:57 / Eh-yo!

2x8 / C² / **Hip-Hop Knee 2reps**

+ Throw Down

1:06 / Yo, sexy ladies

3x8 / B / **Hip Wind 3reps**

1:21 / It's all good

7x8 / B¹ / **Hip Wind 7reps**

+ Polynesian Arm Wind and Patipati (double clap!)

1:50 / Get up, on that

1x8 / C² / **Hip-Hop Knee 1rep**

1:54 / Get up, on that

5x8 / C³ / **Hip-Hop Knee 5reps**

+ Odd freeze on R

2:17 / Shake that thing

2x8 / A¹ / **Hip Shake 2reps**

2:28 / Woman get busy

2x8 / B¹ / **Hip Wind 2reps**

2:37 / don't take pity

2x8 / B² / **Hip Wind 2reps**

+ Wind to front

2:47 / Hey, yo, yo yo!

1x8 / Freeze

2:53 / Yo, sexy ladies

8x8 / C²+B² / **Siva Combo 4reps**

Hip-Hop Knee (8cts) + Hip Wind (8cts)

MOVEMENT TIPS FOR INSTRUCTORS

*** NOT TO BE USED AS COACHING CUES ***

HIP WIND

- Hip rolls go from the back to the front – as you stomp, push the hip back and around
- Strut phase: Start to add the arms – it's like a rolling pin action. Arms move independently. Chest contracts and expands, and the arms roll in
- Slight lean to the side you're stomping to
- Then step your feet in with 2 BIG claps – see how the presenters bring the swag with this
- Dance phase: Turn it to the front. Get a little lower and groove your way



HIP-HOP KNEE

- Knee lifts as the body contracts – 3 Knees and 2 Claps in the middle
- Dance phase: Hands throw down, and can even clap softly under the thighs. Then roll the arms up over head, finishing with soft elbows and fists
- As you clap, slight tip of the body to bring the swag
- The freeze can be anything you like!



COACHING THE VIBES

- This track is simple and full of Polynesian, Hip-Hop and Caribbean flava!
- Try using the play section of the Hip-Hop Knee Combo to have some fun doing crazy freezes with your class.
- Get them to grind low when the wind comes in to feel the groove of the move.
- Try speaking your cues in the rhythm of the music as Tau does!

"Caribbean fire. Polynesian styles!"

"Everybody drop it down, get low to the ground"

CREATING THE WOW

Taking them by surprise with the freeze in the Hip Hop Knee combo! It feels great when they get it with the music!

TRACK 10

MUSIC Find Me 3:24 mins

TRACK FOCUS

If you say anything, make sure it's a clear Feet cue, or an invitation to set them free and get the feel of contemporary.

STYLE

Contemporary

FEEL

Vulnerable, Confident, Free

0:06 / We said goodbye

8x8 / A / **Slow Find Me Dancing Combo R 1rep**
Full body contraction to R corner (4cts), sweep both arms around head L to R (4cts), unfold L arm to reach to L corner and lift R leg (4cts), pull arm in to small body fold (4cts), side hop with Shoulder Roll B R (4cts), L (4cts), 3 Walks R (6cts), hold (2cts); repeat L (32cts)

0:34 / If you're ready,

8x8 / A¹ / **Find Me Dancing Combo R 2reps**
Full body contraction to R corner (2cts), sweep both arms around head L to R (2cts), unfold L arm to reach to L corner, hop and lift R leg (2cts), pull arm in to small body fold (4cts) side hop with Shoulder Roll B R (2cts), L (2cts), 3 Walks R (3cts), hold (1ct); repeat L (16cts)

1:04 / Find me! _

8x8 / A² / **Find Me Dancing Combo R 2reps**
+ Run

1:32 / (Shimmer)

4cts / Hold

1:34 / We've lost our way

4x8 / A / **Slow Find Me Dancing Combo R ½rep**

1:48 / If you're ready,

8x8 / A² / **Find Me Dancing Combo L 3reps**

2:30 / Ahhhh...

2x8 / B / **Come To Me Breather 2reps**

Feet wide; inhale, arms cross O/H (4cts), melt down (4cts), roll up (8cts)

2:45 / I, see, you

4x8 / **Step Touch**

Step Touch L&R (4cts) x7, freeze with fists at sides (4cts)

2:59 / and find me _

6x8 / A² / **Find Me Dancing Combo R 1½reps**

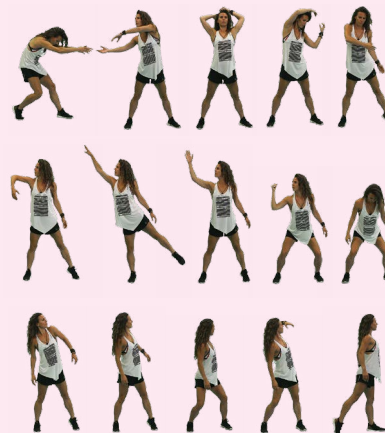
MOVEMENT TIPS FOR INSTRUCTORS

* NOT TO BE USED AS COACHING CUES *

Aim to find one fluid movement throughout this track so that your class gets the sensation of constant movement.

FIND ME DANCING COMBO

- Turn the body and contract through the torso, extending the arms, leading from the elbow and dropping the head
- Back heel lifted and knees bent
- Circle the arms in front and around the back of the head – it's a little loose and floppy as you do this. Continue around, dropping one hand to the side and extending the other high to the diagonal
- As you extend the arm it comes from the shoulder, then the elbow, then the fingertips and you extend out as you lift up, extending the rear leg and slowly, softly, let the hand fall
- As the hand reaches the bottom, take a side hop away, and back, and 3 slow steps
- As the move develops, the shoulder lifts and drops behind on the side hops – whole body comes up and down, knees bend as you drop into the feet. There's a draggy feel to this, like your body and head are slightly left behind
- The 3 walks become more dramatic drag steps, and on the third, lift the chest to the side, opening the heart, dropping the arms behind – this leads into the nex contraction



COACHING THE VIBES

- Silence is golden when the song is this sweet!
- Once again, it's basic Feet cues that will set this track up for success. What makes it come alive for your class is when you highlight the ebb and flow of the musical energy through the lyrics – joining seamlessly through the movement.
- This is typical contemporary style – the music must speak! Try using the lyrics as Rach does. Less is best here.

“Like a river, always running, your movement doesn't stop.”

“The art of dance is to let your body do what feels good.”

“Let it flow, let it go.”

CREATING THE WOW

If you set this combo up clearly, and they've all got it, the Wow comes from the final 3 reps – let them dance and go for it physically! This track is beautifully different.

TRACK 11

MUSIC Run Wild 5:29 mins

TRACK FOCUS

OPTION the Jump Turn – bust out the cardio! GO for it and run wild!

STYLE

Freestyle/Jazz

FEEL

Weekend party vibes, cut loose, a little wild on the side

0:29 / (Synth blast)

4x8 / A / **Step Touch 8reps**

Step Touch L&R (4cts)

0:45 / Tonight. Tonight.

4x8 / A' / **Step Touch 8reps**

+ O/H Clap

1:00 / (Heavy beat)

4x8 / B / **Heel Dig 16reps**

Dig Heel R&L (2cts)

1:16 / (Beat & hi-hat)

8x8 / B' / **Heel Dig Combo 4reps**

Dig Heel R&L x4 traveling B, bent arms O/H (8cts),

Step Touch with clap F L&R x2 (8cts)

1:46 / (Siren)

2x8 / A / **Step Touch 4reps**

Step Touch L&R (4cts)

1:54 / I remember when

8x8 / C / **Slow Run Wild Combo 1rep**

Slow drag F L&R x2 (8cts), Hip Rock OTS L&R

x2 (8cts), Circle Turn L (8cts), Step Touch R&L x2

(8cts); repeat R & traveling B (32cts)

2:23 / Can you hear my

8x8 / C' / **Slow Run Wild Combo 1rep**

+ Arms on drag, Ragga Swing, and Arm Swing

O/H on turn

2:55 / (Heavy beat)

4x8 / C' / **Run Wild Combo 1rep**

Run F L&R x2 (4cts), Ragga Rock L&R x2 (4cts),

Circle Turn L with arms O/H (4cts), Step Touch R&L

(4cts); repeat R & traveling B (16cts)

3:10 / (Claps)

4x8 / A / **Step Touch 8reps**

(Preview: Circle Jump Turn)

3:25 / (B up)

4x8 / D / **Circle Jump Turn 2reps**

Circle Turn with jump L (4cts), Step Touch R&L

(4cts); repeat R (8cts)

3:40 / Tonight. Tonight.

2x8 / D+B / **Circle Jump Turn & Heel Dig 1rep**

Circle Turn with jump L (4cts), Heel Dig R&L x2

(4cts); repeat R (8cts)

3:48 / (B up)

2x8 / A / **Step Touch 4reps**

3:55 / (Heavy beat)

8x8 / C²+D+B / **Run Wild Combo 2reps**

+ Circle Jump Turn & Heel Dig

4:26 / Tonight. Tonight.

4x8 / A / **Step Touch 8reps**

4:41 / (Heavy beat)

12x8 / C²+D+B / **Run Wild Combo 3reps**

MOVEMENT TIPS FOR INSTRUCTORS

* **NOT TO BE USED AS COACHING CUES** *

RUN WILD COMBO

- Set this up with big, clear movements. Drag forward, then rock your hips side to side. Slow Circle Turn, step out and hold
- As you reach Strut phase, the movement becomes bigger and arms come into the drag, like a dramatic run.



Ragga Arms come into the Hip Rock, turning the chest and hips to the side, extending the arms and lifting the chest. Arms go up over head in the Circle Turn, and then throw down.

- Jump turn – step into the turn and bring the knees up towards the chest. Option is to skip across and swing the arms
- Heel Dig – arms come up and loose over head to get the shoulder swag



- In Dance phase, everything becomes massive. You pick up into a run, really big and side to side. Ragga becomes big and wild, Jump Turn gets bigger, and show that you feel it in the Heel Dig facially and through your body and shoulders

COACHING THE VIBES

- This track hits a full combo from the get-go, so you need to be prepared to cue Feet cues clearly!
- Show your appreciation for the music through your body language. Then when the beat drops, let them feel it at tempo, but keep cueing the Feet cues so they get it.
- Clearly explain the Jump Turn, and show them the options.
- Build the anticipation right from the beginning as Rach does – big hype into the Step Touches and let the beat drop as you go silent in the Heel Digs.
- The vibes come from the contrast in your movements. So, as the track builds, get bigger and bigger, and more wild! Let them get wild with you!

“Today we run wild – howl at the sky”

“In that sweet, beautiful moment where you and the music become one.”

CREATING THE WOW

Build the hype for them to do the combo one more time! The music does this for you – see how Rach does this with her body language, by just holding up one finger!

TRACK 11 BONUS

MUSIC Sun Is Shining 5:05 mins

TRACK FOCUS

Once the beat drops, you gotta move into your own DANCE feel and show them how good it looks – so surrender to the beat and live the moment.

STYLE

Jazz

FEEL

Dance Freedom and Performance Piece

0:00 / (Beat)

4x8 / **Step Touch** 8reps

Step Touch L&R

0:14 / (Drums & synth build)

16x8 / A / **Run Wild Combo** (Track 11) + **Swing & Scratch House Combo** (Track 7) 2reps

1:13 / (Synth wave)

1x8 / Freeze

1:17 / A simple band of

8x8 / B / **Slow Find Me Dancing Combo** L (Track 10) 1rep

1:47 / Then you came my way

8x8 / B¹ / **Find Me Dancing Combo** L (Track 10) 2reps

2:16 / And so are you. So are

4x8 / **Step Touch** 8reps

2:31 / (B up)

1½x8 / **Step Touch** 3reps

+ Clap O/H

2:36 / Hey! Turn up

4cts / Freeze

2:38 / (Heavy beat)

8x8 / A / **Run Wild Combo** (Track 11) + **Swing & Scratch House Combo** (Track 7) 1rep

3:07 / (Quiet)

4cts / Freeze

3:09 / A simple band of

8x8 / B / **Slow Find Me Dancing Combo** L 1rep

3:38 / Then you came my

8x8 / B¹ / **Find Me Dancing Combo** L 2reps

4:09 / And so are you. So are

Xx8 / **Step Touch** 8reps

4:23 / (B up)

1½x8 / **Step Touch** 3reps

+ Clap O/H

4:28 / Hey! Turn up

4cts / Freeze

4:31/ (Heavy beat)

8x8 / A / **Run Wild Combo + Swing & Scratch House Combo** 1rep

SH'BAM Tips

RACH SAYS: Just like last round, this is an option which can be used to keep the release fresh, if you have time :) You MUST teach Tracks 7, 10 and 11a if you are doing this Bonus track.

MOVEMENT TIPS FOR INSTRUCTORS

*** NOT TO BE USED AS COACHING CUES ***

You know the technique from the previous tracks, but different music brings a different feel and different texture – so listen to this track, and watch the Masterclass to see how Rach moves to really master the feel.

COACHING THE VIBES

- Three different combos in this track – and they gel together so perfectly.
- If you did a good job setting up your Feet cues throughout the class, they will only need a few mapping points to let them know what's next – the rest is about dancing from the heart!
- Dance doesn't need so much discussion once everyone has the moves. This track is all about the joy of being set free to 'be' in the moment, and find their own unique escape.
- It's a chance for each individual to feel how a dancer truly feels, when it is just them, the music and the movement.
- Your job is to demonstrate and lead the way – dance and let them dance!
- Build the combo clearly and direct traffic.
- Use the names of the moves that you've set up in the previous tracks.
- Use heaps of praise.

"No more guessing – we know this!"

"The sun is shining – and so are you!"

"This is dance love!"

CREATING THE WOW

Just like previous Bonus tracks, in the Dance phase, let them go – it's not about you. Go there, but don't leave them alone either – give praise and support. There's a huge feeling of success in this track because they get to stay in the Dance phase for longer as they already know the moves.

TRACK 12

MUSIC No Lie 3:41 mins

TRACK FOCUS

Bring back the class interactive feels and play with the stretches and lyrics.

STYLE

Stretching

FEEL

Nostalgic, sweet little finisher to settle the crazy

0:11 / carry ten ton of

4x8 / A / **Squat Stretch & Rock 2reps**
Squat (2cts), Hamstring Stretch (2cts), Booty Rock
L&R with L arm behind x2 (4cts); repeat R (8cts)

0:30 / It's hypnotic the way

4x8 / A¹ / **Squat Stretch & Rock 4reps**
Squat (1ct), Hamstring Stretch (1ct), Booty Rock
L&R with L arm behind x2 (2cts); repeat R (4cts)

0:49 / Feel you eyes, they

2x8 / B / **No Lie, Just Slide 2reps**
March L, R (2cts) slide L (2cts); repeat R (4cts)

0:58 / Hypnotized, pull another

1x8 / B¹ / **No Lie, Just Slide 1rep**
+ Get low

1:03 / Hit the vibes, it's

5x8 / B² / **No Lie, Just Slide 5reps**
+ Polynesian Arms and clap

1:26 / I'm so lit, so lit,

2x8 / **Hip Roll 8reps**
Circle hips L&R with arms wide to O/H (8cts), and
drizzle down (8cts)

1:35 / Give you all the style

2x8 / **Calf Stretch 2reps**
Turn R and punch L arm, swivel L heel out (2cts),
pull arm B and swivel L heel in (2cts); repeat L
(4cts)

1:45 / It's hypnotic the way

2x8 / C / **Bend & Pop 4reps**
Swivel L knee in and out (1ct), Chest Pop (1ct);
repeat R (2cts)

1:54 / It's so hypnotic, the way

2x8 / C¹ / **Bend & Pop 4reps**
+ Arms up & flava

2:04 / Feel your eyes, they

2x8 / B / **No Lie, Just Slide 2reps**

2:13 / Hypnotized, pull another

1x8 / B¹ / **No Lie, Just Slide 1rep**

2:18 / Hit the vibes, it's

5x8 / B² / **No Lie, Just Slide 5reps**

2:41 / Shake that body,

4x8 / **Quad Stretch**
Quad Stretch L (16ct) & R (16cts)

3:00 / Feel your eyes, they

4x8 / C¹ / **Bend & Pop 8reps**

3:19 / No lie

4x8 / B² / **No Lie, Just Slide 4reps**

MOVEMENT TIPS FOR INSTRUCTORS

*** NOT TO BE USED AS COACHING CUES ***

SQUAT STRETCH & ROCK

- Squat, hands on thighs, lift your hips up, push your hip to the side as you drop one arm
- It's a bit peacocky!



NO LIE, JUST SLIDE

- March march slide, becomes sink sink drag
- Add the elbow dance – 2 waves as you march, and then the outside elbow slides up. The lower hand follows up to clap



BEND & POP

- Calf Stretch becomes a dance move!
- Knee drops in and out, popping the hip and then the chest pops in the center
- Arms turn as the chest and shoulders turn, and hold fists at chest height in the Pop, elbows out
- Arms are fairly loose with the movement



COACHING THE VIBES

- You can't leave them on the ceiling after that massive Track 11! Bring it back to a more 'chilled', friendly place here.
- Acknowledge their efforts.
- Show options if they don't want to get flexy!
- Use the lyrics. Sing and connect with the people.

"Let me acknowledge the way you groove!"

"No lie – in my world there's no better workout than a fun one!"

"How do we do it? Back row... middle row... front row?"

"We're only shy because of the stories we tell ourselves – tell yourself another one!"

CREATING THE WOW

Work the lyrics in this one and show you're into the groove – they will go there too!

MUSIC

- 1 **Love On Me** (3:29)
Galantis & Hook N Sling
© 2016 Atlantic Recording Corporation for the United States and WEA International Inc. for the world outside of the United States. A Warner Music Group Company.
Written by: Manisaklo, Eklow, Blanchard, Boardman, Karl, Jonback, White, Koltzsch
- 2 **Jump Around** (3:05)
KSI feat. Waka Flocka Flame
Courtesy of the Universal Music Group.
Written by: Schrody, Muggerud, Relf, Nelson, Mann, Appell
- 3 **That's My Girl** (3:23)
Fifth Harmony
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Written by: Kachingwe, Kronlund, Loules
- 4 **Gorilla (Original Mix)** (3:04)
Luciana, Will Sparks, Tyron Hapi
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Written by: Caporaso, Clow, Ryden, Hapi, Sparks
- 5 **Mundian To Bach Ke (Alex Guesta Tribal Mix)** (3:55)
Punjabi MC
© 2017 Central Station Records.
Written by: McLarson, Phillips, Raj, Janjua
- 6 **Say You Do** (3:22)
Sigala feat. Imani & DJ Fresh
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Written by: Seal, Mauldin, Carey, Dupree, Fielder, Astasio, Peabworth, Foster, Stein, Shave
- 7 **Showtime** (4:09)
Felguk
© 2014 Vicious Recordings Pty Ltd.
Written by: Lozinsky, Rozenzthal
- 8 **Pour Some Sugar On Me** (4:20)
The Salted Air
© 2017 Les Mills Music Licensing Ltd.
Written by: Elliot, Savage, Clark, Collen, Allen, Lange
- 9 **Get Busy (Clap Your Hands Now Remix Street Club Long Version)** (3:30)
Sean Paul feat. Fatman Scoop & Crooklyn Clan
Courtesy of the Universal Music Group.
Written by: Marsden, Hen
- 10 **Find Me** (3:24)
Sigma feat. Birdy
Courtesy of the Universal Music Group.
Written by: Van Den Bogaerde, Edwards, Lenzie, Barnes
- 11 **Run Wild (KaaZe's Swede Remix)** (5:29)
Hardwell, Jake Reese
© Revealed Recordings, under exclusive license to Cloud 9 Music B.V.
Written by: van Haregem, van de Corput, Krahman, van Siewertz, van der Voort, van der Harst
- BONUS**
11 **Sun Is Shining (R3HAB Remix)** (3:09)
Axwell/Angrosso
Courtesy of the Universal Music Group.
Written by: Al, Pontare, Hedfors, Ingrosso
- Sun Is Shining (R3HAB Remix)** (1:56)
Axwell/Angrosso
Courtesy of the Universal Music Group.
Written by: Al, Pontare, Hedfors, Ingrosso
- 12 **No Lie** (3:41)
Sean Paul feat. Dua Lipa
Courtesy of the Universal Music Group.
Written by: Schwartz, Jackson, Kembo, Sanderson

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.

BE LOUD AND HEARD

Tell us what you think of this release.
Visit lesmills.com/BLAH

HEY INSTRUCTORS

Hey instructors! When it comes to mixing up past releases, please ensure you have a diverse mix of music genres, moves and dance styles.

EXPRESS FORMATS

30-MINUTE FORMAT

TRACKS

1, 2, 3, 4, 5, 8, 9, 10

Total Time 28:10

Please note: The 30-minute class format has been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

KEY

B up build-up

Intro introduction

OTS on the spot

cts counts

L left

R right

Outro last few bars of music

F&B forward and backward

mins minutes

H/H hands on hips

O/H over head

👁 preview

CREDITS

Choreography – Rachael Newsham

Chief Creative Officer – Dr Jackie Mills

Creative Director – Kylie Gates

Program Planner – Ngawathuhia Arahanga-Doyle

Program Coach – Tau Siolo



From L-R: Rachael Newsham, Tauvaga Siolo, Caley Jack

Next-level fun, as the tunes and dance routines take us all on a trip around the world, literally. It's like the music industry is on a huge nostalgia buzz right now, with so many 90s' bring-backs, all remixed, so I had to jump on that buzz too.

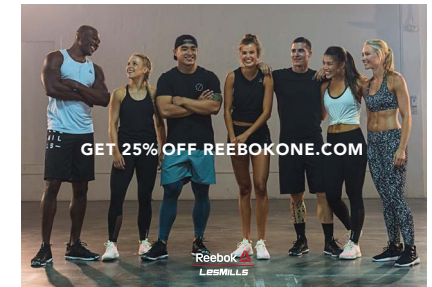
The balance is just awesome – with smacking sounds from right now, laced back-to-back to really familiar, high-production-value remixes. Your ears are going to love you when this soundtrack drops .

This release is a massive high cardio-wise, so pace yourselves... especially in Track 5... it's crazy. All these arm-lines and angles get the hips and the abs really firing!

The Track 8 this time is ICONIC and a real screamer so have your moment and get wild... ha ha ha!

Honestly, I could rave about every single track... so much excellent dance energy all around.

No lie - it's time to get busy and get lit.... :-)



PRESENTERS

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

Tauvaga Siolo (New Zealand) is a SH'BAM BODYCOMBAT, BODYJAM™ and BODYPUMP™ Instructor and Trainer, a LES MILLS GRIT™ Series Coach and Trainer, and a CXWORX™ and an RPM™ Instructor. He is based in Auckland, where he is also Group Fitness Manager at Les Mills New Lynn.

Caley Jack (South Africa) is a SH'BAM, BODYCOMBAT and BODYPUMP Instructor, a BODYBALANCE/BODYFLOW Trainer and a LES MILLS GRIT Series Coach. She is also a massage therapist, based in Cape Town City.