

SH'BAM 32

01. TRACK 1

02. TRACK 2

03. TRACK 3

04. TRACK 4

05. TRACK 5

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08. TRACK 8

09. TRACK 9

10. TRACK 10

11. TRACK 11

MU. MASH UP

12. TRACK 12

MUSIC

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01. TRACK 1

TRACK FOCUS

Say A Prayer – With a chilled-out intro the class can feel at ease, so go easy with your voice on tone and volume in the stretches, then amp it up when the beat kicks in.

No Scrubs – Unless you speak Spanish you will have NO idea what this mega-cool nostalgic track is dropping, so pull back on chats, get Feet cues out and let the music come through.

STYLE

Freestyle, Hip Hop

FEEL

Say A Prayer – Hopeful and Positive

No Scrubs – Confident and Cruisy

MUSIC			EXERCISE		REPS
0:07	Intro / _ Say a prayer,	2x8		Inhale, arms wide to O/H (8cts), roll down (4cts) up (4cts)	1x
0:15	V1 / If you're lost ,	4x8	A	Elbow Extension R (4cts) & L (4cts)	4x
0:29	because the heart ,	4x8	A ¹	Say A Little Combo L Elbow Extension R&L with Weight Shift L&R (4cts), rock hips L&R x2 (4cts)	4x
0:45	PC / say a prayer .	4x8	A ²	+ L Palm O/H	4x
1:00	C / for you baby ,	4x8	A ³	+ Step Touch L&R Low to high Snap R&L	4x
1:14	Br / (Quiet)	1x8		Throw L arm O/H and wide (2cts), roll down (2cts) and up (4cts)	
1:18	V2 / If you're in , the	4x8	A ¹	Say A Little Combo L Elbow Extension L&R with Weight Shift R&L (4cts), rock hips R&L x2 (4cts)	4x
1:33	PC / I say a prayer ,	4x8	A ²	+ R Palm O/H	4x
1:48	C / for you baby ,	4x8	A ³	+ Step Touch R&L + Snap L&R	4x
2:03	just say it.	4x8	A ⁴	+ Travel F	4x
2:18	Br / (Quiet)	1x8		Throw R arm O/H and wide (2cts), roll down (2cts) and up (4cts)	
2:19	V1 / _ No quiero nada	1½x8		Drop Hip L&R (4cts) (👁 Squat Step R)	3x
2:29	PC / Y no quiero que	2x8	B	Squat Step Squat (1ct), Ball-Change with Chest Sweep L (1ct); repeat R (2cts)	4x
2:38	C / _ I don't want no	4x8	C	Double Rib Double Rib Shift L (2cts), Double Chest Pop (2cts); repeat R (4cts)	4x
2:57	holla at me. _	4x8	B	Squat Step	8x
3:17	Instr / (Guitar)	2x8	C	Double Rib (👁 Step, step, step R)	2x
3:27	No , I don't	2x8	C ¹	+ Step, step, step L&R	2x
3:36	holla at me. _	4x8	B	Squat Step	8x



01. SAY A PRAYER / NO SCRUBS 4:03mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SAY A LITTLE COMBO

- Feet wide, knees bent
- Extend arm up, leading from the elbow, palm high and lifting through the ribcage
- In the Setup phase, the weight stays central with the knees bent (watch Rach on the Masterclass) and the palm extends to the front. The feeling is trying to get a stretch through the side of the body
- As it speeds up, push the hip in the opposite direction from the Palm Reach and bring in the Hip Rock – a subtle weight shift side to side
- Hand pushes to the ceiling, palm up and heel of hand forward, shoulders turn slightly as the palm sweeps side to side, like you're polishing the ceiling – sending the vibes like it's gonna be a good class today!
- Add the Step Touch with Snap. Arm swings low and past the body, and then up to a Snap. Elbow stops at shoulder level and the Snap 'punches' forwards



SQUAT STEP

- We set up the move with a Drop Hip side to side, moving in a figure 8 pattern
- Add the Squat Step. Bend your knees into a Squat, and 'domino' the feet to the side in a Squat, ba-ba! rhythm. Maintain the Hip Sweep that's set up in the Drop Hip. (It's not possible to maintain the figure 8, so just the sweep is maintained)
- Hip pushes back and then out to the side, which naturally makes the chest and shoulders turn out a little too
- Freestyle poses once they've got the move
- Needs to be an actual Squat to warm the body



DOUBLE RIB

- Feet wide, knees bent. Double Rib Shift to the side, and then the chest pops out, in, out, Rhythm 1 and 2, 3 and 4
- Squeeze shoulder blades together and pull the elbows back to feel the upper back working. Palms face down and fingertips away from body
- The abs are what perform the isolation – pushing the ribcage across
- Feet come in with the Rib Shift on the same rhythm, staying low as you push across
- Feet step together on the 'and' beat, staying low as you push across



COACHING THE VIBES

- This Warmup is very laid-back to activate the body – not too much footwork and patterns, which is great for new people!
- It needs a casual and warm approach to welcome people to the class and help them to feel comfortable
- 1B is a cool, sexy vibe, with a Latin twist. It doesn't need too much chat
- Encourage people to try their own poses and acknowledge them when they do!

"Just feel the rhythm – that's how we prepare to dance in SH'BAM!"

CREATING THE WOW

- In 1A, it's the moment when the Step Touch comes in and they all know the move – show that you're feeling it, both in your face and in your vibe!
- In 1B, when the chorus drops that's a WOW moment musically speaking, as the class will instantly smile if they know the track.



02. TRACK 2

TRACK FOCUS

The focus is clear Feet cues and high energy in the instrumental sections. You are looking for a high level of success feelings across the floor, so keep it simple.

STYLE

Freestyle Hip Hop

FEEL

Heartfelt, House party for Hip-Hop hoodie-wearing Beliebers.

MUSIC			EXERCISE		REPS
0:00	Intro / (Beat)	8x8		Step Touch L&R with Clap (4cts)	16x
0:30	Br / (Quiet claps)	4x8	A	Tick-Tock Stiff Rock L&R (2cts)	16x
0:45	V1 / No limit in the	4x8	A ¹	Tick-Tock Rock Rib Shift L&R with Palm Push x2 (4cts), Stiff Rock L&R x2 (4cts) (👁️ Step Touch)	4x
1:00	With every breath ,	4x8	A ²	+ Low Squat on Palm Push + Step Touch L&R	4x
1:14	PC / When it comes to	1x8	B	Slow Ripple Slide Slide L (4cts), R (4cts)	
1:19	There's no crime	2x8	B ¹	+ Grab and Ripple down + Elbow Wave up	2x
1:30	and intertwine .	6x8	B ¹ + A ¹	Ripple & Tick-Tock Combo Ripple Slide L&R F with arms (4cts) Tick-Tock B, L&R with Palm Push x2 (4cts)	6x
1:48	(B up)	2x8	C	Step-Kick Step L and Kick R (2cts); repeat R (2cts)	4x
1:56	Instr / (Heavy beat)	3x8	C ¹	Squat-Kick Squat and Kick R (2cts); repeat R (2cts)	6x
2:07	Instr / (Heavy beat)	5x8	C ²	Squat-Kick & Punch Squat and Kick L&R with opposite Arm Punch O/H L&R (4cts), Squat Kick L&R with Double Arm Punch O/H (4cts)	5x
2:26	Br / Quiet	1x8		Squat & Freeze (8cts)	
2:30	PC / When it comes to	3x8	B ¹	Ripple Slide	3x
2:40	and intertwine .	6x8	B ¹ + A ²	Ripple & Tick-Tock Combo Ripple Slide L&R F with arms (4cts) Low Tick-Tock B, with Rib Shift L&R with Palm Push x2 (4cts)	6x
3:03	(B up)	4x8	C+ B ¹ + A ²	2U Combo Setup Step Kick L&R x2 Ripple & Tick-Tock Combo	2x
3:18	Instr / (Heavy beat)	8x8	C ² + B ¹ + A ²	2U Combo Squat-Kick with Punch Ripple & Tick-Tock Combo	4x



02. 2U 3:53mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

TICK-TOCK/TICK-TOCK ROCK

- Feet wide, transfer the weight from one foot to the other. Body is rigid – like a metronome
- Add Palm Push, moving from the forearm
- As the movement softens, the knees bend and add a Rib Shift
- Everything softens, in contrast to the sharp Tick-Tock



SQUAT-KICK & PUNCH

- Setup phase is a Step Kick – with flexed foot
- Changes to a Squat Kick– pushing both feet firmly into the floor with knees bent, and chest dropping slightly forward, then shooting one foot out in front in a diagonal line, while the other comes under to a central position to support the weight
- Emphasis is on the Squat - the Kick naturally happens
- Hands on thighs in the Squat to support the upper body
- Arms come in on the Kick in a Single, Single, Double pattern
- They roll up like you're throwing something, and rebound off the top, rather than a placed arm
- Slight turn of the shoulders to counter the Kick on the diagonal



RIPPLE SLIDE

- Shifting the weight across the floor in a Slide, but the weight shift is delayed
- Foot drags behind to give texture, and the leading foot hits on the musical cue, eg “when it COMES, to YOU...”
- Ripple comes in – hands come up in loose fists and the roll begins from the chest – like you’re dragging a BODYPUMP™ bar down your body! Then back up again, with relaxed, open hands, sliding up the side of the body



COACHING THE VIBES

- Minimalist coaching in this one! Such a beautiful contrast from the verses into the high-energy beats!
- Clear Feet cues to set up the combo
- Let your body demonstrate the vibes rather than too much talk
- Try using lyrics to bring the music alive!
- Make sure you coach the option of the Step-Kick if they don’t want to do the Squat-Kick!

“When it comes to SH’BAM, all I wanna do is amp it up!”

CREATING THE WOW

- When that first instrumental beat drops, drop into the levels. The WOW is in the contrast in this track! The harder you can hit the first 2 reps the better!



03. TRACK 3

TRACK FOCUS

Plenty of time to set up the slow heel-toe moves. Use the second verse to recap so they get another look at what it is. Then bring the heat into the legs in the Smack That section.

STYLE

Hip Hop

FEEL

Post epic party night vibes as you dance your way back home with your crew trying to not wake the neighbors!

MUSIC			EXERCISE		REPS
0:05	V1 / Big , big, thang	4x8	A	Heel-Toe-Heel Heel-Toe-Heel Pivot L (3cts) hold (1ct); repeat R (4cts) (👁 Hop-Hop R)	4x
0:25	PC / _ Bring that body	2x8	A ¹	Heel-Toe-Heel-Hop Heel-Toe-Heel Pivot L (3cts) Hop-Hop (1cts); repeat R (4cts) (👁 Tippy Tip-Toe R)	2x
0:35	C / you tip-toe .	2x8	A ²	Tippy Tip-Toe Heel-Toe-Heel Pivot L (2cts), Hop-Hop (1ct), hold (1ct); repeat R (4cts) (👁 Arm Throw)	2x
0:44	you push that	2x8	A ³	Arm Throw F and wide	2x
0:54	V2 / _ Blessed you	2x8	A	Heel-Toe-Heel Heel-Toe-Heel Pivot L with opposite arm groove (3cts) hold (1ct); repeat R (4cts) (👁 Hop-Hop R)	2x
1:04	PC / _ Bring that body	2x8	A ¹	Heel-Toe-Heel-Hop Heel-Toe-Heel Pivot L with opposite arm groove (3cts) Hop-Hop (1ct); repeat R (4cts) (👁 Tippy Tip-Toe R)	2x
1:14	C / you tip-toe .	2x8	A ²	Tippy Tip-Toe Heel-Hoe-Heel Pivot L (2cts), Hop-Hop (1ct), hold (1ct); repeat R (4cts) (👁 Arm Throw)	2x
1:24	you push that	2x8	A ³	+ Arm throw F and wide	2x
1:33	C / Wind for me	2x8		Windy Step Touch L&R (2cts)	8x
1:45	V3 / One . Trying to	2x8	B	Knee Pop in R (1ct), Hip Roll R (3cts); repeat L (4cts)	2x
1:53	Left cheek. Right cheek.	1x8	B ¹	Knee Pop in R&L (2cts)	4x
1:58	_ Tip-toe.	1x8	B ²	+ Double palm to hip	4x
2:03	_ Who that be?	2x8	B ³	Smack That Knee Pop R, L, double R with palms to hip (4cts); repeat R (4cts) (👁 Palm Wind L)	2x
2:13	Wind for me	2x8	B ⁴	+ Palm Wind R&L	2x
2:23	Br / Tip (huh).	1½x8		Windy Step Touch L&R (2cts)	6x
2:30	you do ballet ...	1x8		Optional Ballet Performance Hold, facing R (4cts)	
2:35	C / you tip-toe .	4x8	A ⁴	Tippy Tip-Toe	4x
2:54	Wind for me	2x8	B ³	Smack That	2x

03. TIP TOE 3:06mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

HEEL-TOE-HEEL/HOP/TIPSY TIP-TOE

- Move across the floor in a heel, toe, heel pattern
- When slow, feel is bouncy and low – knees are bent and the movement goes down, up, down, as the heels lift and pivot – like you’re throwing them around the corner
- Body moves naturally with the movement, slight tip forward from the hip



- As the hop comes in, weight shifts backwards and it’s like you catch yourself. Leg trails behind



- The Arm Throw crosses in front of the body – in out! It can be a slap feel or a throw feel; Rach wanted the presenters to interpret the movement themselves – you can do the same.
- In the second verse, bring in the arms on the heels, moving at right angles to the body with the heels



SMACK THAT

- Knees soft, weight central
- Rotate the hip inwards and drop the knee
- Arms pull into the hip with an open hand
- Hips push back and then thrust into the hand
- Add a polish with the hand, straight arm and open palm – rolling action



COACHING THE VIBES

- Space for some chat in this one and because there’s a lot of space to set up the moves, they get it easily
- You still need some clear Feet cues to set this up though – check out how Alex uses phonetic cues (saying them at the same time as the music) to do this simply and clearly
- Allow some space in the Windy Step Touch; it’s a bit of a choreography break for people
- Create some cool feel cues based on what this track says to you! Alex uses the lyric of “*Fight back*” to add a Punch to the combo. Try your own interpretation based on what works in your class

“Like you’re trying to dance on the dance floor but you’re a bit tipsy!”

CREATING THE WOW

- The Smack That Single-Single-Double creates the WOW when you get low! The first time they see the Arm Throw it comes out of nowhere, so make it big for some WOW factor! And if it works for you, try Alex’s ballet performance moment!



04. TRACK 4

TRACK FOCUS

Silence and musical interpretation is gold in this intro as it really sets the tone of the dance – vulnerable and raw... Watch how Anaïs uses the Step Touch time to show the class the full combo – it’s great!

STYLE

Lyrical Jazz

FEEL

Vulnerable hearts wide open, dancing their way back to strength.

MUSIC			EXERCISE		REPS
0:05	V1 / Not a trace	1x8	A	Step L (1ct) and slide (3cts); repeat R (4cts)	1x
0:09	Trying to dim	2x8	A ¹	+ Reach & Grab	2x
0:16	Like a soldier	4x8	A ²	Slow Reach Combo Step F L with R Arm Reach (1ct) and slide with Arm Pull (3cts); repeat R (4cts), Walk B L&R x2 (8cts)	2x
0:31	PC / If you , hold	4x8	B	Step Tap & Throw Step L tap R foot behind (2cts), Walk-Walk R (2cts); repeat R (4cts), Step Touch L&R x2 (8cts)	2x
0:46	Surrender, yeah!	4x8	B ¹	+ Arm Throw R&L + Drag Run	2x
1:01	Br / Surrender, yeah!	12x8	A ³⁺ B ¹	Throw & Reach Combo Step L tap R foot behind (2cts), Walk-Walk R (2cts), step R tap L foot behind (2cts), Walk-Walk L (2cts), slide L with R Arm Reach and Pull (2cts), slide R with L Arm Reach and Pull (2cts), Step Touch L&R with Clap x6 B (20cts)	3x
1:46	(Synth wave)	4x8	C	Ultimate Surrender Pose Freeze with wrists crossed O/H (4cts), break arms wide (4cts), roll down (4cts) roll up (4cts)	2x
2:01	PC / If you , hold	4x8	A ³⁺ B ¹⁺ C ¹	Slow Surrender Combo Step L tap R foot behind (4cts), Walk-Walk R (4cts), step R tap L foot behind (4cts), Circle Turn L with palms pressed (4cts), slide F L with R Arm Reach and Pull (4cts), slide F R with L Arm Reach and Pull (4cts), Surrender Pose wrists with Step Kick L&R x2 (8cts)	1x
2:16	Surrender, yeah!	2x8	A ³⁺ B ¹⁺ C ¹	Surrender Combo Step L tap R foot behind (2cts), Walk-Walk R (2cts), step R tap L foot behind (2cts), Circle Turn L with palms pressed (2cts), slide F L with R Arm Reach and Pull (2cts), slide F R with L Arm Reach and Pull (2cts), Surrender Pose wrists with step kick L&R x2 (4cts)	1x
2:24	Br / _ Surrender.	2x8		Step Touch L&R with Clap (4cts)	4x
2:31	Surrender, yeah!	2x8	A ³⁺ B ¹⁺ C ¹	Surrender Combo	1x
2:39	(B up)	2x8		Step Touch L&R with Clap (4cts)	4x
2:46	Instr / (Heavy beat)	12x8	A ³⁺ B ¹⁺ C ¹	Surrender Combo	6x



04. SURRENDER 3:35mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

REACH & GRAB

- Slide forward on the diagonal with purpose
- As the foot touches the floor, the arm grabs, then pulls into the body as the foot slides in
- Feel is snatching something out of the air
- Becomes a bent knee as you come forward, so you're down and loaded
- There's no hop in the move – it's low and smooth, like you're charging forward



STEP TAP & THROW/SURRENDER COMBO

- Tap the foot behind
- Throw the hand in front of the body, fingers open
- Drag across, crossing the front leg in front and leaving the head behind, into the Step Tap & Throw on the other side
- As the Turn comes in, the natural thing to do is prep the turn rather than tap behind, and that's OK. The hand that's crossed in front leads the way into a turn, with arms out wide and straight, palms flexed



- When you come out of the turn, allow the inside hand to drop so that it can swing down and up into the Reach & Grab
- In the kick back, your wrists are crossed above your head like you're shackled. Swing the hips side to side and flex the foot on the kick



ULTIMATE SURRENDER POSE



COACHING THE VIBES

- Less is more in this track. It's beautiful and emotive on its own.
- Set up clear Feet cues and use the same names for the moves so it's easy to follow
- Try using the 'surrender' lyrics and theme to enhance the Feel
- Give the option not to turn if they don't want to

"Throw your fears away and grab some love"

"Break your chains, and surrender"

"Immerse yourself into the music"

CREATING THE WOW

- Check out how Anaïs uses her voice to enhance the feel of the music – low and intense. Try it if it works for you!
- Set them free to dance!



05. TRACK 5

TRACK FOCUS

This track has brought such cool strength and power into the dance space – you can really access a rough and tough emotional energy here when you hit that chorus. Keep the chats brief and meaningful.

STYLE

Lyrical Jazz, Hip Hop

FEEL

Setting yourself healthy relationship boundaries.

MUSIC			EXERCISE		REPS
0:00	(Synth & beat)	4x8		Drag L&R (4cts)	8x
0:14	V1 / Talking in my	4x8	A	Head & Wave L Fluid Head Rock L&R x2 (4cts), smooth Arm Wave L (2cts), smooth palm out with Elbow Tuck and look R (2cts) (Note: Sharp R arm every 2nd rep)	4x
0:29	PC / My love, he	4x8	A ¹	Head & Wave L Combo Head & Wave (4cts), Rock It Out L&R x2 (4cts)	4x
0:45	C / One , don't	1x8	B	Lunge Bounce L L leg F to Lunge Bounce front with Weight Shift F&B	4x
0:48	Two , don't let	2x8	B ¹	+ Arms Smack cross and open	8x
0:56	_ And if you're	1x8	B ²	Nu Rules Combo L Lunge Bounce F&B with Arm Smack x2 (4cts), step F with double forearm circle (2cts), jump B with feet together and hold, arms push down (2cts)	1x
1:00	Br / I got new	½x8		Hold (4cts)	
1:01	Instr / (Horns & bass)	4x8	B ²	Nu Rules Combo L 👁️ Arms O/H with Double Hop	4x
1:16	I count 'em. _	4x8	B ³	+ Arms O/H with Double Hop	4x
1:31	(Synth)	4x8		Hold (16cts), fluid Head Rock R&L x4 (16cts)	
1:46	V2 / I keep pushing	2x8	A	Head & Wave R	2x
1:54	Now I'm standing	4x8	A ¹	Head & Wave R Combo	4x
2:09	C / One , don't	1x8	B	Lunge Bounce R	4x
2:12	Two , don't let	2x8	B ¹	+ Arms Smack cross and open	8x
2:21	_ And if you're	1x8	B ²	Nu Rules Combo R	1x
2:24	Br / I got new	½x8		Hold (4cts)	
2:26	(Horns & bass)	4x8	B ²	Nu Rules Combo R	4x
2:41	I count 'em. _	4x8	B ³	+ Arms O/H	4x



05. NEW RULES 3:01mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

HEAD & WAVE

- It begins with a small movement but a massive feel! Like you're having a conversation in your head – frustration dialogue
- This blends into the Elbow Extension. Elbow extends and just before you get full extension you're pulled back the other way
- The move feels delayed, contrast to when the hand snaps out to the side
- Add the Rock It Out, bending the knees. Again, contrast! This time from being up in the Head Wave and lower in the Rock



NU RULES COMBO

- Back heel off the floor and weight moving forwards and backwards



- Little bit of shoulder swing, almost punching the shoulder forward – like you're amping up to go and give someone a piece of your mind!
- Hands come up in fists, and then throw down, like you're not happy with the situation



- Drag forward, throwing both hands forward and across each other so that your elbows are stacked, and then a big step back, and elbows lift in order to roll your fists down the sides of the body. Body is on the diagonal



- Combo movement feel is down, down, up and back
- Making this look really good is all about contrast. As the body bounces you're low in the legs, and the feel is forward and back as well as up and down, and the arms create a strong texture with the throw-down. Then come up to drag forward, with the punchy arm throw, and then smooth roll as you jump back
- When you add the hop, it's loose and bouncy; lean back on the rear leg, like you're teetering on the edge! Hands in loose fists and elbows bounce down – like you're really happy they've listened to your rules!



COACHING THE VIBES

- The movements are simple in this track so there's a lot of room to let the music speak
- It's dark and moody – the sassy vibe is brought alive through your energy and body language
- Set your own rules!

"That inner struggle of being pulled one way, when you wanna go another"

"My rules – my way!"

CREATING THE WOW

- The WOW factor when you first add the Throw and Jump back is massive! And the contrast moving from the Body wave to the Hand Snap on the accent is a real moment.



06. TRACK 6

TRACK FOCUS

The key here is to teach this from a relaxed place yourself. Be sure to cue the use of dancing on your heels and leaning back and being loose.

STYLE

Old-Skool Hip Hop

FEEL

Super cool, funky, laid-back.

MUSIC			EXERCISE		REPS
0:12	V1 / It's my birthday!	4x8	A	Slow Slide & Kick Step-Step L Slide L (4cts), Kick F R, slow Ball Change (4cts); repeat R (8cts) 👁 Fast Kick Step-Step, and hold	2x
0:28	PC / What, you can't dance ?	2x8	A ¹	Slide & Kick-Kick Step-Step L Slide L (2cts), Kick F R, slow Ball Change R&L (2cts); repeat R (4cts)	2x
0:36	me like ' whoa '!	1½x8	A ²	+ 'Whoa' Arms	1½x
0:41	Pour it up.	½x8		Walk R (4cts)	
0:44	C / some perm on	4x8	B	Back-Back Forward-Forward R Step B R&L (2cts), F R&L (2cts), turn foot out and in R&L (4cts) 👁 Lean & Funky Feet R	4x
0:59	lay it back	4x8	B ¹	Lean & Funky Feet R Step B R&L (2cts), F R&L (2cts) with lean B, turn foot out and in R&L (2cts), both feet out and in with a little squat (2cts)	4x
1:14	V2 / Come on baby	4x8	A	Slow Slide & Kick Step-Step R	2x
1:30	Razzle-dazzle , never	2x8	A ¹	Slide & Kick-Kick Step-Step R.	2x
1:38	PC / me like ' whoa '!	1½x8	A ²	+ 'Whoa' Arms	1½
1:44	Pour it up.	½x8		Walk L (4cts)	
1:46	C / some perm on	4x8	B	Back-Back Forward-Forward L	4x
2:01	lay it back	4x8	B ²	Lean & Funky Feet L + Lean B, arms up and down + Shoulders, and circle and grab arms on Funky Feet	4x
2:16	Br / _ Hey, now	1x8		Freeze	
2:20	You trying to	1x8		Easy Wide Walk L&R (4cts)	2x
2:24	V3 / to activate your	8x8	C	Activate Your Sexy Combo Face R and push L hip x4 (8cts) Fast hip x4 with snap on ct 4 x2 (8cts) Chest Roll B x2 (4cts) Polish glutes x2 (4cts) Chest Pop x4 (4cts) Walk R (4cts); repeat R	1x
2:55	C / some perm on	8x8	B ² + A ² + C ¹	SH'BAM Your Attitude Lean & Funky Feet L x2 (16cts) Slide & Kick-Kick Step-Step L (8cts) Chest Roll B, facing R x2 (4cts) Walk R (4cts); repeat R (32cts)	1x



06. PERM 3:28mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SLIDE & KICK STEP-STEP

- In the Setup phase, be really obvious with your foot placement, especially in the Ball Change.



- Lean back on the Kick, then push the hip across as you slide over
- Add the 'Whoa' Arms: soft elbows and open palms as you push away on the diagonal – slight turn to the body and head looks the way you've been



LEAN & FUNKY FEET

- Walk back, back, forward, forward and turn your feet out, rotating on the heels (lifting up the toes to turn). As you turn the toes out, sit your butt back into a mini Squat – so you're going down and up as you flick the toes out. It's similar to a Plié position, with heels under hips (not too wide). When you first set this up, don't cloud the foot work with any extra flava or arm-lines – so they can see the feet and follow!



- In Setup phase, the shoulders roll back as you walk back, back, forward, forward – the same shoulder as foot that's stepping is the one that rolls! And the body leans back as you walk back, and then comes forward as you walk forward
- Add the arms: as you walk back, back, forward, forward, lean back and let the arms drizzle up and down with the index finger up – it's the perm finger! The shoulders move slightly with the feet, same shoulder as the foot stepping



- In Strut and Dance phases, the foot turns become faster and you add a third mini Squat, both knees pushing out – one foot, other foot, both feet, jump together!



- Soften the knees in the fast feet to enable them to move, loose through the torso, and you gotta tip forward from the hip to let your feet move and get the vibe. Arms roll out and down on the mini Squat! It's like a catch and push down
- It feels a little like you're a puppet being pulled different ways!
- Dancing on your heels!



ACTIVATE YOUR SEXY COMBO

- Face the diagonal, feet wider than hips and back heel lifted. Push the hip back and up
- Lead the way with the chest and lean back on the roll
- Your own flava on the polish – polish the bumper and drop low



COACHING THE VIBES

- Another track where Feet cues are so important for success! If you can be really clear here, your people will be able to enjoy this funky track
- Try phonetic cues to help them get the rhythm – "Back, Back, Forward, Forward, Toe, Toe"
- This track is chatty with some great lyrics; see how Sylvie uses a cheeky tone to bring these alive

"Just be you, and be funky!"

"You gotta relax!"

CREATING THE WOW

- The Activate Your Sexy Combo! Own this moment and your people will come with you!



07. TRACK 7

TRACK FOCUS

Preview the Whoomp during the Step Touch in the intro - it really helps the class know what is happening. The super slow combo run-through also gives the class a chance to catch up if they are behind.

STYLE

Freestyle

FEEL

Latin club party for people who have a lot of heat in their feet and can't contain it, so have to dance a lot to try and put the fire out in their feet.

MUSIC			EXERCISE		REPS
0:00	Intro / (Beat)	8x8		Step Touch L&R (4cts) (Note: Use this time to set up and preview The Whoomp)	16x
0:29	Instr / (Synth)	4x8	A	Slow Whoomp Cross arms and Jump (1ct), throw hands low and wide and push hips F lifting heels (1ct), Bump Hip L&R (4cts), hold (2cts)	2x
0:37	V1 / _ Si el ritmo	1x8		Step Touch L&R (4cts)	2x
0:41	Mi música no	5x8	A ¹	The Whoomp Cross arms and jump, throw hands low and wide and push hips F lifting heels (2cts), Bump Hip L&R (2cts), Step Touch L&R (4cts)	5x
1:00	PC / _ ¿Y dónde está	4x8	B	Slow Twist & Stop Heel & Hip Twist L, R (2cts), drop L (2cts); repeat R (4cts) 👁 Fast Twist & Stop (4cts), with Single Step Touch L&R (4cts)	4x
1:15	C / (Heavy beat)	8x8	A ¹ + B ¹	Whoomp & Twist Combo The Whoomp (no Step Touch) (4cts), Fast Twist & Stop (4cts), Step Touch L&R x2 (8cts) 👁 Tap L&R	4x
1:45	V2 / Tamo' rompiendo la	2x8	C	Tap L&R (4cts)	4x
1:52	_ Francia, Colombia	4x8	C ¹	Tap Combo Tap L&R (4cts), Jump OTS x2 (2cts), Jump & Freeze with arms O/H (2cts)	4x
2:07	PC / _ ¿Y dónde está	2x8		Step Touch L&R (4cts)	4x
2:14	C / (Synth & beat)	4x8	A ¹ + B ¹ + C ¹	Mi Gente Combo The Whoomp (no Step Touch) (4cts), Fast Twist & Stop (4cts), Tap Combo (8cts)	2x
2:29	V3 / Esquina a esquina	4x8		Step Touch L&R (4cts)	8x
2:45	Que seguimos	4x8	A ¹ + B ¹ + C ¹	Slow Mi Gente Combo The Whoomp (no Step Touch) (8cts) Fast Twist & Stop (8cts) Tap Combo (16cts)	1x
3:00	PC / _ ¿Y dónde está	2x8		Step Touch L&R (4cts)	4x
3:07	C / (Heavy beat)	8x8	A ¹ + B ¹ + C ¹	Mi Gente Combo	4x



07. MI GENTE 3:40mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

THE WHOOMP

- If *Perm* was about the heels, this one is about the toes!
- The bigger you are with this the clearer it will be for your participants!
- Jump your feet wide and push your hips forward. You have to squeeze the glutes, come up onto the balls of your feet and really push everything forward into a thrust. Hands cross as you jump and then throw wide and behind you with fingers splayed. The chest lifts and the body leans back.



- Pop the booty to the corner, pushing the butt back and crossing hands in front, with a slight tip forward from the hips



- All the pops happen on the 'and' count: 1 AND 2 AND 3 AND 4
- You'll naturally rock through your feet, lifting your heels or your toes depending on where your weight is

TWIST & STOP

- Feet twist across, on the heel and the balls of the feet. Feet are wider than hips, knees bent, and arms twist sharply at right angles
- Feet and hips are twisting, but torso stays square on top, framing the feet
- Loose torso and knees soft
- The feel is up up down



TAP COMBO

- Tap side to side; tapping foot is flat with inside heel lifted to give movement
- Double bounce and freeze, with hands up
- Throw the hands down as you go back to the Tap



COACHING THE VIBES

- In the Step Touch setup phase of the music, demonstrate The Whoomp side-on as Alex does, so people can see it clearly
- There's lots of time to see the moves clearly and slowly, but as the music speeds up and the combo is put together, it's important to clearly cue each move well in time!
- Have fun with your class on the Freezes!
- Once you've set it up, let the class be free to dance as Alex does in the final phase – the music is massive and it doesn't need heaps of talk

"Time to bring some Latin flavor to the party"

CREATING THE WOW

- The WOW comes in the Freezes, and then in the final Dance phase, where people have the movement and they can go massive with it!



08. TRACK 8

TRACK FOCUS

Sweet relief to bring the heart rate down and have some chats, connection and personal references to the song.

STYLE

Lyrical Jazz

FEEL

Girl talk, real talk, about their ideal man.

MUSIC			EXERCISE		REPS
0:05	V1 / your Mama 'Mummy',	3x8	A	Squat & Lean Combo Squat, Ball Change L (2cts), lean B facing L corner (2cts); repeat R (4cts)	3x
0:21	PC / baby, when you	1x8	B	Boom-Boom Wide walk with hand on hip L (1ct), R (1ct), grab F L (1ct), R (1ct), Bump Hips L&R x2 (2cts), Wind Arms and chest up (2cts)	1x
0:26	you don't like kids,	3x8	A ¹	Squat & Lean Combo + Palm Push	3x
0:42	PC / baby, when you	1x8	B	Boom-Boom	1x
0:48	C / I-I-I need a	2x8	C	You Gotta What? Step Touch L&R x2 (4cts), Hip Bevel B L&R x2 (4cts)	2x
0:59	me now, I don't	2x8	C ¹	+ Palm Shake low to high + Pull down	2x
1:08	Br / (Keyboard)	½x8		Easy Wide Walk L&R (2cts)	2x
1:11	V2 / bump to the weekend	3x8	A ¹	Squat & Lean Combo	3x
1:28	PC / baby, when you	1x8	B	Boom-Boom	1x
1:33	C / I-I-I need a		C	You Gotta What?	2x
1:44	me now, I don't		C ¹	+ Palm Shake low to high + Pull down	4x
2:05	Br / _ All my ladies	1x8		Easy Wide Walk L&R (2cts)	4x
2:10	V3 / your Mama 'Mummy',	1x8	A ¹	Squat & Lean Combo	1x
2:14	PC / baby, when you	1x8	B	Boom-Boom	1x
2:21	C / I-I-I need a	4x8	C+ A ¹	You Gotta Not Combo You Gotta What? Squat & Lean Combo x2	1x
2:42	Na-na, na-na	4x8	C ¹ + A ¹	You Gotta Not Combo You Gotta What? with Palms & Pull Squat & Lean Combo x2	1x

08. YOU GOTTA NOT 3:01mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SQUAT & LEAN COMBO

- It's the Squat Step from Track 1B, but with more sass!
- Hands on thighs as you squat – people are warm now so you can drop lower! Add a lean, hinging back from the hips and using the abs. The lean isn't excessive – keep it controlled



- Hand comes up and pushes forward across the body with a bent elbow and flexed palm – as if to stop someone – you gotta not! The hand goes forward as the shoulder goes back
- This becomes a double lean and Palm Push in the second verse
- It's not an aggressive push, keep it light
- As you move into Dance phase drop down more into the legs for intensity and texture



BOOM-BOOM

- Walk the feet wide and push the hips forward, placing one hand on each hip and dropping the chin down, then hands go straight out in front of the body in loose fists, one at a time as the feet step
- On the Boom-Boom, hips go fast side to side, and the fists stay out and move side to side together (about shoulder-width apart) like they can't touch, then circle the arms as you draw them into the chest (chest rolls too!), and wave down the body
- In Dance phase, go as big as you can with this as a performance moment!



YOU GOTTA WHAT?

- Step Touch forward on an angle, then a slow staggered walk back, dropping into the back heel and releasing the heel in the front. Drop heel down heavily and take the same shoulder back
- As you come forward it's bouncy. Extend the arms to the forward diagonal, moving from low to high. Rotate the flexed palm out as you take the arms up
- As you drop back, hands pull down in loose fists with elbows bent
- Lift your chin to create some attitude



COACHING THE VIBES

- This song is great for a recovery moment, it's fun, relaxed and chatty!
- Find your own way to coach this – something that feels authentic to you
- Check out how Sophia really connects to those in the room, and the lyrics in the music
- If you like to sing, this is a great one to do it in!

"This song goes out to everyone who got a boy when really they wanted a man!"

"Even if you don't have someone special, you can always dance with me"

CREATING THE WOW

- The Boom-Boom in the third set is a great time to let loose and bring in some WOW!



09. TRACK 9

TRACK FOCUS

We celebrated 50 years of Les Mills’ gyms in New Zealand with some cultural music – the extras came up on stage to represent their Islands’ culture and perform some ‘Kapa Haka’ and ‘Pukana’. It’s a bit of fun if you’d like to try it, but it’s not necessary to ‘Pukana’ ;-)

STYLE

Show-Time Jive

FEEL

NZ Kiwiana and Polynesian, bringing Kapa Haka to SH’BAM show-time!

MUSIC			EXERCISE		REPS
0:01	(Guitar)	2x8	Jive Run OTS		
0:05	Hey!	2x8	Step Touch L&R (4cts)		4x
0:09	V1 / I see this pretty	4x8	A	Slow Shimmy & Shake L Wide Walk L&R F (4cts) & B (4cts), walk L, step R over, step L, step together (8cts); repeat R (16cts)	1x
0:19	PC / your hands on your	8x8	A ²	Shimmy & Shake L Wide Walk L&R F (4cts) & B (4cts), step L, sweep R across, step L, R, to face L side (4cts), Shimmy R&L (4cts); repeat R (16cts)	2x
0:39	V2 / Get out of	6x8	A	Slow Shimmy & Shake L	1½x
0:53	Well, I’m built for	4x8	A ¹	Slow Shimmy & Shake R + Arm Push high & low L&R + Front arm out, with back arm Swing F, down, high + Front arm out, with back arm high on Shimmy	1x
1:03	PC / So come here baby,	14x8	A ³	Shimmy & Shake R	3½
1:36	V3 / say flip-flop, lollipop	6x8	B	Lollipop Run Run L, R, L, hold R knee high with opposite palm switches R, L, R, hold (4cts); repeat R (4cts)	6x
1:51	Br / Boom, baby	4x8	C	Slap-Clap Wide Walk L, slap L thigh & clap (2cts), repeat R (2cts). Wide Walk L&R with elbow slap, open, slap, and splay hands at head height (4cts)	4x
2:00	Homai te paki-paki	4x8	C ¹	Slap-Clap + Warrior Fist Grab + Optional Pacifica Freeze on 2nd rep	4x
2:10	I woke up in	18x8	A ³ + B+ C	Jump ‘n’ Jive Combo Shimmy & Shake L&R (32cts) Lollipop Run L&R (8cts) Slap-Clap (8cts)	3x
2:53	C / You work all	4x8	C	Slap-Clap	4x



09. SHAKE IT 3:08mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SHIMMY & SHAKE

- Walk forward, forward, back, back and 3 Walks Across. The hips push forward with the feet, and the shoulders do the opposite. On the Walk Across, the leg sweeps across the front. Feels loose and funky!
- When the speed comes in, the forward, forward, back, back becomes a step touch forward and back. The leg Sweep becomes more pronounced, and add a Shimmy forward and back, turning the body to the side and allowing the chest to lead you down
- Tap the foot to change to the Wide Walk on the other side
- Arms are a Palm Push up to the diagonal corners and then push low to the diagonal corners
- As the leg sweeps, both arms extend and the outside arm comes over in a full circle, accenting the leg sweep



LOLLIPOP RUN

- Run, run knee laterally, hips square to the front. Arms at 90 degrees to the side of the body, one hand up and one hand down, with open palms
- The hands switch, down first in the direction you're going
- Light on the feet



SLAP-CLAP

- Slap both hands to one leg and come up to clap, then to the other. Feet are stepping at the same time. Then cross the forearms across each other (Genie style!), lift and back to forearms – slap, up, slap! – then lift both hands high. Monkey paw or Jazz Hands.
- Freestyle arms in Dance phase when in the combo



COACHING THE VIBES

- This track is playful and fun!
- Set up clear Feet cues and then have a blast with your class
- Check out how Rach uses the lyrics of the song to bring the funky jive feel alive
- The more immersed in this you are, the more your class will be too!
- If you're comfortable, try using some of the Pacifica lyrics in the track
- *Homai te Paki-paki* means "give us a clap!" in Māori
- *"Tasi, Lua, Sau"* means "1,2 go!" in Samoan

"You can shake anything - your triceps, your biceps, your calves!"

"In SH'BAM we shake all day and dance all night"

CREATING THE WOW

- The moment of celebration when you put it all together!



10. TRACK 10

TRACK FOCUS

Chill out with some social Latin dance and get amongst your class and connect with them. Take their woes away with some Salsa ;-)

STYLE

Latin Hip Hop

FEEL

When you have too many woes and worries and you dance them away!

MUSIC			EXERCISE		REPS
0:05	Intro / ¡Dímelo, mundo! _	4x8	A	Side Salsa Salsa Tap L, front, L, together (4cts); repeat R (4cts)	4x
0:22	Br / (Drums)	½x8	B	Wide Walk L&R (2cts)	2x
0:24	V1 / ver que te pongas ,	2x8	B ¹	The Hip Push Wide Walk with L Hip Push x3 (3cts), hold (1ct); repeat R (4cts) 👁 L Knee Pop	2x
0:33	Soy el fuego que	4x8	B ²	+ Knee Pop R&L	4x
0:51	PC / Baby , you here	2x8	C	Slow Cross-Step Step L, tap R, step L, lift R knee (4cts); repeat R (4cts)	2x
0:59	Turn this club ,	1x8	C ¹	Cross-Step Step L, tap R (1ct), step L, sweep R foot across (1ct); repeat R (2cts)	2x
1:04	and I promise	1x8	C ²	+ Partner Arms	2x
1:09	time of your life ...	½x8	C ³	Turn over R shoulder, walking L, R, L, R (4cts)	1x
1:11	C / ¡Fuego!	2x8	A ¹	Side Salsa + Latin Arms and hips	2x
1:19	Boom , boom	2x8	A ²	+ Salsa anywhere!	2x
1:27	Br / _ Montana!	½x8	B	Wide Walk L&R (2cts)	2x
1:30	V2 / In one , two,	2x8	B ¹	The Hip Push	2x
1:39	Gimme that stick	2x8	B ²	+ Drop into legs + Knee Pop R&L	2x
1:48	got so many woes	4x8	B ³	+ Arms wide and Elbow Pop	4x
2:05	PC / Baby , you here	2x8	C	Slow Cross-Step	2x
2:13	Turn this club ,	1x8	C ¹	Cross-Step	2x
2:18	and I promise	1x8	C ²	+ Partner Arms	2x
2:22	time of your life ...	½x8	C ³	Turn over R shoulder, walking L, R, L, R	1x
2:24	C / ¡Fuego!	4x8	A ²	Side Salsa + Latin Arms and hips + Salsa anywhere!	4x
2:42	V3 / One , two, three,	4x8	B	Drag & Clap Stomp L foot F (cts 1&3), with hands drizzling up body (3cts), clap O/H (1ct) x4; repeat R (16cts)	1x
2:59	Soy el fuego que	4x8	B ³	The Hip Push	4x
3:17	PC / Baby , you here	2x8	C ¹	Cross-Step	4x
3:26	Turn this club ,	1½x8	C ²	+ Partner Arms	3x
3:32	all have the	½x8	C ³	Turn over R shoulder, walking L, R, L, R	1x
3:34	C / time of your life	4x8	A ²	Side Salsa	4x



10. BOOM BOOM 3:56mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SIDE SALSA

- 3 Taps, side, front, side, together
- The taps become foot replacements – 7 steps in total, lifting up the foot each time you step
- Hands/arms freestyle and soft



THE HIP PUSH

- Consists of 5 hips side to side (hold the last one)
- Then hop to slide the knee across and up
- Feet hip-width apart, weight central
- Palms face front with wide arms on the hips, and opposite arm comes up and across the body on the knee
- On the last knee, hold it up ready to drop into the Cross Step



DRAG & CLAP

- Stomp the foot on the floor with the weight on the back leg – this holds the count as the foot slaps the floor
- As the foot steps, the butt is pushed back
- Squeeze the glutes to lift the foot off the floor
- This creates a Body Wave shape
- Hands slap the thighs and then drizzle up the body to clap
- Foot stomps on the 1 and 3 count



CROSS-STEP

- Drop heavily onto the first rep (coming out of the knee on the Hip Push) – fall into it
- 1, 2, 3 rhythm, cross the foot in front of the body, tap out to the side and replace the foot in the center
- Lean the upper body forward and really bend the leading knee to get low into the glutes. About 75% of the weight is on the leaning leg, and the other foot acts like a spring to the back corner to push the weight back to the center
- Bouncy feel
- Elbows up and hands in loose fists – check Rach out on the Masterclass
- Hands come up like you're dancing with someone – one hand up to theirs, the other one a round the back of the body
- Dip the partner as you're walking around in the circle – slight lean forward of the torso and tilting towards the center of your circle



COACHING THE VIBES

- Clear Feet cues to set up the moves, and consistent move names will help your participants feel great in this track
- Cue to hold the knee up to drop into the side step
- It's social and fun – you can chat in this one
- Try using the lyrics of the song as Alex does
- Awesome contrast from the light, lifted Side Salsa into the Drag & Clap; get a little sassy if that's your style

"Show me those hips!"

"It doesn't matter how many woes you have – when you dance in SH'BAM we'll make you forget them all!"

CREATING THE WOW

- Get social in the Side Salsa! Mix and have fun with your class.



11. TRACK 11

TRACK FOCUS

The Jump Turn needs a knee bend as you caress the floor and the Pony needs the cue, “Pony traveling backwards” so the class can move well around the floor.

STYLE

Lyrical Jazz

FEEL

How you feel when the odds are against you but your self-belief is on point.

MUSIC			EXERCISE		REPS
0:00	Intro / (Synth)	4x8	A	Step Touch L&R (4cts)	8x
0:14	Instr / (Beat & Hi-hat)	4x8	A ¹	Slam & Stretch Setup Step Touch L&R F on angle (4cts), Walk B L, R, L, R (4cts)	4x
0:28	B / (Synth)	4x8	A ²	Slam & Stretch Step touch L&R F facing side, throwing arms wide and in (4cts), Wide Walk B L&R x2 with palm up arm stretch (4cts)	4x
0:42	(Synth shimmer)	1x8		Freeze and throw fists down from elbows	1x
0:46	(Keyboard)	1x8	B	Slow Arm Combo Draw L elbow up side body (4cts), push O/H (4cts), draw R elbow up side body (4cts), push palm F (2cts), arms down (2cts)	1x
0:53	V1 / _ No one ever	4x8	B ¹	Arm Combo Draw L elbow up side body (2cts), push O/H (2cts), draw R elbow up side body (2cts), push palm F (2cts), cross L arm over, out, under, hold R arm (4cts), Lunge R with arms crossed to push wide	2x
1:07	But we , held	4x8	C	Jump Turn Setup Skip L, R, L, step together (4cts), Step Touch R&L (4cts); repeat R (8cts)	2x
1:21	C / Against all odds...	6x8	C ¹	Jump Turn Jump Turn L with arms O/H (4cts), Step Touch R&L (4cts); repeat R (8cts)	3x
1:43	B / Against all odds!	6x8	C ²	+ Land in Lunge with low Arm Sweep + Pony OTS with Arm Reach F 👁️ Turn to R corner, Pony B	3x
2:04	Instr / (Synth & Beat)	4x8	C ³	+ Land facing corner L&R + Travel B on Pony	2x
2:18	V2 / Yeah, we , held	4x8		Step Touch L&R (4cts)	8x
2:33	C / Against all odds...	4x8	C ³ + A ² + B ²	Against All Odds Combo (Instructor Preview) Jump Turn (16cts) Slam & Stretch (8cts) Fast Arm Combo (8cts): Ball Change L with L arm O/H (2cts), R arm F (2cts), cross L arm over, cross straight arms (2cts), Lunge R with arms pushed wide (2cts)	1x
2:47	B / Against all odds!	4x8	C ³ + A ² + B ²	Against All Odds Combo	1x
3:01	(Heavy Synth)	4x8		Step Touch L&R (4cts)	8x
3:15	Instr / (Heavy Beat)	8x8	C ³ + A ² + B ²	Against All Odds Combo	2x

11. AGAINST ALL ODDS 3:47mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SLAM & STRETCH

- Step Touch forwards, facing the sides of the room, throwing the arms wide with flexed hands and chest lifted. Cross hands at chest and throw wide



- Wide Walk back, chest up, and hands extend from the chest out to the sides, slowly, like they're being dragged outwards



- In the Setup, your arms are already out from the stretch, so you have to step straight into the first Slam (no throw). But once you hit the Against All Odds Combo you can go big!

ARM COMBO

- Lift up from the elbow, flip it under and then push it up – like a Clean & Press!
- The elbow lifts and the hand pushes forward
- Swipe the top hand over, then under the one that's extended forward. Both palms are flexed, and the arms stay straight
- Bend the elbows and bring the hands in towards the body, then side lunge as you push everything away
- Feet are wider than hips, both knees bent and tip forward from torso as you push away
- In the Against All Odds Combo, there's a little Ball Change on the first two arms for texture



JUMP TURN

- Jump turn, picking up the knees, landing in a Lunge, back knee towards the floor and caress the floor (you don't have to – you can just reach towards the floor)
- Swing the arms overhead to help you get up, hands in loose fists
- The turn goes towards the corner. Look towards the corner before you jump
- Pony backwards, and reach forwards (opposite arm reaching)



COACHING THE VIBES

- The music is big and beautiful, and it doesn't need a lot from you. But your people will need clear Feet cues so they can be free to feel it
- Make sure you give the option not to turn, and not to touch the floor
- Be really clear about directions – Jump Turn to the corner, Pony backwards
- Use the Freeze and Grab as a holding point into the Arm Combo
- As you come out of the Lunge, leave one hand out to indicate the direction of the Skip Across
- The Step Touch is their opportunity to catch their breath. Tell them that, while you show them the Against All Odds Combo
- As you're finishing the demo, prep them so they're ready to try it with you. Say something like "Your turn, are you ready? Jump Turn - Go!"
- Use silence – it's so powerful. See how Rach does this on the Masterclass

"Against all dance odds, you came, you saw, you let go"

CREATING THE WOW

- The WOW is in the silence. Letting the music speak. Great places to try this are in the Arm Combo, and in the final Step Touch moment when the music is building, before you do the Against All Odds Combo for the last time



MU. MASH UP

TRACK FOCUS

Go easy on the first rep of the Mash Up Combo and back off the intensity to let the class recover a little. They will need it.

STYLE

Mash Up

FEEL

Mega confidence when the odds that were against you come in as a win.

MUSIC			EXERCISE		REPS
0:00	Intro / (Synth & beat)	4x8	A	Step Touch L&R (4cts)	8x
0:13	B / (Heavy synth)	16x8	A	Mash-up! Setup Against All Odds Combo (Track 11) Surrender Combo (Track 4) 2U Combo (Track 2)	2x
1:11	Br / (Synth wave)	1x8		Freeze and throw fists down from elbows	
1:15	B / Nice to meet	3x8		Roll down to Squat (8cts), Chest Wave L&R x4 (16cts)	
1:26	Intro / (synth)	4x8	A	Step Touch L&R (4cts)	8x
1:40	(Heavy synth)	4x8	B	Mi Gente Combo (Track 7)	2x
1:55	(Beat & synth)	10x8	A+ B	Mash-up! Against All Odds Combo (Track 11) Surrender Combo (Track 4) 2U Combo (Track 2) Mi Gente Combo (Track 7)	1x
2:30	B / Nice to meet	2x8	A	Step Touch L&R (4cts)	4x
2:37	(Heavy beat)	10x8	A+ B	Mash-up!	1x
3:14	Outro / (Synth)	2x8	B	Mi Gente Combo (Track 7)	1x



MU. WHY I STILL LOVE YOU 3:25mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

TECHNIQUE FROM TRACKS 11, 4, 2 AND 7

- Use the music to modify the texture to suit the vibe of the song

COACHING THE VIBES

- As usual in the Mash Up, it's about letting people be free to dance, but giving them enough direction that they know what to do, and then praising them for getting it
- The Whoomp (track 7) comes out of nowhere, and it's fun to get a little cheeky with it. Rach asks if they want some more, and then throws herself into the combo – give that a try in your class!

“When the dance comes together, switch your mind off, let your body flow”

CREATING THE WOW

- Hit The Whoomp huge the first time they see it, and stay silent, then on the second rep cue “THE WHOLE THING!” It's magic. Go massive in Dance phase the last time you put it all together. Be quiet, and go for it!



12. TRACK 12

TRACK FOCUS

The Cooldown is a great way to wrap up the experience in an all-inclusive manner. Let the class do their favorite dance moves in the Freestyle sections so they can boost their confidence - praise and encourage them for it :)

STYLE

Cooldown

FEEL

Inclusiveness and celebration.

MUSIC			EXERCISE		REPS
0:04	V1 / no professional dancer	4x8	A	Breather Arms wide to O/H (4cts), wide down (4cts), roll down (4cts) and up (4cts)	2x
0:22	my feet do	4x8		Step Touch L&R (4cts)	8x
0:41	PC / _ Give me your	3x8	B	Stretch Combo R R Quad Stretch (8cts) R Hamstring Stretch (8cts) Chest Drop and Wave up (4cts) Optional Michael Jackson move (4cts)	1x
0:55	_ one chance, one	3x8	C	Last Chance To Dance R Shuffle R&L with Disco Thumbs (4cts), Walk B R&L x2 with Nae-Nae Arms L (4cts)	3x
1:08	V2 / no professional dancer	1x8		Wide Squat (4cts), turn to R (4cts)	1x
1:13	baby, give me your	3x8	D	Calf Stretch L & Groove Face R hands on thigh (16cts), freestyle groove (8cts)	1x
1:26	the lead and I'll	4x8	D	Calf Stretch R & Groove Face L hands on thigh (24cts), freestyle groove (8cts)	1x
1:45	PC / _ Give me your	3x8	B	Stretch Combo L	1x
1:59	_ one chance, one	3x8	C	Last Chance To Dance L	3x
2:13	Br / _ And if I	1x8		Wide Squat (8cts)	1x
2:17	V3 / crumble and freeze	1x8		Double Hamstring Stretch (8cts)	1x
2:23	you see,	2x8	D	R Hip Flexor Stretch Turn to face L into kneeling lunge (8cts), optional Splits Pose (8cts)	1x
2:32	hand for the chance ,	3x8	D	L Hip Flexor Stretch Turn to face L into Kneeling Lunge (8cts), optional Splits Pose (16cts)	1x
2:45	PC / _ one chance, one	1x8		Come to standing (8cts)	1x
2:49	C / _ one chance, one	4x8	C ¹	Last Chance To Dance Freestyle Shuffle L&R freestyle (4cts), Walk B freestyle (4cts)	4x
3:09	_ one chance, one	2x8	A	Breather	1x



12. ONE CHANCE TO DANCE 3:22mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

LAST CHANCE TO DANCE

- Chilled, easy Shuffle forward and wide walk with Nae-Nae arms back



STRETCHES

- Quad



- Hamstring



- Calf Stretch



- Double Hamstring



- Hip Flexor



COACHING THE VIBES

- Great way to celebrate their efforts and bring the heart rates down off the ceiling
- Connect with your class – encourage them to try the performance moments if they want to

“That’s what SH’BAM is – our chance to dance during the week!”

CREATING THE WOW

- Try the Michael Jackson dance moves!



MUSIC

01 Say A Prayer (2:24)
TIEKS feat. Chaka Kahn & Popcaan
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Written by: Keen, Tieku, Adekunle, Burnette, Horton, Khan, Mills, Norton, Sutherland

01 No Scrubs (Extended Mix) (1:39)
Dropout feat. Wendy Sarmiento
© 2017 discowax under exclusive license to Hussle Recordings, a division of TMRW Music Pty Ltd.
Written by: Unknown

02 2U (3:53)
Only 9 Left
© 2018 Les Mills Music Licensing Ltd.
Written by: Bieber, Boyd, Guetta, Tuinfort, Tuparia

03 Tip Toe (3:06)
Jason Derulo feat. French Montana
© 2017 Warner Bros. Records Inc.
Written by: Desrouleaux, Kembo, Mitchell, Kharbouch, Russell, Sibanda, Siren

04 Surrender (StadiumX Remix) (3:35)
Cash Cash
© 2014 Big Beat Records Inc.
Written by: Robbins, A. Makhlof, R.J. Makhlof, Wiklund, Patterson, Meltzer, Frisch, Michaels

05 New Rules (Alison Wonderland Remix) (3:01)
Dua Lipa
© 2017 Dua Lipa Limited under exclusive license to Warner Music UK Limited.
Written by: Kirkpatrick, Ailin, Warren

06 Perm (3:28)
Loz’s Curse
© 2018 Les Mills Music Licensing Ltd.
Written by: Brown, Fauntleroy, P. Lawrence, T. Lawrence, Steinwess, Hernandez

07 Mi Gente (3:40)
Manly Stanley
© 2018 Les Mills Music Licensing Ltd.
Written by: Osorio, Restrepo, William, Adam, Moupondo

08 You Gotta Not (3:01)
Little Mix
© 2016 Simco Limited under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment.
Written by: Kronlund, Carlsson, Trainor, Golan

09 Shake It (3:08)
The KOI BOYS
Courtesy of the Universal Music Group.
Written by: Faifai, Keepa, Ngatai, Watson

10 Boom Boom (3:56)
Karen’s Intervention
© 2018 Les Mills Music Licensing Ltd.
Written by: Rodgers, Khayat, Serrano, Rodriguez, Edwards, T. Thomas, T. Thomas, Erixson, Destagnol, Trachart

11 Against All Odds (Extended Mix) (3:47)
Sick Individuals
© 2016 Armada Music B.V.
Written by: Hofstee, Smeele, Eshuijs, Richa

MU Why I Still Love You (3:25)
Promise Land
© 2015 SIZE Records.
Written by: Pelusi, Ranucci

12 One Chance To Dance (3:22)
Naughty Boy feat. Joe Jonas
Courtesy of the Universal Music Group.
Written by: Roman, Holmes, Khan, Leigh, Sande



Back Row L-R: Joshua Dickson (Shadow), Sylvie Long, Sophia Angela Collins, Rachael Newsham, Anaïs Lardon, Eva Kleeblatt (Shadow), Rhys Finlayson (Shadow)

Front Row L-R: Sione Siale (Shadow), Alex Sanchez, Petra Leonard (Shadow), Rawiri Hirini (Shadow)

50 years of Les Mills’ Gyms in New Zealand meant that we could bring together Instructors and Presenters from around the country and the world and celebrate the love of dance with our people.

To mark the occasion, we selected a team of shadows from across New Zealand who truly represent the program in their clubs. We would like to recognize them as the heroes of their clubs, who deliver great experiences for their members every single day.

This team of fabulous people who present and shadow the class have been teaching SH’BAM for years and truly have brought pure joy to so many of us, and now you can also share the joy with them as we bring the house down with THE MOST bangerz release EVER!

So many club bangerz and chart tunez I didn’t know how to fit them all in one class?! But we did it!

Watch out for the party Track 9 where you can join the festivities and try your hand at some Polynesian styles! Check out my Whānau of brothers who jump up for their moment to shine and show us all how it’s REALLY done :) Kia Ora boyz.

Rach

Rach

CREDITS

- Program Director** – Rachael Newsham
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Technical Consultant** – Bryce Hastings & Andrew Newmarch
- Program Coach** – Sarah Robinson
- Production Coordinator** – Ellen Tocher

PRESENTERS

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

Alex Sanchez (Spain) is a SH’BAM, BODYATTACK™, BODYCOMBAT, BODYJAM™, BODYPUMP™, LES MILLS GRIT™ and LES MILLS TONE™ Trainer and also an Instructor for BODYBALANCE™/BODYFLOW®, BODYSTEP™ and CXWORX™ and a LES MILLS SPRINT™ Coach. He is also a software developer.

Anaïs Lardon (Switzerland) is a SH’BAM, BODYBALANCE/BODYFLOW and BODYJAM Trainer, and an Instructor for BODYCOMBAT and CXWORX and a LES MILLS GRIT Coach. She is also a personal trainer.

Sophia Angela Collins (New Zealand) is a SH’BAM, BODYBALANCE/BODYFLOW, BODYJAM, CXWORX and LES MILLS TONE Instructor. She is also the Group Fitness Manager at Les Mills Takapuna in Auckland.

Sylvie Long (France) is a SH’BAM, BODYCOMBAT and BODYJAM Trainer and a BODYATTACK, BODYBALANCE/BODYFLOW and CXWORX Instructor and LES MILLS GRIT Coach.



EXPRESS FORMATS

30-MINUTE FORMAT

Track 01	
Track 02	
Track 03	
Track 04	
Track 05	
Track 06	
Track 07	
Track 09	
Total Time	27:18

Please note: The 30 and 45-minute class formats have 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		

HEY INSTRUCTORS

When it comes to mixing up past releases, please try to select tracks from the most recent material to reflect current moves, music and training principles. If you are teaching older choreography, be sure to mix with modern tracks and do not change the choreography; teach the tracks as they were created but you can apply more modern language and terminology.

BE LOUD AND HEARD

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



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.

