

SH'BAM 33

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音乐

嗨，教练们，我们期待您对新的内容做出反馈！请点击此处填写一份快速调查

https://lesmills.qualtrics.com/jfe/form/SV_6PrBtwWGtfNpACF

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01A. 热身&拉伸

小节焦点

让所有人跟上节奏、微笑，提高他们的心率。

MUSIC			EXERCISE		REPS
0:04	Intro /	4x8		Step Touch L&R (4cts)	8x
0:19	(Synth build)	4x8	A	Loves Combo Step Touch L&R F x2 (8cts), Wide Walk L&R B (4cts), Slide Step Touch L&R (4cts)	2x
0:34	(Horn)	6x8	A ¹	+ Arm Sweep B R&L	3x
0:56	Br / (Vocals & synth)	2x8		Feet wide, inhale arms wide to O/H (8cts), bend knees and roll down (8cts)	
1:02	(Keyboard)	2x8		Hands on thighs and straighten legs (4cts), Squat (4cts)	2x
1:10	C / _ I'm gonna get	4x8	B	Dancers Stretch Adductor Stretch L&R x2 (8cts), Adductor Stretch with Double Pulse and Toe Lift R&L (8cts)	2x
1:24	(Synth & beat)	6x8	B ¹	+ Wide arms + Chest turn to bent leg	3x
1:46	(Build)	1x8		Squat roll up (8cts)	
1:50	(Fast build)	1x8		Step Touch L&R (4cts)	2x
1:54	(Heavy beat)	8x8	A ¹	Loves Combo	4x
2:22	Outro /	1x8		Jump feet together and hold (8cts)	



01A. LOVE’S GONNA GET YOU 2:27mins

教练动作提示

不得用作教学提示*

LOVES COMBO

- 侧并步向前——双脚滑过地面。这里有种‘向上’的感觉，以快速提升心率。
- 双臂自然摆动，并穿过身体（无须拍手）
- WIDE WALK向后，将髋部略向后推，自然摆臂
- 滑过地面，内臂向后摆动划圈，身体略微转动。对侧手在身体前方。双手弯曲
- 组合动作感觉非常有力，可以温暖身体



DANCERS STRETCH

- 双脚张开，从一侧到另一侧做箭步动作，略微向外按压膝盖和脚趾。 双手放在大腿上。 从臀部开始向前倾斜
- 单臂，单臂，双臂。 在双臂时，抬起脚趾
- 从手肘开始向上悬臂，手掌柔软——外臂向上，内部手掌朝向地板
- 降低至感觉舒适的位置！



教学氛围

- 温暖、欢迎的语调，为学员营造氛围
- 清楚地设置动作，这样学员就感觉能立刻成功地完成——这个小节比较简单，如果动作设置良好，他们很快能学会
- 给出选项，在拉伸时不要拉太低
- 让他们知道他们在干什么——舞蹈课堂什么事都可能发生！
- 拉伸后在组合动作中提升能量

“这就是舞蹈课堂，你能随时做想做的事情！”
“准备好跳舞了吗？ ...准备好了！”

赢得喝彩

- 在拉伸阶段降低音量，给音乐留出一些流淌空间。 这与组合动作中的能量形成对比！



01B. 分离动作&律动

小节焦点

像 ‘Azuka’ 等关键词真的有助于在课堂上控制流量。

Music			Exercise		REPS
0:00	Intro / Get it, get it	4x8	C	Slow Get-It Combo Lean-Step L (2cts), step together (2cts); repeat R (4cts) 👁️ Open-and-Smash Arms	4x
0:14	V1 / Dressed, ready	4x8	C ¹	+ Open-and-Smash Arms	4x
0:28	Get on your mark	4x8	C ²	Get-It Combo Lean-Step and step together L&R (4cts), feet together with side-to-side Hip-Hop Hips (4cts)	3x
0:38	Slap him up	5x8	C ³	+ Out-and-Cross Arms	5x
0:56	C / (Get it, get it)	½x8		Feet wide with Syncopated Arms (cross O/H, open O/H, wide O/H, and down) (4cts)	
0:57	(Flip it, tip it)	2½x8	D	Chest Isolation Feet wide with Chest Pop F&B (2cts)	10x
1:06	V2 / Sick! _	5x8	D ¹	Slow Chest Isolation Combo Feet wide with Chest Pop F&B x4 (4cts), Slow Rib Shift L&R (4cts)	5x
1:23	Get it, get it	4x8	D ²	Chest Isolation Combo Feet wide with Chest Pop F&B x4 (4cts), Rib Shift L&R x2 (4cts)	4x
1:37	_ There is	2x8	E	Hip Bump Hip Push R&L with Toe Lift (2cts)	8x
1:44	Wanna battle me	2x8	E ¹	+ Arms slowly rising to O/H	8x
1:51	C / (Get it, get it)	1x8		Jump feet together with Syncopated Arms (cross O/H, open O/H, wide O/H, wider O/H, wide, down) (6cts), hold OTS (2cts)	
1:55	Good. _	3x8	C ¹	Slow Get-It Combo	3x
2:05	V3 / Y'all really know	4x8	C ³	Get-It Combo	4x
2:19	I ain't even know	9x8	C ⁴	Get-It Combo Lean-Step and step together L&R (4cts), walk F with Out-and-Crossed Arms (4cts); repeat B (8cts)	4½x



01B. GET IT 2:52mins

教练动作提示

不得用作教学提示*

GET-IT COMBO

- 缓慢设置，脚向外转踏向侧面，双膝弯曲。踏步时内脚跟抬起，踏步脚放平



- 加上手臂动作，从肘部开始抬起，前臂放松呈‘拍打’圆周运动，放低



- 在加速时，从一侧点地至另一侧两次，然后在中心加上弹性/律动动作，通过弯曲膝盖将髋部从一侧移向另一侧
 - 弹动在腿的底部
 - 弹动时双臂放松，向外伸出交叉，手掌张开
- 身体随着弹动运动——想想大摇大摆状！



HIP BUMP

- 双脚张开，将臀部推向后角，让脚趾抬起以便加大动作
- 一只手扣住对侧手腕，手肘弯曲在身体前拉起双手并举过头顶，用双手模仿臀部的动作（略微从一侧向另一侧运动）



SYNCOPATED



CHEST ISOLATION COMBO

- 张开双腿，前后震动胸部，用力挤压肩胛



- 肘部柔软，手掌弯曲，指尖朝前
- 从一侧向另一侧增加RIB SHIFT动作，肘部柔软，肩膀引路向前形成‘滑翔’动作



- 随着动作加速时，胸震和滑动变得更有弹性
- 重心保持在中心，膝盖柔软：上半身做这些动作

教学氛围

- 本小节的重点就是简单——指导步法，然后跟着音乐走
- 如果感觉很好的话，可以使用歌词
- 本小节就是自然地摆动——很放松，随意，又非常酷

“你可以下得多低呢？”

“是时候秀出你最棒的一面了！”

赢得喝彩

- 在动作转换时，SYNCOPATED ARMS的转换动作赢得了喝彩。此外，在CHEST ISOLATION COMBO第一次加速时，看看学员的反应！让音乐和你的身体说话



02. 拉丁舞

小节焦点

蹈配合起来

用肢体词语将本小节变得鲜活起来，这一点很重要，所以将你的肩膀、髋部和面部表情与卡巴莱舞

Music			Exercise		REPS
0:07	Intro / _ Elvis Crespo	2x8	A	Azuka Switch Step from corner to corner L (2cts) & R (2cts)	4x
0:14	V1 / _ La Morena	4x8	A ¹	Palm Cross and Swing Down (4cts)	8x
0:29	PC / Dame una de	4x8	B	Samba Tap Combo Setup Side Tap L&R (4cts), Wide Jump F and hold (2cts), Jump B and hold (2cts) 👁 Samba Jump F&B x2	4x
0:44	Dame una de	4X8	B ¹	Samba Tap Combo Side Tap L&R with House Arm Swing (4cts), Samba Jump F&B x2 (4cts) 👁 Double Palms up-and-down x2	4x
0:59	(Heavy beat)	4x8	B ²	+ Double Palms up-and-down x2	4x
1:13	C / Azukita!	4x8	A ¹	Azuka	8x
1:28	PC / Dame una de	4x8	B	Samba Tap Combo Setup 👁 Samba Tap Combo	4x
1:43	Dame una de	4x8	B ²	Samba Tap Combo 👁 Samba Turning Tap Combo	4x
1:57	(Heavy beat)	4x8	B ³	Samba Turning Tap Combo Side Tap L&R (4cts), Samba Jump F&B x2 turning to R (4cts); repeat, facing back, and turn to front (8cts)	2x
2:13	V2 / Yo soy tu ídolo	2x8		Walk OTS with Clap (2cts)	8x
2:20	_ Padre negro,	2x8	C	3-Step Step L, R, L, hold (2cts); repeat R (2cts)	4x
2:27	Daddy-addy	4x8	C ¹	3-Step Combo 3-Step L&R with Cape Arms x3 traveling F (12cts), walk B with Arm Wave O/H (4cts)	2x
2:42	PC / Dame una de	4x8	B	Samba Tap Combo Setup 👁 Samba Tap Combo	4x
2:57	Dame una de	2x8	B ²	Samba Tap Combo	2x
3:05	B / Dame una de	6x8	B ³	Samba Turning Tap Combo	3x
3:26	C / Azukita!	4x8	A ¹	Azuka	8x



02. AZUKITA 3:45mins

教练动作提示

不得用作教学提示*

AZUKA

- 从一个角落向另一个角落转换步伐
- 在转换重心时抬起膝盖
- 双脚张开，脚趾指向脚落。 仰卧顶臀，膝盖弯曲
- 双手弯曲，交叉在胸前，然后在髋部推向前时双臂将身体拉向后
- 绕着脚进行摇摆运动——在髋部推向前时抬起脚跟



SAMBA TAP COMBO

- 在准备阶段，从一侧到另一侧点地，抬起内脚跟，然后双脚张开前后跳动。 随着节拍急剧跳动
- 在STRUT阶段，跳动变成了前后疾走
- 身体为了保持平衡，在双脚几前跳前略微向后倾斜，向后跳时向前倾——倾斜幅度不要太大
- 在DANCE阶段，在点地时加上手臂动作——手握成松拳，手肘放松，双臂从一侧向另一侧摆动，与点地时的位置相反。 在SAMBA JUMP时，抬起手臂成直角，双手打开，在向前后跳动时双手上下摆动
- 组合动作从前面转向后面，右肩转身



3-STEP COMBO

- 3步小步拖脚走，从一侧向另一侧
- 髋部转向前进的方向
- 双臂浮在后面，就像你在抓着披肩一样
- 挺胸，在运动时抬起
- 向后走，从一侧向另一侧挥动双手，放松，跟着“OH OH OH”歌词动起来



教学氛围

- 这一小节非常有趣！ 明确的FEET阶段提示语很重要，然后你就可以玩起来了
- 试着使用歌词“AZUKA!”，是糖的意思，可以提示AZUKA
- 在AZUKA准备阶段抬起膝盖
- 在本小节中唱一些歌词很有用——如果你能学一些西班牙语的话！
- 这首歌有很大的落差：让音乐说话
- 当他们向后转时，记得告诉他们点地，因为这时他们看不到你了！

“狂吃糖的时间”

“给你的臀部加上些糖，让他们更甜一点！”

赢得喝彩

- 看看你是否能让学员唱着“OH OH OH “的歌词！ 一旦他们做到这个组合动作，由于DANCE阶段下降幅度巨大——他们都会疯狂的！



03. 卡巴莱爵士舞

小节焦点

用慢拍明确的告诉人们编舞的顺序，剩下的就让音乐说话了。

Music			Exercise		REPS
0:00	Intro / (Sirens)	1x8		Feet wide with hands O/H (8cts)	
0:05	(Synth hits)	1x8	A	Slow Handcuffed Hands Grab L wrist O/H and pull R elbow down (4cts); repeat R (4cts)	1x
0:10	_ 2 Chainz!	1x8	A ¹	Handcuffed Hands L wrist O/H and pull R elbow down (2cts); repeat R (2cts)	2x
0:14	V1 / Whatever it is	4x8	B	Slow Squat & Pop Squat with hands on thighs (4cts), lift R knee and tap with L Shoulder Pop x2 (4cts); repeat L (8cts)	2x
0:30	Feeling so hot,	4x8	B ¹	Squat & Pop Squat with hands on thighs (2cts), lift R knee and Tap with L Shoulder Pop x2 (2cts); repeat L (4cts)	4x
0:47	C / Yes! Come on	2x8	C	Cabaret Strut Setup Walk L x7 (7cts), step together (1ct); repeat R (8cts) 👁 Handcuffed Hands	1x
0:55	Yes! Now we getting	2x8	C+ A ²	Cabaret Strut Step L and throw hands O/H (1ct), cross R & step L with Handcuffed Hands R&L x3, step together and throw hands down (1ct); repeat R (8cts)	1x
1:04	V2 / what it is	2x8	B	Slow Squat & Pop	2x
1:20	Feeling so hot,	2x8	B ¹	Squat & Pop	4x
1:37	C / Yes! Come on	4x8	C+ A ²	Cabaret Strut	2x
1:53	V3 / Yeah! Did that	4x8	D	Two-Step Step L, pop left heel and drag R foot in (2cts), step L, step together (2cts); repeat R (4cts)	4x
2:10	C / Yes! Come on	8x8	C+ A ²	Cabaret Strut	4x



03. YES 2:46mins

教练动作提示

不得用作教学提示*

HANDCUFFED HANDS



SQUAT & POP

- 深蹲，脚宽过臀部，脚趾略微向外，双手放在大腿上，身体与角落呈一定角度
- 双膝抬起，脚在中间点地。膝盖抬起时对侧肩膀向前，让动作有性感的感觉
- 在准备阶段，直上直下的深蹲，但随着动作越来越快，臀部朝向另一侧略微摆动。这个动作可大可小，根据你的风格决定
- 从深蹲中‘起身’，进入提膝动作。向下，起身，膝盖，膝盖！



CABARET STRUT

- 7步穿过。胸部保持向前，但髋部转动，后脚穿过身体
- 膝盖柔软，姿势抬起
- 在踏出时提起髋部——有一种STRUT的感觉！
- 踮起脚掌营造卡巴莱的感觉
- 在第一个步骤，双手向上甩，然后抓住一只手腕（不管是哪只），将手臂拉向头顶，手肘弯曲。将手腕拉离踏步的方向，然后随着行走从一侧向另一侧运动



TWO-STEP

- 2步侧伸腿，伸出脚跟时将脚拖向内
- 身体随着动作前后倾斜，显示摇摆的感觉
- 手臂自然放松



教学氛围

- 又是一个超简单的教学小节。只要设置清晰的FEET阶段提示语，然后就是感觉、逗嘴和乐趣了！
- 告诉学员抓任何一只手腕——哪一只都可以！
- 鼓励他们在SQUAT & POP时进行旋转——对于那些想要不太少女的动作选项，可以检查看看上
- 用歌词带出音乐

“来些卡巴莱、红唇和后派对声音怎么样？听起来不错！”

“你要踏入舞池了，宝贝！”

赢得喝彩

- 在你做CABARET STRUT的最后一组动作时，动作幅度要大！将双手抛向空中，在地板上做动作——学员将钉在地上，就可以跟着你做动作了
- 在开始用SLOW HANDCUFFED HANDS定下基调。保持沉默、性感！



04. 街头爵士舞

小节焦点

用慢拍明确的告诉人们编舞的顺序，剩下的就让音乐说话了。

Music			Exercise		REPS
0:03	V1 / gonna save the	8x8	A	Slow Step & Squat Combo 3 Walks L (6cts), lift R knee (2cts), repeat R (8cts); step wide L&R (4cts), Squat with hands on thighs (4cts), Wide Walk L&R x2 (8cts)	2x
0:30	PC / tell ya, you	4x8	A ¹	Step & Squat Combo 3 Walks L (3cts), lift R knee (1ct), repeat R (4cts); step wide L&R, Squat with hands on thighs (4cts), Wide Walk L&R x2 (4cts)	2x
0:44	tell ya, you	4x8	B	Slide Knee Slide L with palms facing down at waist height (1ct), lift R knee and cross hands F (1ct), repeat R, L, R (6cts); Step Touch L&R x2 with Clap O/H (8cts)	2x
0:58	B / I need a miracle,	12x8	A ¹ + B	Miraculous Combo Step Squat Combo (16cts), Slide Knee (16cts)	3x
1:3	V2 / that you understand	4x8	C	Jazz Arms Freeze with feet wide and push arms to sides (4cts), slow Lunge R with L Arm Wrap high (4cts), stand and push L palm out (2cts), and then R palm (2cts), arms down (4cts)	2x
1:52	thought no one cares	4x8	A+ C	Slow Step & Squat with Arms Combo 3 Walks L (6cts), lift R knee with Double Palm Push (2cts), 3 Walks R with palms wide (6cts), lift R knee with L Arm Wrap high (2cts), step wide L&R with Palm Push L&R (4cts), Squat with hands on thighs (4cts), Wide Walk L&R with reverse hand drizzle up body (8cts)	1x
2:06	PC / tell ya, you	6x8	A ¹ + C	Step & Squat with Arms Combo 3 Walks L, lift R knee with Double Palm Push (4cts), 3 Walks R with palms wide, lift R knee with L Arm Wrap high (4cts), step wide L&R with Palm Push L&R (2cts), Squat with hands on thighs (2cts), Wide Walk L&R with reverse hand drizzle up body (4cts)	3x
2:26	not physical	2x8	B ¹	Slide Knee with Arms + Palm Circle F, down, and O/H R&L (Slide Knee) + Double Finger Point F and slowly down (Step Touch)	1x
2:33	B / I need a miracle.	12x8	A ¹ + C+ B ¹	Miraculous Combo Step & Squat Combo with Arms (16cts), Slide Knee with Arms (16cts)	3x



04. I NEED A MIRACLE 3:17mins

教练动作提示

不得用作教学提示*

STEP & SQUAT COMBO/WITH ARMS

- 脚放置的位置要精确：3步跨过地板，抬膝与身体略微形成角度。保持另一只膝盖向上，明显推开腿张开，在向外踏出时推向髋部
- 下蹲，双手放在大腿上，然后张开腿走路，推动髋部和双脚
- 当爵士手臂进入时，膝盖在身体上方交叉，双手包在一起，然后在脚踏出时推开手掌弯曲，超过时手臂完全张开
- 在你下蹲时，让头部也低下；抬头，在WIDE WALK阶段双手慢慢随着身体向上
- 当整个组合动作进入时，DANCE阶段动作特别大——整个关节完全活动，用肌张力让每个部位都变得有力。本小节结束后你应该会感到疲劳！



JAZZ ARMS



SLIDE KNEE WITH ARMS

- 滑过地面，抬起膝盖形成‘向下，向上’动作
- 在准备阶段，手臂放松弯曲，手肘抬起，抬起时穿过身体
- 当手臂进入时，高高举起双手至头顶，手掌弯曲，以整圈摆动手臂
- 内臂划圈摆脱滑动，身体倾向一边。然后在放低双手指向时侧并步



教学氛围

- 这首歌不言而喻。 你需要做的就是引导学生！
- 使用明确整齐的FEET阶段提示语准备WALK阶段，这样在加速时，学员就能看到动作，知道他们在做什么
- 明确的FEET阶段提示语和视觉提示非常重要——然后跟着音乐进入DANCE阶段
- 如果你能在慢速时清楚地说出这些提示，人们就可以自由地做这个动作
- 身体展示强于语言说教

“如果你们知道怎么做了的话就在空中挥舞双手！”

赢得喝彩

- 在进入DANCE阶段高潮部分之前，试图使用音乐的重音——这可以真正地将他们带入爵士舞的感觉！看看CALEY在MASTERCLASS是如何做的。



05. 雷鬼舞

小节焦点

当进入本小节的腿部调节时，就没有地方躲藏了，所以继续并提到这个部分，直奔主题！

Music			Exercise		REPS
0:03	C / _ Just gimme	2x8	A	Stomp L&R Stomp L foot x8 (8cts); repeat R (8cts)	1x
0:12	In'na de vibe	2x8	A ¹	Dancehall Hip Roll Hip Roll L x8 with turn to R (8cts); repeat R (8cts)	1x
0:21	V1 / _ Clap on a	2x8	B	Reggaeton Step Touch Low Step Touch L&R (4cts)	4x
0:30	Run the streets	4x8	B ¹	The Knockaeton Low Step Touch L&R with Knock Arms R&L (4cts), low Step Touch L&R (4cts)	4x
0:48	C / _ Just gimme	4x8	A ²	Dancehall Hip Roll + Arm Swing	2x
1:05	V2 / be blazin cellular	2x8	B ¹	The Knockaeton 👁 Drop Back L	2x
1:14	_ Clap on a	2x8	B ²	The Knockaeton Drop Low Step Touch L&R with Knock Arms R&L (4cts), Drop Back Roll L x4 (4cts); repeat R (8cts) 👁 Shoulder Roll	1x
1:23	'Cause Busta Bust	2x8	B ³	+ Chest Roll F	1x
1:32	C / _ Just gimme	4x8	A ²	Dancehall Hip Roll	2x
1:50	V3 / Well every dance	2x8	B ³	The Knockaeton Drop 👁 Trigger Finger	1x
1:59	act slight up	2x8	B ⁴	+ Trigger Finger (Drop Back)	2x
2:17	C / _ Just gimme	8x8	A ² + B ⁴	Gimme The Light Dancehall Hip Roll (16cts) The Knockaeton Drop (16cts)	2x



05. GIMME THE LIGHT 2:56mins

教练动作提示

不得用作教学提示*

DANCEHALL HIP ROLL

- 张开，膝盖柔软，一只脚在地板上踩，髋部向后面和周围绕动
- 感觉就像手刹过弯一样，向内侧倾斜
- 双臂向后下方摆动，手肘柔软，然后在身体前方交叉。 放松、随意的氛围
- 当你身体变低时，则是猛烈的左转！



THE KNOCKAETON

- 侧并步，双脚跨开，将脚转向跨步相反方向，膝盖柔软。 看看RACH在脚踏入时膝盖是如何转的——这让动作更有雷鬼的感觉！ 放心一博！
- 颈部肌肉放松，所以在侧并步时头部朝肩膀向下
- 进入时钟臂——外臂与头部低下形成一个大圈
- 所以看起来就像手臂敲打敲打头部一样！
- 另一只手放在大腿上休息



DROP BACK ROLL/TRIGGER FINGER



- 重心向后下降至后腿，在移动的方向向后倾斜
- 前脚放平，另一只脚点地数拍——1, 2, 3, 4！
- 在STRUT阶段，胸部开始挺起，并在退后时绕动，双臂放松，但手肘略微抬起至身体的一侧——作为绕动的自然反应
- 在DANCE阶段，扳机指加入。
- 首先是前臂。向后倾斜，双手向前绕动——前两个手指指着。双手与手臂之间生成曲线！



教学氛围

- 本小节有聊天的空间，因为简单，而且很有趣——但又要确保你清楚地设置FEET阶段提示语
- 指导“2个KNOCKAETON”，然后“没什么了”
- 告诉他们髋部围绕哪条腿绕动，这样所有人都知道该转身哪边了：“髋部绕动左脚——走！”
- 尝试用你的声音匹配音乐风格

“我们要跳雷鬼舞来放松髋部”

“你就知道我们会跳得多低了！”

赢得喝彩

- 他们都学会所有动作时就会喝彩，同时随着组合动作律动。 让他们跳下去，然后与他们建立联系，在他们做得很棒时进行表扬！
- 承认他们双腿的热烈舞蹈！



06. 摇摆舞

小节焦点

数字和方向提示语是本小节成功的秘诀。比平常更早地进行预先提示，确保人们及时了解你希望他们做的动作。

Music			Exercise		REPS
0:07	Intro / (Drums & hi-hat)	2x8	A	Slow House Tap Step L, tap R toes B (2cts); repeat R (2cts)	4x
0:15	(Snare & double bass)	4x8	A ¹	House Tap Step L (on off-count), tap R toes B (1ct); repeat R (1ct)	16x
0:30	(Piano)	4x8	A ²	House Tap + Single, Single, Double	2x
0:37	(Piano & double bass)		A ³	+ Housey Charleston Arms	2x
0:45	C / Rise and shine	2x8		Hip Swing L&R (4cts)	4x
0:52	B / (Synth build)	4x8	B	Seven-Step Walk OTS x7 (7cts), hop on L foot and lift R knee (1ct); repeat R (8cts) 👁 Walk B L & Switch Turn L	2x
1:07	M / (Heavy beat)	4x8	B ¹	+ Walk B R&L + Switch Turn 👁 House Knee	2x
1:22	Whoa!	4x8	B ²	+ House Knee	2x
1:37	Br / (Piano)	4x8		Step Touch L&R (4cts) Optional: Dance Break!	8x
1:52	B / Deedely-de	12x8	A ³ + B ²	Rise & Shine Combo House Tap x2 (16cts) Seven-Step (16cts)	3x
2:37	Instr / (Drum roll)	8x8	A ⁴ + B ¹	Rise & Shine Half Combo House Tap (8cts) Three-Step (8cts)	4x
3:07	Outro / (Radio sounds)	2x8	A ³ + B ³	Freestyle to finish	

06. RISE AND SHINE 3:21mins

教练动作提示

不得用作教学提示*

HOUSE TAP

- 踏步，脚掌向后点地，单脚，单脚，双脚
- 从臀部开始略微向前倾斜，膝盖柔软
- 确保你的脚掌点地，而不是脚趾
- 当你进入DANCE阶段，能量燃烧起来抬起双脚！
- 真正地从一侧移向另一侧
- 双臂是放松的爵士舞/CHARLESTON——手掌弯曲，膝盖柔软，一只手臂伸向侧面，一只向前

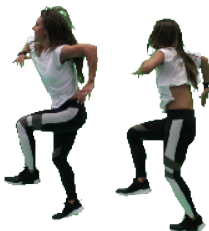


SEVEN-STEP/THREE-STEP

- 在WALK阶段，向后走动，用弹跳的膝盖穿过后肩，另一边转身



- 这就变成了HOUSE KNEE向后，膝盖柔软，用腹肌提升膝盖，向上，向上，向上
- 身体略微前倾
- 手臂弯曲，将一只手臂向上摆动至胸部高度，穿过身体，掌心向下



教学氛围

- 这个小节很微妙，学员可能需要花一些功夫才会全部学会，但他们会爱上这种摇摆舞的感觉！！
- 明确地指导FEET阶段提示语——点地，单脚，单脚，双脚！ 7, 6, 5, 4, 3, 2, 1, 跳，转身！
- 当组合动作一起出现或缩短一半时，这一点尤其重要
- 提示脚掌点地，这样他们就不会撞到脚趾了
- 提示他们将前面肩膀向后，这样他们就知道转哪边了！
- 给出慢动作选项
- 音乐声很大，动作幅度也很大——所以你不需要说太多！

“DJ，放音乐” “准备好了吗，FRED？”

“感觉好像我们把GINGER ROGERS和FRED ASTAIRE带入了2018年”

赢得喝彩

- 看看你是否能创造自己的表现时刻，或者鼓励你的学员爆发或尝试一些东西！
- 一旦他们动作起来随性舞蹈时，就会出现一些非常酷炫的时刻——嘘！



07. 现代舞

小节焦点

如果你能一直聊到后面学习阶段，你就会更成功。
在开始阶段观看就是学习，加入一些关键词。

Music			Exercise		REPS
0:00	Intro / (Piano)	2x8	A	Sway L&R (4cts)	4x
0:07	V1 / _ I wish you'd	8x8	B	Slow East 2 West Combo Walk to L side L, R, L (6cts), tap R foot behind, bend knees, and look down (2cts), slowly lift chin (4cts), lift R knee (2cts), kick R leg to side (2cts); repeat R (16cts)	2x
0:37	But sometimes	2x8	A	Sway L&R (4cts)	4x
0:45	Instr / (Keyboard)	4x8	C	Slow North & South Combo Walk F L, R, L, lift R knee (8cts), walk B R, L, R, curl L knee (8cts)	2x
1:00	B / (Beat & synth)	2x8	C ¹	Slow North & South Combo Walk F L, R, L, lift R knee (4cts), walk B R, L, R, curl L knee (4cts), Step Touch L&R x2 with Clap (8cts)	1x
1:07	(Beat & fast synth)	6x8	C ²	+ Arm Swing O/H with Hop F + Arm Full Circle B and wide with Hop B	3x
1:30	Instr / (Synth & beat)	8x8	C ³	+ Run	4x
2:00	Br / (Synth shimmer)	2x8	A ¹	Starburst Sway Starburst arms to OH with feet wide (8cts), sway L&R with arms wide and down slow x2 (8cts)	1x
2:07	V2 / (Piano)	6x8	B ¹	Slow East 2 West Combo + Arm Wave out and up on curtsy + Arms O/H on Knee + Arms Push down on Kick	1½x
2:30	I can read	6x8	B ²	+ Slow Run & Leap	1½x
2:52	M / (Synth build)	12x8	B ³⁺ C ⁴	No Words, Just A Combo Run to L side L, R, leap L and tap R foot behind looking down (4cts), lift chin with Arm Wave wide (2cts), lift R knee with arms O/H (1ct), and Kick with arm push down (1ct); repeat R (8cts) Step Touch L&R x2 with Clap (8cts) Run F L, R, L, hop and lift R knee with arms O/H (4cts), run B R, L, R with arms full circle B, hop and curl L knee with arms wide (4cts)	3x
3:37	Br / (Synth shimmer)	2x8	A ¹	Starburst	1x
3:45	(Piano)	1x8		Step Touch L&R (4cts)	2x
3:48	M / (Synth build)	12x8	B ³⁺ C ⁴	No Words, Just A Combo	3x
4:34	Outro / (Synth blast)	2x8	A ¹	Starburst	1x



07. NO WORDS 4:43mins

教练动作提示

不得用作教学提示*

EAST 2 WEST COMBO

- 走向侧面，变成屈膝，脚向后，膝盖弯曲，低头向前
- 抬头，提膝，然后将腿踢向侧面



- 在你进入STRUT阶段时，抬起双臂至身体两侧，手脚伸向前，伸展双臂至头顶，然后在你向前踢时向下浮动——就像两个翅膀
- 在踢腿时身体略微倾斜
- 增加侧跳动作，伸展手臂放在侧面
- 在DANCE阶段，让头随着踢动前进，手臂伸开时挺胸，身体倾斜，这很有优美的现代舞的感觉！
- 当RACH进入DANCE阶段时，观看她如何弯下膝盖进入踢的动作——如果想的话，你可以试试看！



NORTH & SOUTH COMBO

- 3步走向前，提膝，然后向后走3步，向后摆动大腿进入姿势
- 在加速时，膝盖跳起，手臂在头顶上方，然后在向后走时向后摆动手臂，划一整个圆圈至侧面——在你进入跳跃姿势时，可以提得更高
- 收紧臀部帮助你抬起大腿



教学氛围

- 非常出色的小节——本小节让音乐说话！ 完全没话说
- 建立清晰的FEET阶段提示语，这样他们就能自由地跳舞。 在设置EAST 2 WEST COMBO动作时应尤其清楚——“屈膝，头部，膝盖，踢！”——行动方面也应清楚设置，这样他们就知道在做哪个组合动作！
- 给出不跳的选项
- 带领他们，让他们自由舞蹈，以他们选择的方式表达自我

“没什么话说了——跳起来吧”

“自由舞动——飞翔的感觉最棒！”

赢得喝彩

- 在DANCE阶段释放自己前，利用BRIDGES的呼吸空间获得片刻安静，然后放音乐



08. 街舞

小节焦点

这是自由行动和放松时间，聊聊天，将步行与转弯部分建立联系，然后自由行动，从一侧到另一侧弹跳着跳舞。

Music			Exercise		REPS
0:04	V1 / Drop-top	4x8	A	The Money Dance Bounce Hips L x4 (4cts); repeat R (4cts) 👁 Jump	4x
0:22	like hey, like	2x8	A ¹	+ Jump	2x
0:33	_ Ooh don't	4x8	B	Smooth Walk L Walk to L corner L, R, L, hold (4cts), walk B R, L, R, Switch Hop L&R (4cts) 👁 Smoother Walk	4x
0:50	PC / with you, I watch	4x8	B ¹	Smoother Walk L Walk to L corner L, R, L facing front with Palm Push to side (3cts), step R together and throw R arm F (1ct), walk B R, L, R with Double Arm Pull x3 (3cts), Switch Hop to land feet together with hands by sides facing F (1ct)	4x
1:08	C / out here dripping	4x8	C	Jump & Drizzle Jump F with feet together, bend knees and draw hands from knees to hips (2cts), jump B feet wide with hands to head (2cts), drizzle hands down face and body with Hip Swing R&L x2 (4cts)	4x
1:27	V2 / Now slow it	4x8	B	Smooth Walk R	4x
1:45	PC / with you, I watch	4x8	B ¹	Smoother Walk R	4x
2:03	C / out here dripping	4x8	C	Jump and Drizzle	4x
2:21	V3 / Fellas grab	4x8	A ¹	The Money Dance 👁 Criss-Cross feet	4x
2:39	Br / We got it going	4x8	A ²	+ Criss-Cross feet	4x
2:58	C / out here dripping	4x8	C	Jump & Drizzle	4x
3:16	it going on	4x8	A ³	The Money Dance + Anywhere	4x



08. FINESSE 3:36mins

教练动作提示

不得用作教学提示*

THE MONEY DANCE

- 在准备阶段，绕着髋部绕动，将臀部从前向后舞动
- 在STRUT阶段，将HIP BOUNCE将一侧跳向另一侧，再带来一个胸部绕动动作



- 在DANCE阶段，在穿过中心时向内/向外交叉双脚
- 在侧面运动时，不要害怕动作幅度太大
- 加入自己的风情——这就是你的MONEY DANCE街舞了！



SMOOTH WALK/SMOOTHER WALK

- 3步走向角落，保持第3步姿势，脚放平在地上，重心略微前倾
- 在同一路径上向后走，通过‘BA-BA’模式抬起脚，根据重音跳跃变化
- 在STRUT阶段，向前打开胸部，从胸部将双手推出，伸展至侧面，然后向后走，手肘弯曲，以‘锯子’运动形式推拉双手。手肘保持在身前，双手打开，在‘手势’中手心向上
- 在跳跃中，抬起手肘，双手在身体两侧向下推完成动作，髋部向前
- 这是一个简单动作，所以在第二节，一旦他们掌握了，就可以将自己的摇摆动作加入进去



JUMP & DRIZZLE

- 双脚跳起并拢，膝盖弯曲，向上挥动双手至头顶——就像头部-肩膀-膝盖和脚趾的反向动作！
- 当双手举到头顶时，双脚跳开，将臀部从一侧摇摆至另一侧，触摸身体
- 这就是你/他们自己的风格



教学氛围

- 用休闲和闲聊的方式——在动作比较大的小节之后！
- 早点设置FEET阶段提示语，这样你在做动作时就能玩得开心了
- 在WALK部分多说一些，HIP BOUNCE和DRIZZLE部分说得少一点！
- 如果你喜欢这种风格的话，可以使用歌词——有很多优美的歌词！
- 交谈的语调在本小节比较有用

“准备好疯狂起来吗？”

“你的技术越来越好了... 你也知道！自由地表达自我吧！”

赢得喝彩

- 在MONEY DANCE阶段疯舞动，特别是划去部分
- 在JUMP & DRIZZLE少说一些，多运动你的髋部！



09. 机械舞&舞力全开

小节焦点

当你完成疯狂的双、双、双、单、单动作时，人们需要喘息的机会，你也需要。

Music			Exercise		REPS
0:06	V1 / Gave you the	4x8	A	Slide & Pop Slide L (2cts), Pop Knees (2cts); repeat R (4cts) 👁 Swim Arm	4x
0:19	Whoa, whoa	4x8	A ¹	+ Swim Arm	4x
0:31	PC / Take me places	4x8	B	Double Bounce Step L and Double Kick R (4cts); repeat R (4cts)	8x
0:44	B / so don't turn	4x8	B ¹	Double Bounce Combo Double Bounce L, R, L (6cts), Kick L&R (2cts); repeat R (4cts)	2x
0:56	Instr / (Heavy beat)	4x8	B ²	+ Arms up	2x
1:09	(Heavy synth)	4x8	C	Double Bounce Travel Double Bounce Combo traveling F (16cts); repeat B (16cts)	1x
1:22	V2 / No rules in	3x8	A	Slide & Pop	3x
1:31	a blank page	5x8	A ¹	+ Swim Arm	5x
1:47	PC / Take me places	4x8	B	Double Bounce	8x
2:00	B / so don't turn	2x8	B ¹	Double Bounce Combo	1x
2:06	B/ I know that	6x8	B ³	+ Hop in-out	3x
2:25	(Heavy synth)	4x8	C ¹	Double Bounce Travel Double Bounce Combo with In-Out Kicks traveling F (16cts); repeat B (16cts)	1x



09. PARADE 2:41mins

教练动作提示

不得用作教学提示*

SLIDE & POP

- 滑向侧面，根据重音控制膝盖弯曲向下
- 挺胸，略微下降以突出这一点——这是一个很棒的腹部锻炼！
- 前臂‘游动’并根据膝盖的重音动作打开
- 先是平滑，然后变得剧烈
- 就像有人把你运动的插头拔掉，你突然没电了一样



DOUBLE BOUNCE COMBO/TRAVEL

- 3个双踢快速向前，膝盖抬起向上，脚穿过身体；2个单踢换腿。保持低位靠近地板，这样就能保持速度
- 一旦他们学会/在第二节，向前踢然后向外
- 在你踢出时，支持脚跳开至一侧以获得前进的动力。随着脚踢动，支持脚跳进跳出
- 手肘抬起时手臂自由运动



教学氛围

- 本小节很短，运动很剧烈，强度大！他们需要机械舞喘口气
- 明确在HOPS中设置3组双腿动作和2组单腿动作，这真的非常快，所以尽早设置完成，以确保人们学会这个动作
- 如果他们不想跳的话，可以选择蹲下
- 提示语：跳进，跳出，跳进，跳出

“你们机械舞看起来跳得不错嘛！”

“每个人都可以跳SH’ BAM... 事实上，他们应该是SH’ BAMING”

赢得喝彩

- DANCE阶段踢动作的强大能量！如果你做到了，那他们也可以！



10. 拉丁舞

小节焦点

参考之前的弗拉曼柯舞和弗拉明戈或‘斗牛士’，所以你可以在需要的时候快速地提示动作，然后开心地聊天。

	Music		Exercise		REPS
0:00	Intro / Whoa!	2x8		March OTS L&R (2cts)	8x
0:09	_ Gente de	2x8	A	Salsa Corner-2-Corner Salsa L to R cnr (2cts); repeat R (2cts),	8x
0:27	V1 / Nunca imaginé	4x8	A ¹	Salsa Combo Salsa Corner-2-Corner x2 (8cts), Salsa Side-Tap L&R (4cts), March OTS L&R x2 (4cts) 👁 Arms O/H	2x
0:44	El amor es así	8x8	A ²	+ Arm Sweep Down (Salsa Corner-2-Corner) + Arm Throw Down (Salsa Side-Tap) + Arm Wide with Chest Twist (3cts) then O/H (1ct) (March OTS)	4x
1:20	Nada de lo	2x8	B	Small Steps 3 Quick Steps L, R, L (2cts); repeat R (2cts) 👁 Flamenco Cape Arms	4x
1:28	Tus labios son	2x8	B ¹	+ Flamenco Cape Arms	4x
1:37	PC / El amor es así	4x8	A ²	Salsa Combo	2x
1:55	C / Ni tú, ni yo	6x8	A ³	+ Travel F (Salsas) + Travel B (Marches)	3x
2:21	V2 / Que sea lo	2x8	B ²	Small Step Travel Small Steps x3 (12cts), walk B (4cts)	1x
2:30	Que sea lo	2x8	B ³	+ Arms O/H with Chest Twist (walk B)	3x
2:56	C / Ni tú, ni yo	4x8	A ³	Salsa Combo	2x
3:14	V3 / Que sea lo	2x8	B ²	Small Step Travel	2x



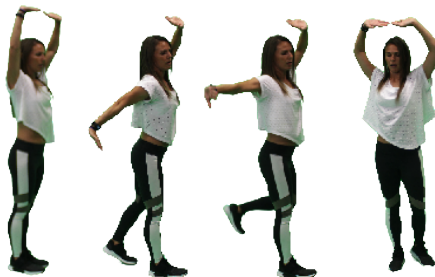
10. NI TÚ NI YO 3:36mins

教练动作提示

不得用作教学提示*

SALSA COMBO

- 脚放平，从一个角落向另一个角落跳SALSA
- 在跳到指定位置前脚抬起
- 在后（支撑）脚脚掌上
- 在WALK阶段，双臂浮动划出圆滑的圈
- 在STRUT阶段，双臂放在头顶，在跳SALSA时，手臂从下向上摆动划大圈，手掌弯曲加强髋部动作
- 在脚掌加上SIDE SALSA动作
- 手掌向身侧甩出，然后弹开，手掌向上，双臂伸展，手肘柔软
- 向后走动，保持手臂向上，肩膀从一侧摇摆至另一侧——手臂加强动作
- 在DANCE阶段，动作幅度大一些，SALSA中的动作更宽泛，手臂动作更大，更有力



SMALL STEPS

- 拖着脚用脚掌从一侧向另一侧走三小步
- 胸部和髋部转向前进的方向
- 手臂浮在后面，就像披着披肩一样
- 头转向前进的方向
- 感觉就像提升的姿势——骄傲！



教学氛围

- 本小节不需要太多FEET阶段提示语，因为很简单。只是要设置明确的提示语，并在整个过程中使用相同的名称，这样你就可以很容易地提及这些名称
- 这里有些叙述的空间，但不要太激动！如果这不是你的场景，没有情节线索也可以教学，动作本身就很优美
- 创造一些沉默的空间，这样他们就能感受动作
- 在往回走时，试图让人们喝出歌词
- 如果这不是你所使用的语言，请将西班牙语翻译出来！
- 让你的声音保持温柔，让音乐说话

“我们可以跳舞吗？”

“人们怎么想我们没有关系，重要的是我们对彼此的感觉！”

赢得喝彩

- 在DANCE阶段，一旦每个人都跳SALSA，真的跳过去，向前冲锋——你不需要说太多，因为你这么做的时候，学员能感受到！



11. 街头爵士舞

小节焦点

确保指导如何收回踢腿，这样人们就能正确了解爆发式舞蹈的感觉，并保持安全。

Music			Exercise		REPS
0:08	V1 / You can stay	4x8	A	Slow Push & Pull Combo Push R palm to L hip (2cts), pull elbow B (2cts), push to L hip and circle palm B with lean L (4cts); repeat R (8cts)	2x
0:23	Your body close	2x8	A ¹	Push & Pull Combo Push R palm to L hip, pull elbow B (2cts), push to L hip and circle palm B and slide R foot in (2cts), Step Touch R&L (4cts); repeat R (8cts) 👁️ Palm Roll F to O/H	1x
0:30	PC / Whoo-hoo	4x8	A ²	+ Palm Roll F to O/H to Step Touch	2x
0:45	C / When the sun is	4x8	B	Pendulum Step L, R foot replace L (2cts), swing L leg to side, Step R together (2cts), Step Touch R&L (4cts); repeat R (8cts)	2x
1:00	Instr / (Synth build)	4x8	B ¹	Pendulum with Bass Kick Step F to L corner L, R foot replace L (2cts), Swing L leg F, step R together (2cts), Step Touch R&L traveling B (4cts); repeat R (8cts)	2x
1:15	M / (Heavy beat)	4x8	B ²	+ Bass Kick	2x
1:30	PC / Whoo-hoo	4x8	C	Pony Pony OTS L&R (4cts)	8x
1:45	M / (Heavy beat)	4x8	B ¹ + C	Pendulum with Bass Kick Pony replaces Step Touch B	2x
2:00	Br / (Synth shimmer)	½x8		Freeze with palms pushing down at sides (4cts)	
2:02	V2 / I don't want	4x8	A	Slow Push & Pull Combo	2x
2:17	your body close	2x8	A ¹	Push & Pull Combo	1x
2:25	PC / Whoo-hoo	4x8	A ²	+ Palm Roll F to O/H	2x
2:39	C / When the sun is	16x8	B ¹ + C+ A ²	Everything Together Combo Pendulum with Bass Kick (16cts) Push & Pull Combo (16cts)	4x



11. EVERYTHING 3:45mins

教练动作提示

不得用作教学提示*

PUSH & PULL COMBO

- 推动一只手穿过身体至下对角处，手掌弯曲
- 拉回到肩膀，然后手臂在身体后面划一个大圈



- 身体跟着一起运动——向下推时略微前倾，拉回时略微后倾，然后转身，随着ARM SWEEP动作略微倾斜
- 随着动作加大，随着音乐真正地加强每个动作部位——推，拉，摆动！
- 在侧并步时，向上绕动手掌——将手掌拉上至肩膀，然后推开伸向天花板。 手掌保持张开



PENDULUM WITH BASS KICK

- 跳过地板，让双脚在中间接触地板，这样他们就可以弹跳——像钟摆动动作一样
- 然后与角落形成一定角度
- BASS KICK就像HITCH KICK一样——跳入，踢腿。确保你从膝盖开始伸出，然后在着地前收回腿
- 在踢出时，双手推下
- 确保跟着音乐做这个动作，真的穿过地板——本动作是爆发性的！
- WIDE PONY来回走，对侧手伸向前



教学氛围

- 这个很棒的小节都是关于音乐的；所以你的工作就是设置提示，然后将其放大——用你的声音和能量！
- 为需要的人员提供保持低位的选项
- 指导如何收回腿（回缩），以保持人员安全

“将你的所有一切都给我，所有一切！”

赢得喝彩

- 利用沉默！你第一次设置完PUSH & PULL COMBO动作后，另一侧就让音乐说话。当BASS KICKS第二轮音乐响起时也一样



MU. 混搭

小节焦点

学习顺序——这是第一次我们没有编排好的编舞。
对不起大家，这就是舞蹈方式... 但这与音乐最搭... 是的，虽然下降了！ 舞动起来！

Music			Exercise		REPS
0:00	Intro / (_ Caliente!)	4x8		Step Touch L&R (4cts)	8x
0:14	(Beat)	2x8	A	Push & Pull Combo (Track 11)	1x
0:21	(Beat)	2x8		Step Touch L&R (4cts)	4x
0:28	(Sirens)	2x8	A	Push & Pull Combo (Track 11)	1x
0:35	(Synth build)	2x8	B	The Knockaeton Drop (Track 5)	1x
0:42	Instr / Caliente! _	2x8	A	Push & Pull Combo (Track 11)	1x
0:50	(Beat & hi-hats)	2x8	B	The Knockaeton Drop (Track 5)	1x
0:57	(Scratchy synth)	2x8	C	Double Bounce Combo (Track 9)	1x
1:04	Take it _	2x8	D	Samba Turning Tap Combo (Track 2)	1x
1:11	Br / (Synth blast)	1x8		Freeze OTS with palms at shoulder height (8cts)	
1:15	Instr / (Brass)	2x8	E	Salsa Corner-2-Corner (Track 10)	2x
1:22	(Fast brass)	2x8	E ¹	Salsa Combo (Track 10)	1x
1:29	(Fast brass with hi-hat)	2x8	F	Rise & Shine Half Combo (Track 6)	1x
1:36	B / (Fast brass with h i-hat)	2x8	G	Azuka (Track 2)	4x
1:43	(Sirens)	4x8	H	Miraculous Combo (Track 4) Note: Last 4cts, jump wide and freeze	1x
1:57	Br / (Quiet)	1x8		Freeze with feet wide and arms O/H (8cts)	
2:01	Instr / (Heavy Beat)	16x8	I	Mash Up Push & Pull Combo (Track 11) (16cts) The Knockaeton Drop (Track 5) (16cts) Double Bounce Combo (Track 9) (16cts) Samba Turning Tap Combo (Track 2) (16cts) Salsa Combo (Track 10) (16cts) Rise & Shine Half Combo (Track 6) (16cts) Azuka Tap x4 (Track 2) (16cts) Miraculous Combo (Track 4) (32cts) Note: Last 4cts, jump wide and freeze	1x
3:04	Br / (Quiet)	1x8		Freeze with feet wide and arms O/H (8cts)	
3:09	Instr / (Heavy Beat)	16x8	I	Mash Up	1x



MU. LA RUMBA 4:21mins

教练动作提示

不得用作教学提示*

MOVES动作

- 小节11, 5, 9, 2, 10, 6 和4的编舞！

教学氛围

- 本小节有大量的组合动作，使之非常有挑战性，但也非常有益！
- 提前清楚地说出一切提示语——使用你在课堂中设置的名称，这样他们就会觉得很熟悉
- 然后就是让他们跳了！
- 如果你喜欢的话，可以试着说一些西班牙语参考！

“就像长长的舞蹈购物清单”

赢得喝彩

- 使用停顿，看看他们是否能跟你一起说出“LA RUMBA ESTA CALIENTE”！



12. 收操

小节焦点

这就是生活！ 非常有力，如果你感受不到的话，只要嘘一声，让人们听音乐说就可以。

Music			Exercise		REPS
0:10	V1 / _ I am not	5x8	A	Dance Stretch Wide-Legged Side Stretch L (8cts), Wide-Legged Hamstring Stretch L (8cts); repeat R (16cts). Wide-Legged Fold (8cts)	
0:37	place for us	2x8		Sit up, tuck L leg in (2cts), step R leg F (2cts), tuck toes in and step L leg B (8cts)	
0:46	C / the sharpest words	3x8	B	Hip Flexor Stretch L leg B, R hand on R thigh, sweep L arm low to O/H with palm open (8cts), pull fist (8cts), R leg B, L hand on L thigh, sweep R arm low to O/H with palm open (4cts), pull fist (4cts)	
1:01	Look out 'cause	3x8	C	Quad Stretch Step on L for R Quad Stretch with L arm wide (8cts), lift L arm slowly (8cts), step on R for L Quad Stretch with R arm wide (4cts), lift R arm slowly (4cts)	
1:16	Br / Oooh, oh!	3x8	D	Wide Rock Rock L&R (2cts)	12x
1:31	V2 / Another round	4x8	E	Calf Stretch Turn to face R for L Calf Stretch (8cts), Windmill to Arabesque Arms (4cts), pull fist in (4cts), turn to face L for R Calf Stretch (4cts), Windmill to Arabesque Arms (4cts), sink into L Warrior 2 Pose (8cts)	
1:51	I won't let	1½x8	D	Wide Rock	6x
1:58	are glorious!	½x8		Freeze with feet wide, lift arms F to O/H, palms facing down (3cts), throw arms down (1ct)	
2:01	C / the sharpest words	6x8	D¹	This Is Me Combo Wide Rock L&R with palms pushing down (2cts), Skip L, step R together (2cts), repeat R with Head Wrap and Throw Down (4cts); repeat L&R (8cts). Drag L&R with Arm Sweep F L&R (4cts), Wide Rock L&R x2 with wide arms coming together (4cts)	2x
2:31	this is me!	6x8	F	Warrior Sequence Warrior 2 L (2cts), Extended Warrior 2 L (6cts), Arm Sweep L to R O/H (4cts), sink into Squat R with R arm slowly falling (4cts); repeat R Warrior 2 R (4cts), Arms Sweep R to L, sink into Squat with L arm slowly falling (4cts)	2x
3:01	Br / the sharpest words	3¼x8		Feet wide with L arm slowly falling and looking down (8cts), step together and lift chin slowly (8cts), open L arm with palm up (2cts) & R (2cts), bring palms in to finish (6cts)	
3:17	C / Look out 'cause	6x8	D¹	This Is Me Combo	2x



12. THIS IS ME 3:55 mins

教练动作提示

不得用作教学提示*

跳舞拉伸

- 在地板上或站着拉伸，看你喜欢怎么做



髋屈肌拉伸



股四头肌拉伸

小腿拉伸

武士序列



注意：右边时间与左边略有不同

THIS IS ME COMBO

- 从一侧摆至另一侧，然后跳过地板
- 每次第一拍时甩下手臂
- 加点戏剧性的话，也可以甩头！
- 将脚踏向一边，用只一只手臂向前——另一侧重复，然后收回双臂双脚



教学氛围

- 是时候释放一点戏剧性了！
- 他们要花些时间感受本小节的用力拉伸——走向地板花些时间拉伸吧！
- 如果你的学员不想坐在地板上的话，可以选择站着拉伸
- 这首歌非常棒——不要挡道！ 引导动作，建立一些联系并感受它！

“我们的心在哪里，人就在那里，现在我的心在跳舞”

“这就是我们——SH’ BAM！”

赢得喝彩

- 沉默，戏剧，沉浸在这优美的小节中——让你的学员也一样，自由舞动！



音乐

- 01A

Love’s Gonna Get You (2:27)
Fedde Le Grande & D.O.D
© 2017 SpinninRecords.com.
Written by: Colandreo
- 01B

Get It (2:52)
Hot Beak
© 2018 Les Mills Music Licensing Ltd.
Written by: Smith, Briscoe, Crawford, Elliot
- 02

Azukita (3:45)
Steve Aoki, Daddy Yankee, Play-N-Skillz
& Elvis Crespo
© 2018 Ultra Records, LLC (licensed courtesy of Liberator Music).
Written by: Aoki, Rodríguez, J. Salinas, O. Salinas, Macias, Vega, Díaz
- 03

Yes (2:46)
Tide
© 2018 Les Mills Music Licensing Ltd.
Written by: Purcell, Bullimore, Nordstrom, Nobel, Crowhurst, Rad, Epps
- 04

I Need A Miracle (RoyaalPhreakz
Remix Edit) (3:17)
The Guru Project , Tom Franke & Coco
Star
© 2015 Pulsive - A Division of www.pulsivemedia.com - Made in Germany (EU).
Written by: Imbres, Davis
- 05

Gimme The Light (Pass The Dro-
Voisier Remix) (2:56)
Sean Paul feat. Busta Rhymes
© 2002 Atlantic Recording Corporation for the United States and WEA International for the world outside of the United States.
Written by: Henriques, Rami, Smith
- 06

Rise And Shine (3:21)
Deorro
© 2017 Ultra Records, LLC.
Written by: Orrosquieta
- 07

No Words (4:43)
Sander van Doorn feat. Belle Humble
© 2018 Doorn/ SpinninRecords.com.
Written by: Ketelaars, Fabich, Zwiefeler
- 08

Finesse (Remix) (3:36)
Bruno Mars feat. Cardi B
© 2018 Atlantic Recording Corporation.
Written by: Romulus, Lawrence, Yip, Reeves, Mars, Fauntleroy, McCullough, Brown

- 09

Parade (Extended Mix) (2:41)
VINAI
© 2018 Codis Music.
Written by: Alessandro Vinai, A. Vinai, Ayana, Palmen
- 10

Ni Tú Ni Yo (3:36)
The Dumber
© 2018 Les Mills Music Licensing Ltd.
Written by: Malcom, Delgado, Gonzalez, Mendoza, Farinas, Bolivar, Abreu, Hernandez, Anthony, Lopez
- 11

Everything (3:45)
Sick Individuals
© 2018 Moon Records.
Written by: Unknown
- MU

La Rumba (4:21)
DES3ETT
© 2018 Playbox Music.
Written by: Unknown
- 12

This Is Me (3:55)
Week Atlas
© 2018 Les Mills Music Licensing Ltd.
Written by: Pasek, Paul



Rachael Newsham, Alex Sanchez, Caley Jack

将本节目单想象成史诗般舞蹈电影配音！ 这里有如此多的对比和故事，我们情感的光影全部体现在这些动作中。

这里有强烈的舞伴影响，所以你可能在这节课想要团队教授某些小节，在另一节课又想全部自己教！热身非常简单，有俱乐部的感觉，让你在进入热舞前提升心率，有着很棒的分离动作和很酷的臂线。

小节2拉丁舞非常有力量，但也有很多合唱的部分。 小节3是美妙的爵士... 简单有趣，但也额外点缀了一些髋部和肩膀动作。

不知何故，Fred Astaire和Ginger Rogers也会进入房间训练小节，所以第二个拉丁舞小节就有西班牙式爱情故事（是的，有两个）

“舞蹈电影”在最佳的混搭中以动作和组合动作名称列表结束，在我们开心地被一直喜欢的温暖动作激励前，把我们的能量都消耗完，这就是我，由我们莱美自身的展示者Des Helu演唱。

欣赏这部电影/表演吧，Sh’ bam儿们！

Rach x

Rach ☺

致谢

- 项目总监——Rachael Newsham
- 首席创意总监——Jackie Mills博士
- 创意总监——Kylie Gates
- 技术顾问——Bryce Hastings & Andrew Newmarch
- 教程指导——Sarah Robinson
- 制片协调人——Ellen Tocher

展示者

Rachael Newsham（新西兰）是SH’ BAM的项目总监和BODYCOMBAT™的合作项目总监。她现在在奥克兰工作。

Alex Sanchez（西班牙）是SH’ BAM、BODYATTA CK™、BODYCOMBAT、BODYJAM、BODYPUMP和莱美GRIT和莱美TONET™培训师，BODYBALANCE/ BODYFLOW、BODYSTEPT™和CXWORXT™教练，以及莱美SPRINT™教练。他也是一名软件开发工程师。

Caley Jäck（南非）是SH’ BAM、BODYPUMP和BODYCOMBAT教练，以及 LES MILLS GRIT、LES MILLS BARRE和BODYBALANCE/BODYFLOW培训师。她也是一名按摩师，在开普敦市工作。



小节设置

30分钟小节设置

Track 1a	Warmup & Stretch
Track 1b	Isolation & Groove
Track 2	Latin
Track 3	Caberet Jazz
Track 4	Street Jazz
Track 5	Dance Hall
Track 6	Nu Swing
Track 7	Contemporary
Track 8	Hip Hop
Total Time	29:43

请注意：30分钟的课程格式在本版本中已定制。

缩略语

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		

写给教练

如果你要混合编排先前发布的动作，请从最新发布中去挑选，以便体现当前的动作、音乐和训练原则。如果你在教授先前版本的动作，请一定增加一些新的动作，原样开展教学，不要进行任何改编，但你可以使用更符合潮流的语言和专业词汇。



我们是莱美部落

我们是全球领导人物的大家庭，充满热情，致力于打造一个健康的星球。

我们毫不畏惧，激励大家，热爱健身，发掘自己真实的潜力。

健身是我们开展的全球性运动。每天有数以百万计的爱好者，通过挥洒汗水，联系在一起。我们开展的运动，撼动了整个世界。

音乐是我们的灵魂。它驱使我们坚持，集中我们精神，带给我们激情。

我们的宗旨声明

莱美全球大家庭包括17500家健身俱乐部组成，来自全球100个国家的13万名教练员，和数以百万计的运动爱好者。

我们来自不同地域、不同宗教、不同种族、不同肤色和不同的信仰。我们出于对运动和音乐的热爱，以及对健康生活的追求，为了自己，也为了整个星球，而团聚一起。

在莱美，我们主张我们社区每个成员个人的尊严，努力尊重所有人的权利和自由。

在选择示范、音乐和运动套路时，我们明白，不同人群和不同社会，对着装、流行文化和舞蹈姿势存在着不同的标准。

我们也清楚，某些情境下适合的东西，换个场合就会显得不合时宜。

我们不做指指点点的评判，然所有人享受运动带给我们的独特好处。我们既尊重传统，又为未来设定方向。我们渴望，遵从人类真实的自我，去启迪，去革新，去创造。

我们坚信，我们能够改变世界。

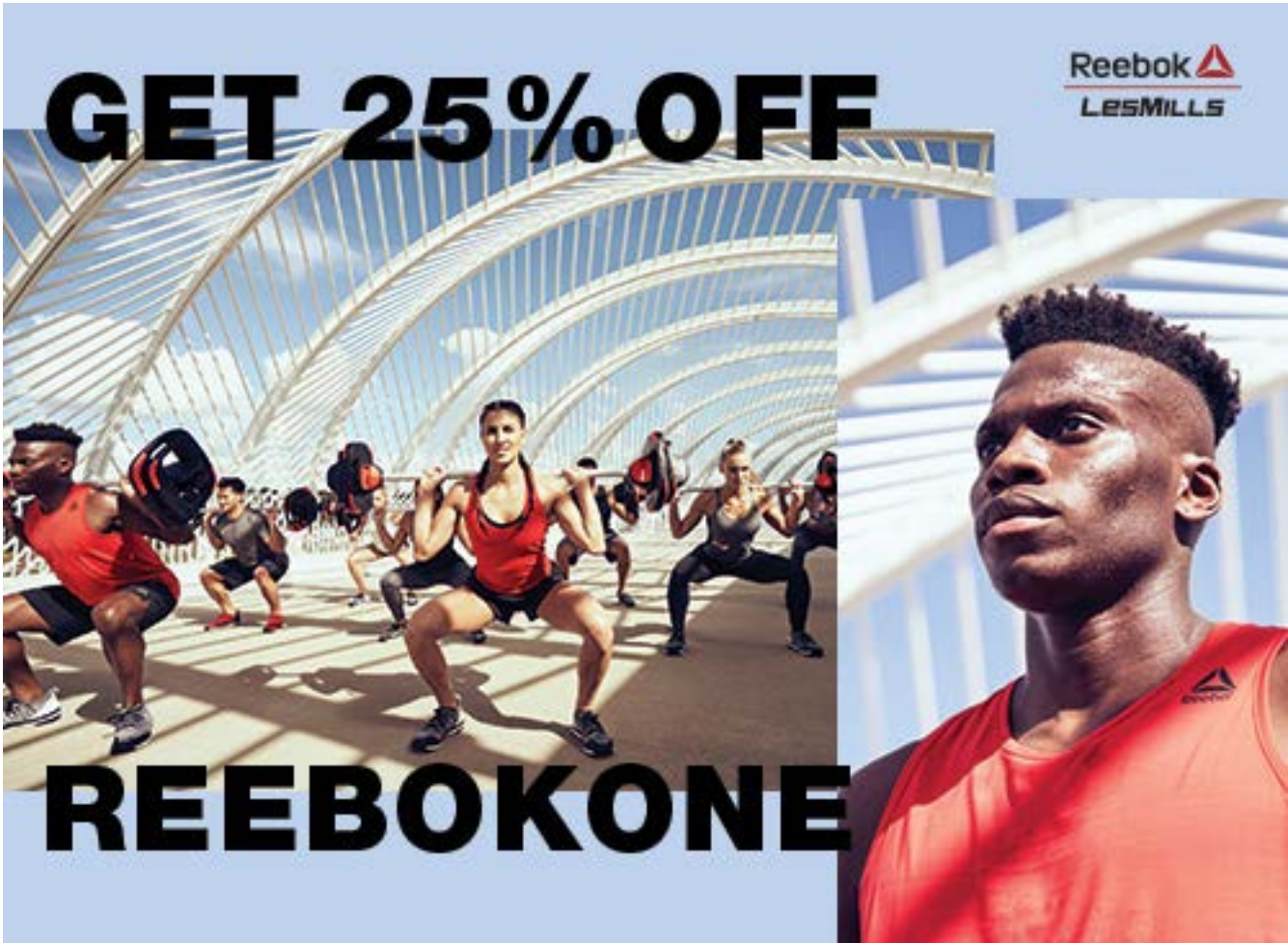
我们就是莱美部落。

作为一家公司，我们引领集体健身体验，每天为数以百万健身爱好者带来活力。我们在提供尖端创新产品的同时，也保证所有公认的规范都得到确实的尊重和坚持。

选择运动套路，为其获得授权并为其配上合适音乐是一项巨大工程！我们须从众多音乐作品中，筛选出符合我们需要的，并尽可能避免可能会引起问题的内容。如果可能，我们有时会为你准备其他运动小节，供选择使用（动作小节清单下方）。

我们欢迎我们全球大家庭成员，敞开心扉，与我们交流沟通，这样我们可以获得不同的观点，实现大家都能接受的结果。

最重要的是，我们致力于随时随地为大家提供能改变人生的健身体验。



SH'BAM 33

01A. WARMUP & STRETCH

01B. ISOLATION & GROOVE

02. LATIN

03. CABARET JAZZ

04. STREET JAZZ

05. DANCEHALL

06. NU SWING

07. CONTEMPORARY

08. HIP HOP

09. POPPING & JUMP STYLE

10. LATIN

11. STREET JAZZ

MU. MASH UP

12. COOLDOWN

MUSIC

Hey instructors! From this release onwards, the dance style of each track will be detailed in the heading of your choreography notes, and on the masterclass video. This does not represent a class structure change - the styles and structure of the class will continue to vary from release to release as usual.

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

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01A. WARMUP & STRETCH

TRACK FOCUS

Get everyone moving to the beat, smiling and lift their heart rate.

FEEL

Buzzy, upbeat and welcoming

MUSIC			EXERCISE		REPS
0:04	Intro /	4x8		Step Touch L&R (4cts)	8x
0:19	(Synth build)	4x8	A	Loves Combo Step Touch L&R F x2 (8cts), Wide Walk L&R B (4cts), Slide Step Touch L&R (4cts)	2x
0:34	(Horn)	6x8	A ¹	+ Arm Sweep B R&L	3x
0:56	Br / (Vocals & synth)	2x8		Feet wide, inhale arms wide to O/H (8cts), bend knees and roll down (8cts)	
1:02	(Keyboard)	2x8		Hands on thighs and straighten legs (4cts), Squat (4cts)	2x
1:10	C / _ I'm gonna get	4x8	B	Dancers Stretch Adductor Stretch L&R x2 (8cts), Adductor Stretch with Double Pulse and Toe Lift R&L (8cts)	2x
1:24	(Synth & beat)	6x8	B ¹	+ Wide arms + Chest turn to bent leg	3x
1:46	(Build)	1x8		Squat roll up (8cts)	
1:50	(Fast build)	1x8		Step Touch L&R (4cts)	2x
1:54	(Heavy beat)	8x8	A ¹	Loves Combo	4x
2:22	Outro /	1x8		Jump feet together and hold (8cts)	



01A. LOVE'S GONNA GET YOU 2:27mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

LOVES COMBO

- Step Touch forward – slide the feet across the floor. This has an ‘up’ feel to lift the heart rate quickly
- The arms swing naturally, elbows lifted, and they cross over the body (not a clap)
- Wide Walk back, pushing hips back slightly and with a natural arm swing
- Slide across the floor, and sweep the inside arm back in a circle, with slight turn of the body. Opposite hand in front of body. Both hands flexed
- The combo feels energetic, to warm the body



DANCERS STRETCH

- Feet wide, Lunge side to side, pressing knees and toes out slightly. Hands on thighs. Tip forward from the hip
- Single, Single, Double. On the Double, lift the toes
- Float the arms up leading from the elbow, with soft hands – outside arm up, and inside hand towards the floor
- Go as low as feels good to you!



COACHING THE VIBES

- Be warm and welcoming with your tone to set the vibe for the class
- Clearly set up the moves so that people feel successful straight away – it’s a simple track that they will instantly get if it’s well set up
- Give the option not to go too low in the stretch
- Let them know what they’re in for – a dance class where anything goes!
- Lift the energy in the combo after the stretch

“This is the dance class where you can do what you want, when you want!”

“Are you ready to dance? ...Yes I am!”

CREATING THE WOW

- Lower your voice a little in the stretch and give some space for the music to come through. This contrasts with the energy of the combo!



01B. ISOLATION & GROOVE

TRACK FOCUS

Don't talk too much; just allow the choreography to come through and get people's bodies loosened up by encouraging range.

FEEL

Cocky, Ego-driven, Swaggy

Music			Exercise		REPS
0:00	Intro / Get it, get it	4x8	C	Slow Get-It Combo Lean-Step L (2cts), step together (2cts); repeat R (4cts) 👁️ Open-and-Smash Arms	4x
0:14	V1 / Dressed , ready	4x8	C ¹	+ Open-and-Smash Arms	4x
0:28	Get on your mark	4x8	C ²	Get-It Combo Lean-Step and step together L&R (4cts), feet together with side-to-side Hip-Hop Hips (4cts)	3x
0:38	Slap him up	5x8	C ³	+ Out-and-Cross Arms	5x
0:56	C / (Get it, get it)	½x8		Feet wide with Syncopated Arms (cross O/H, open O/H, wide O/H, and down) (4cts)	
0:57	(Flip it, tip it)	2½x8	D	Chest Isolation Feet wide with Chest Pop F&B (2cts)	10x
1:06	V2 / Sick! _	5x8	D ¹	Slow Chest Isolation Combo Feet wide with Chest Pop F&B x4 (4cts), Slow Rib Shift L&R (4cts)	5x
1:23	Get it, get it	4x8	D ²	Chest Isolation Combo Feet wide with Chest Pop F&B x4 (4cts), Rib Shift L&R x2 (4cts)	4x
1:37	_ There is	2x8	E	Hip Bump Hip Push R&L with Toe Lift (2cts)	8x
1:44	Wanna battle me	2x8	E ¹	+ Arms slowly rising to O/H	8x
1:51	C / (Get it, get it)	1x8		Jump feet together with Syncopated Arms (cross O/H, open O/H, wide O/H, wider O/H, wide, down) (6cts), hold OTS (2cts)	
1:55	Good . _	3x8	C ¹	Slow Get-It Combo	3x
2:05	V3 / Y'all really know	4x8	C ³	Get-It Combo	4x
2:19	I ain't even know	9x8	C ⁴	Get-It Combo Lean-Step and step together L&R (4cts), walk F with Out-and-Crossed Arms (4cts); repeat B (8cts)	4½x



01B. GET IT 2:52mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

GET-IT COMBO

- Set it up slow, stepping out to the side with foot turned out and both knees bent. Inside heel lifts as you step, and flat foot on the stepping leg



- Add the arms, lifting from the elbow, and loose forearm in a 'smack that' circular motion, low



- When it speeds up, there's just two Taps side to side, then add a bounce/groove in the center, moving the hips side to side by bending the knees
- The bounce is low in the legs
- Arms on the bounce are loose Out-and-Cross Arms, with open palms
- Body naturally moves with the bounce – think swagger!



HIP BUMP

- Keeping the feet wide, push the hips to the back corners, and let the toes lift for greater movement
- One hand clasps the opposite wrist, and with bent elbows bring the hands up in front of the body and over the head, mimicking the movement of the hips with the hands (slight side-to-side movement)



SYNCOPATED ARMS



CHEST ISOLATION COMBO

- Feet wide and pop the chest up and back, squeezing into the shoulder blades with tension



- Elbows are soft and palms flexed with fingertips to the front
- Add Rib Shift side to side, soft elbows and leading the way with the shoulder to get a 'glide' texture to the move



- The Pop and glide become more bouncy as the move speeds up
- Weight stays central with soft knees: it's the upper body doing the work

COACHING THE VIBES

- Simplicity is key in this track – direct the patterns of the feet and then let the music come through
- Use the lyrics if it feels good to you
- This one has natural swag – it's loose, casual and super cool

"How low can you go?"

"Time to show your gangsta side!"

CREATING THE WOW

- The transitions with Syncopated Arms create a moment of wow as the moves change. Plus, watch how your class reacts when the Chest Isolation Combo speeds up for the first time! Let the music and your body do the talking



02. LATIN

TRACK FOCUS

Key words like ‘Azuka’ will really help control the traffic flow well in this class.

FEEL

Playful, Cheeky, Bouncy

Music			Exercise		REPS
0:07	Intro / _ Elvis Crespo	2x8	A	Azuka Switch Step from corner to corner L (2cts) & R (2cts)	4x
0:14	V1 / _ La Morena	4x8	A ¹	Palm Cross and Swing Down (4cts)	8x
0:29	PC / Dame una de	4x8	B	Samba Tap Combo Setup Side Tap L&R (4cts), Wide Jump F and hold (2cts), Jump B and hold (2cts) 👁 Samba Jump F&B x2	4x
0:44	Dame una de	4X8	B ¹	Samba Tap Combo Side Tap L&R with House Arm Swing (4cts), Samba Jump F&B x2 (4cts) 👁 Double Palms up-and-down x2	4x
0:59	(Heavy beat)	4x8	B ²	+ Double Palms up-and-down x2	4x
1:13	C / Azukita!	4x8	A ¹	Azuka	8x
1:28	PC / Dame una de	4x8	B	Samba Tap Combo Setup 👁 Samba Tap Combo	4x
1:43	Dame una de	4x8	B ²	Samba Tap Combo 👁 Samba Turning Tap Combo	4x
1:57	(Heavy beat)	4x8	B ³	Samba Turning Tap Combo Side Tap L&R (4cts), Samba Jump F&B x2 turning to R (4cts); repeat, facing back, and turn to front (8cts)	2x
2:13	V2 / Yo soy tu ídolo	2x8		Walk OTS with Clap (2cts)	8x
2:20	_ Padre negro,	2x8	C	3-Step Step L, R, L, hold (2cts); repeat R (2cts)	4x
2:27	Daddy -addy	4x8	C ¹	3-Step Combo 3-Step L&R with Cape Arms x3 traveling F (12cts), walk B with Arm Wave O/H (4cts)	2x
2:42	PC / Dame una de	4x8	B	Samba Tap Combo Setup 👁 Samba Tap Combo	4x
2:57	Dame una de	2x8	B ²	Samba Tap Combo	2x
3:05	B / Dame una de	6x8	B ³	Samba Turning Tap Combo	3x
3:26	C / Azukita!	4x8	A ¹	Azuka	8x



02. AZUKITA 3:45mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

AZUKA

- Switch Step from corner to corner
- Lift the knee before transferring weight
- Feet wide with toes pointing towards the corners. Hip thrust with knees bent
- Hands flexed, cross hands at chest then arms pull behind the body as the hips push forward
- Roll through the foot to get a rocking motion – heel lifts as the hip pushes forward



SAMBA TAP COMBO

- In Setup phase, tap side to side, lifting the inside heel, then jump forward and back with wide feet. Make this quite sharp with the beat
- In Strut phase, the Jump becomes a Gallop forward and back
- The body counter-balances, leaning slightly back as the feet jump forward, and forward as they jump back – not a massive lean
- In Dance phase, add the arms on the Tap – loose fists and elbows, sweep the arms side to side, the opposite way to the Tap. On the Samba Jump, lift arms to right angles with open hands, lifting them up and down as the jump goes forward and back
- Combo then turns from the front to the back, turning over the right shoulder



3-STEP COMBO

- 3-Step shuffle side to side, small steps
- Hips turn the way you're moving
- Float the arms behind like you're sweeping a cape
- Proud chest, and lifted in the movement
- Walk back and wave hands side to side, loose and floaty on the "oh oh oh" lyric



COACHING THE VIBES

- This one's a whole lot of fun! Clear Feet cues are important, but then you can play
- Try using the "Azuka!" lyric, which means sugar, to cue the Azuka
- Lift knee in Prep for the Azuka
- Singing some lyrics in this track works well – if you can learn some Spanish!
- This song has a massive drop; let the music speak
- When they turn to the back, remember to tell them to tap, because they can't see you anymore!

"Time for a sugar overdose"

"Put some sugar on your hips and make them extra sweet!"

CREATING THE WOW

- See if you can get your class to sing the "Oh oh oh" lyrics! Once they have the combo, go MASSIVE in Dance phase on the drop – they'll all go crazy!



03. CABARET JAZZ

TRACK FOCUS

Body language is the key to bringing this track to life, so match your shoulders, hips and facial expressions to the cabaret

FEEL

Flirty, Cabaret

Music			Exercise		REPS
0:00	Intro / (Sirens)	1x8		Feet wide with hands O/H (8cts)	
0:05	(Synth hits)	1x8	A	Slow Handcuffed Hands Grab L wrist O/H and pull R elbow down (4cts); repeat R (4cts)	1x
0:10	_ 2 Chainz!	1x8	A ¹	Handcuffed Hands L wrist O/H and pull R elbow down (2cts); repeat R (2cts)	2x
0:14	V1 / Whatever it is	4x8	B	Slow Squat & Pop Squat with hands on thighs (4cts), lift R knee and tap with L Shoulder Pop x2 (4cts); repeat L (8cts)	2x
0:30	Feeling so hot,	4x8	B ¹	Squat & Pop Squat with hands on thighs (2cts), lift R knee and Tap with L Shoulder Pop x2 (2cts); repeat L (4cts)	4x
0:47	C / Yes! Come on	2x8	C	Cabaret Strut Setup Walk L x7 (7cts), step together (1ct); repeat R (8cts) 👁 Handcuffed Hands	1x
0:55	Yes! Now we getting	2x8	C+ A ²	Cabaret Strut Step L and throw hands O/H (1ct), cross R & step L with Handcuffed Hands R&L x3, step together and throw hands down (1ct); repeat R (8cts)	1x
1:04	V2 / what it is	2x8	B	Slow Squat & Pop	2x
1:20	Feeling so hot,	2x8	B ¹	Squat & Pop	4x
1:37	C / Yes! Come on	4x8	C+ A ²	Cabaret Strut	2x
1:53	V3 / Yeah! Did that	4x8	D	Two-Step Step L, pop left heel and drag R foot in (2cts), step L, step together (2cts); repeat R (4cts)	4x
2:10	C / Yes! Come on	8x8	C+ A ²	Cabaret Strut	4x



03. YES 2:46mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

HANDCUFFED HANDS



SQUAT & POP

- Squat, feet wider than hips, knees and toes out slightly, hands on thighs, body on angle to the corner
- 2 Knee Lifts, tapping the foot in between. The opposite shoulder pushes forward as the knee lifts to give a sassy feel to the move
- In the Setup phase, the Squat is straight up and down, but as it gets faster there's a small sweep with the booty around to the other side. You can make this big or small depending on your style
- 'Pop' up out of the Squat into the Knee Lifts. Drop, pop, knee, knee!



CABARET STRUT

- 7 Walks across. Chest stays facing the front, but there's a turn in the hips with the rear foot crossing over the body
- Knees are soft, and posture is lifted
- Lift the hip as you step out – this gives a Strut feel!
- Create a cabaret feel by coming up onto the balls of your feet
- On the first step, throw both hands up, then grab one wrist (doesn't matter which one) and pull the arms overhead with bent elbows. The wrist pulls away from the way you're stepping, then it moves with the Walk, side to side



TWO-STEP

- 2 Steps across, dragging the foot in as you pop the heel
- Body leans forward and back with the movement, giving a rocking feel
- Arms are relaxed and natural



COACHING THE VIBES

- Another super simple track to coach. Just set up clear Feet cues, then it's all Feel, sass and fun!
- Tell the class to grab any wrist – it doesn't matter which one!
- Encourage them to put their own spin on the Squat & Pop - check out the-not-so girly option for those who might want it
- Use the lyrics to bring out the music

"How does a bit of cabaret, some red lips and an after party sound? Sounds pretty good to me!"

"You gotta step onto the dance floor honey!"

CREATING THE WOW

- When you hit the last set of Cabaret Strut, hit it BIG! Throw your hands in the air and work the floor – your class will have it nailed by then so they'll go with you
- Use the Slow Handcuffed Hands at the start to set the tone. Be sultry and silent!



04. STREET JAZZ

TRACK FOCUS

Use the slow reps to clearly SHOW and TELL people what the order of the choreography is, then let the music speak the rest.

FEEL

Summer Vibes, Ibiza

Music		Exercise		REPS
0:03	V1 / gonna save the	8x8 A	Slow Step & Squat Combo 3 Walks L (6cts), lift R knee (2cts), repeat R (8cts); step wide L&R (4cts), Squat with hands on thighs (4cts), Wide Walk L&R x2 (8cts)	2x
0:30	PC / tell ya, you	4x8 A ¹	Step & Squat Combo 3 Walks L (3cts), lift R knee (1ct), repeat R (4cts); step wide L&R, Squat with hands on thighs (4cts), Wide Walk L&R x2 (4cts)	2x
0:44	tell ya, you	4x8 B	Slide Knee Slide L with palms facing down at waist height (1ct), lift R knee and cross hands F (1ct), repeat R, L, R (6cts); Step Touch L&R x2 with Clap O/H (8cts)	2x
0:58	B / I need a miracle ,	12x8 A ¹ + B	Miraculous Combo Step Squat Combo (16cts), Slide Knee (16cts)	3x
1:3	V2 / that you understand	4x8 C	Jazz Arms Freeze with feet wide and push arms to sides (4cts), slow Lunge R with L Arm Wrap high (4cts), stand and push L palm out (2cts), and then R palm (2cts), arms down (4cts)	2x
1:52	thought no one cares	4x8 A+ C	Slow Step & Squat with Arms Combo 3 Walks L (6cts), lift R knee with Double Palm Push (2cts), 3 Walks R with palms wide (6cts), lift R knee with L Arm Wrap high (2cts), step wide L&R with Palm Push L&R (4cts), Squat with hands on thighs (4cts), Wide Walk L&R with reverse hand drizzle up body (8cts)	1x
2:06	PC / tell ya, you	6x8 A ¹ + C	Step & Squat with Arms Combo 3 Walks L, lift R knee with Double Palm Push (4cts), 3 Walks R with palms wide, lift R knee with L Arm Wrap high (4cts), step wide L&R with Palm Push L&R (2cts), Squat with hands on thighs (2cts), Wide Walk L&R with reverse hand drizzle up body (4cts)	3x
2:26	not physical	2x8 B ¹	Slide Knee with Arms + Palm Circle F, down, and O/H R&L (Slide Knee) + Double Finger Point F and slowly down (Step Touch)	1x
2:33	B / I need a miracle .	12x8 A ¹ + C+ B ¹	Miraculous Combo Step & Squat Combo with Arms (16cts), Slide Knee with Arms (16cts)	3x

04. I NEED A MIRACLE 3:17mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

STEP & SQUAT COMBO/WITH ARMS

- Be precise with your foot placement: 3 steps across the floor, and lift the knee on a slight angle across the body. Hold the other knee up and be obvious about pushing the foot wide and into the hip as you step out
- Squat with the hands on thighs, and then walk wide, pushing through the hips and the feet
- When the Jazz arms come in, the knee crosses over the body and the hands wrap, then push out at the same time as the feet step. Flexed palms and full extension of the arms as you walk across
- As you drop into the Squat, let the head drop too; flick the head up, then drizzle the hands up the body in the Wide Walk
- Dance phase is huge especially when the full combo comes in – work the full range of motion and use muscle tension to make everything sharp. You should be fatigued at the end of this track!



JAZZ ARMS



SLIDE KNEE WITH ARMS

- Slide across the floor and lift the knee in a 'down, up' motion
- In the Setup phase, the arms are loose with bent, lifted elbows, and they lift and cross over the body
- When the arms come in, lift the hands high over head, flexed palms, and sweep the arms in full circles
- Inside arm circles away from the Slide, and body leans away. Then Step Touch as you lower your hands and point away



COACHING THE VIBES

- This song speaks for itself. All you need to do is guide people!
- Use clear, uncluttered, Feet cues to set up the Walk phase so that when it speeds up, people have seen the movement and know exactly what they are doing
- Clear Feet cues and visual cues are key – then work the music and the Dance phase
- If you set it up clearly when it's slow, people will be free to dance
- It's more physical than verbal

"Put your hands up in the air if you've got it!"

CREATING THE WOW

- Try using the accents in the music before going massive in Dance phase – this can really draw them into the Jazz feel! Check out the way Caley does this on the masterclass.



05. DANCEHALL

TRACK FOCUS

There’s nowhere to hide when it comes to this track’s leg conditioning so go ahead and mention it, address the elephant in the room!

FEEL

Chilled-out easygoing, sneaky leg training

Music			Exercise		REPS
0:03	C / _ Just gimme	2x8	A	Stomp L&R Stomp L foot x8 (8cts); repeat R (8cts)	1x
0:12	In’na de vibe	2x8	A ¹	Dancehall Hip Roll Hip Roll L x8 with turn to R (8cts); repeat R (8cts)	1x
0:21	V1 / _ Clap on a	2x8	B	Reggaeton Step Touch Low Step Touch L&R (4cts)	4x
0:30	Run the streets	4x8	B ¹	The Knockaeton Low Step Touch L&R with Knock Arms R&L (4cts), low Step Touch L&R (4cts)	4x
0:48	C / _ Just gimme	4x8	A ²	Dancehall Hip Roll + Arm Swing	2x
1:05	V2 / be blazin cellular	2x8	B ¹	The Knockaeton 👁 Drop Back L	2x
1:14	_ Clap on a	2x8	B ²	The Knockaeton Drop Low Step Touch L&R with Knock Arms R&L (4cts), Drop Back Roll L x4 (4cts); repeat R (8cts) 👁 Shoulder Roll	1x
1:23	‘Cause Busta Bust	2x8	B ³	+ Chest Roll F	1x
1:32	C / _ Just gimme	4x8	A ²	Dancehall Hip Roll	2x
1:50	V3 / Well every dance	2x8	B ³	The Knockaeton Drop 👁 Trigger Finger	1x
1:59	act slight up	2x8	B ⁴	+ Trigger Finger (Drop Back)	2x
2:17	C / _ Just gimme	8x8	A ² + B ⁴	Gimme The Light Dancehall Hip Roll (16cts) The Knockaeton Drop (16cts)	2x



05. GIMME THE LIGHT 2:56mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

DANCEHALL HIP ROLL

- Feet wide, soft knees, stomp one foot on the floor and roll the hips back and around
- Feels like a handbrake turn, leaning on the inside
- Arms sweep back low with soft elbows, then cross in front of body. Loose, casual vibe
- When you get low it's a fierce leg burn!



THE KNOCKAETON

- Step touch, stepping wide and turning the foot out the way you're stepping, with soft knees. Check out how Rach's knee turns in as the foot steps in – it gives the move more ragga feel! Give this a go!
- Neck muscles are loose so the head drops down towards the shoulders as you step touch
- Knock Arms come in – a big circle with the outside arm, coinciding with the Head Drop – so that it looks like the arm is knocking the head!
- Other hand rests on the thigh



DROP BACK ROLL/TRIGGER FINGER

- Drop the bodyweight backwards onto rear foot, leaning back in the direction of travel



- Leading foot is flat, and other foot taps the floor on the 'and' count – 1 and 2 and 3 and 4!
- In Strut phase, the chest begins to lift and roll with the Drop Back, arms are loose but the elbows lift slightly to the side of the body – as a natural reaction to the roll
- In Dance phase, the Trigger Finger comes in – front arm first. Lean back and roll the hands forward – first two fingers pointed. Create curve from the hands to the arms!



COACHING THE VIBES

- There's room for chat in this one as it's simple and fun – but make sure you set up Feet cues clearly
- Coach "2 Knockaeton", then "nothing"
- Tell them which leg they are hip-rolling with so everyone knows which way to turn: "Hip Roll left leg – go!"
- Try using your voice to match the style of the music

"We gonna go Dancehall to loosen up dem hips"

"You gots to know how low we go!"

CREATING THE WOW

- The WOW is when they've got all the moves, and are grooving it in the combo. Let them do it, then connect and praise them for nailing it!
- Acknowledge the burn in their legs!



06. NU SWING

TRACK FOCUS

Numbers and direction cues are the secret to success in this track. Pre-cue much earlier than normal to make sure people get where you want them on time.

FEEL

Like the floor is made of lava

Music				Exercise	REPS
0:07	Intro / (Drums & hi-hat)	2x8	A	Slow House Tap Step L, tap R toes B (2cts); repeat R (2cts)	4x
0:15	(Snare & double bass)	4x8	A ¹	House Tap Step L (on off-count), tap R toes B (1ct); repeat R (1ct)	16x
0:30	(Piano)	4x8	A ²	House Tap + Single, Single, Double	2x
0:37	(Piano & double bass)		A ³	+ Housey Charleston Arms	2x
0:45	C / Rise and shine	2x8		Hip Swing L&R (4cts)	4x
0:52	B / (Synth build)	4x8	B	Seven-Step Walk OTS x7 (7cts), hop on L foot and lift R knee (1ct); repeat R (8cts) 👁 Walk B L & Switch Turn L	2x
1:07	M / (Heavy beat)	4x8	B ¹	+ Walk B R&L + Switch Turn 👁 House Knee	2x
1:22	Whoa!	4x8	B ²	+ House Knee	2x
1:37	Br / (Piano)	4x8		Step Touch L&R (4cts) Optional: Dance Break!	8x
1:52	B / Deedely-de	12x8	A ³ + B ²	Rise & Shine Combo House Tap x2 (16cts) Seven-Step (16cts)	3x
2:37	Instr / (Drum roll)	8x8	A ⁴ + B ¹	Rise & Shine Half Combo House Tap (8cts) Three-Step (8cts)	4x
3:07	Outro / (Radio sounds)	2x8	A ³ + B ³	Freestyle to finish	

06. RISE AND SHINE 3:21mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

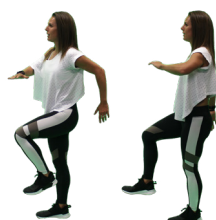
HOUSE TAP

- Step and tap the **ball** of the foot behind, Single Single Double
- Lean forward slightly from the hip, soft knees
- Make sure you tap the ball of the foot, not the toes
- When you get into Dance phase lift the energy and your feet!
- Really move this side to side
- Arms are loose Jazz/Charleston – flexed palms, soft elbows with one arm to the side and one forward



SEVEN-STEP/THREE-STEP

- In Walk phase, walk backwards and use a Hop Knee over the back shoulder to turn and go the other way



- This becomes a House Knee backwards, soft knees, and using the abs to lift the knee up, up, up
- Body tilts forward slightly
- Arms are bent and swinging one arm up to chest height, across the body, palm facing down



COACHING THE VIBES

- This track is tricky, and may take a few goes for your class to get it all, but they will love the jive feel!!
- Clearly coach the feet cues – Tap, Single Single Double! 7, 6, 5, 4, 3, 2, 1, hop and turn!
- This is especially important when the combo comes together and when it cuts in half
- Cue to tap the ball of the foot so that they don't hit their toes
- Cue them to pull their front shoulder to the back so they know which way to turn!
- Give them the option to stay low
- The music is big and so are the moves – so you won't need to say much!

"DJ, drop that beat"

"Are you ready, Fred?"

"It feels like we're bringing Ginger Rogers and Fred Astaire into 2018"

CREATING THE WOW

- See if you can create your own performance moment, or encourage your class to break out and try something!
- Some very cool moments to be had once they have the moves and are free to dance – shhh!



07. CONTEMPORARY

TRACK FOCUS

If you keep the chat to the later part of the learning phase, you will be more successful. Watching IS learning during the early phases, joined with key words.

FEEL

The way you dance when you attend the Royal Wedding

Music			Exercise		REPS
0:00	Intro / (Piano)	2x8	A	Sway L&R (4cts)	4x
0:07	V1 / _ I wish you'd	8x8	B	Slow East 2 West Combo Walk to L side L, R, L (6cts), tap R foot behind, bend knees, and look down (2cts), slowly lift chin (4cts), lift R knee (2cts), kick R leg to side (2cts); repeat R (16cts)	2x
0:37	But sometimes	2x8	A	Sway L&R (4cts)	4x
0:45	Instr / (Keyboard)	4x8	C	Slow North & South Combo Walk F L, R, L, lift R knee (8cts), walk B R, L, R, curl L knee (8cts)	2x
1:00	B / (Beat & synth)	2x8	C ¹	Slow North & South Combo Walk F L, R, L, lift R knee (4cts), walk B R, L, R, curl L knee (4cts), Step Touch L&R x2 with Clap (8cts)	1x
1:07	(Beat & fast synth)	6x8	C ²	+ Arm Swing O/H with Hop F + Arm Full Circle B and wide with Hop B	3x
1:30	Instr / (Synth & beat)	8x8	C ³	+ Run	4x
2:00	Br / (Synth shimmer)	2x8	A ¹	Starburst Sway Starburst arms to OH with feet wide (8cts), sway L&R with arms wide and down slow x2 (8cts)	1x
2:07	V2 / (Piano)	6x8	B ¹	Slow East 2 West Combo + Arm Wave out and up on curtsy + Arms O/H on Knee + Arms Push down on Kick	1½x
2:30	I can read	6x8	B ²	+ Slow Run & Leap	1½x
2:52	M / (Synth build)	12x8	B ³⁺ C ⁴	No Words, Just A Combo Run to L side L, R, leap L and tap R foot behind looking down (4cts), lift chin with Arm Wave wide (2cts), lift R knee with arms O/H (1ct), and Kick with arm push down (1ct); repeat R (8cts) Step Touch L&R x2 with Clap (8cts) Run F L, R, L, hop and lift R knee with arms O/H (4cts), run B R, L, R with arms full circle B, hop and curl L knee with arms wide (4cts)	3x
3:37	Br / (Synth shimmer)	2x8	A ¹	Starburst	1x
3:45	(Piano)	1x8		Step Touch L&R (4cts)	2x
3:48	M / (Synth build)	12x8	B ³⁺ C ⁴	No Words, Just A Combo	3x
4:34	Outro / (Synth blast)	2x8	A ¹	Starburst	1x



07. NO WORDS 4:43mins

MOVEMENT TIPS FOR INSTRUCTORS

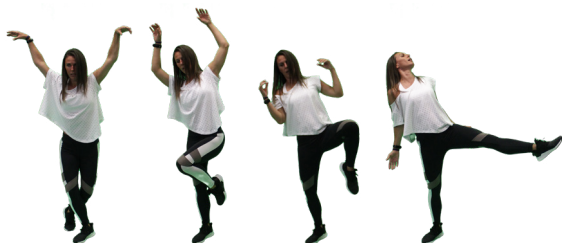
** NOT TO BE USED AS COACHING CUES **

EAST 2 WEST COMBO

- Walk to the side, drop into a curtsy, with foot behind and soft knees, dropping head forward
- Lift head, lift knee, and then kick the leg out to the side



- As you come into Strut phase, lift the arms up the sides of the body, leading with the elbows and extending arms over head, then float them down as you kick – they are like wings
- Slight lean of the body as you kick
- Add a Side Leap, extending the arms to the side
- In Dance phase, let the head go on the Kick, lifting through the chest as you drop the arms away and lean the body, it gives a beautiful contemporary feel!
- When Rach gets into Dance phase watch how she scoops the knee around to lead into the Kick – this is something you can try if you want to!



NORTH & SOUTH COMBO

- 3 Walks forward and lift the knee, then 3 Walks back and sweep the leg back into attitude
- As it speeds up, hop the knee with arms over head, then swing the arms back in a full circle to the sides as you walk back – this will give you more lift as you come into the attitude jump
- Squeeze the butt to help you lift your leg



COACHING THE VIBES

- A beautiful track – let the music speak in this one! No Words says it all
- Clear Feet cues so they are free to dance. Be especially clear on setting up the East 2 West Combo – “Curtsy, head, knee, kick!” – as well as on directions of travel, so they know which combo they are doing!
- Give the option not to jump
- Free them to dance by leading them there and letting them express themselves in the way they choose to

“No more words – just dancing”

“It’s the best feeling when we cut loose – and fly!”

CREATING THE WOW

- Use the breathing spaces in the Bridges for some quiet time, and then the build of the music, before letting yourself go in Dance phase



08. HIP HOP

TRACK FOCUS

It's time to cut loose and chill here, do the chats and connections in the walking to the corner sections, then cut loose and just dance in the bounce side to side.

FEEL

When you know that no-one dances better than you because you ARE Finesse

Music			Exercise		REPS
0:04	V1 / Drop-top	4x8	A	The Money Dance Bounce Hips L x4 (4cts); repeat R (4cts) 👁 Jump	4x
0:22	like hey , like	2x8	A ¹	+ Jump	2x
0:33	_ Ooh don't	4x8	B	Smooth Walk L Walk to L corner L, R, L, hold (4cts), walk B R, L, R, Switch Hop L&R (4cts) 👁 Smoother Walk	4x
0:50	PC / with you , I watch	4x8	B ¹	Smoother Walk L Walk to L corner L, R, L facing front with Palm Push to side (3cts), step R together and throw R arm F (1ct), walk B R, L, R with Double Arm Pull x3 (3cts), Switch Hop to land feet together with hands by sides facing F (1ct)	4x
1:08	C / out here dripping	4x8	C	Jump & Drizzle Jump F with feet together, bend knees and draw hands from knees to hips (2cts), jump B feet wide with hands to head (2cts), drizzle hands down face and body with Hip Swing R&L x2 (4cts)	4x
1:27	V2 / Now slow it	4x8	B	Smooth Walk R	4x
1:45	PC / with you , I watch	4x8	B ¹	Smoother Walk R	4x
2:03	C / out here dripping	4x8	C	Jump and Drizzle	4x
2:21	V3 / Fellas grab	4x8	A ¹	The Money Dance 👁 Criss-Cross feet	4x
2:39	Br / We got it going	4x8	A ²	+ Criss-Cross feet	4x
2:58	C / out here dripping	4x8	C	Jump & Drizzle	4x
3:16	it going on	4x8	A ³	The Money Dance + Anywhere	4x



08. FINESSE 3:36mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

THE MONEY DANCE

- In Setup phase, roll up through the hips and wiggle the booty front to the back
- In Strut phase, jump the Hip Bounce side to side and bring in a Chest Roll



- In Dance phase, cross the feet in/out as you cross the center
- Don't be afraid to go BIG with the sideways travel
- Put your own flavor on it – it's your money dance!



SMOOTH WALK/SMOOTHER WALK

- 3 Walks to the corner, holding the third step with foot flat on the floor and weight slightly forward
- Walk backwards on the same path, and hop change on the accent by lifting the feet off in a 'ba-ba!' pattern
- In Strut phase, open the chest to the front, pushing the hands out from the chest, extending to the side, then walk back, bent elbows, pulling the hands in and out in a 'sawing' type motion. Elbows stay in front of the body, hands are open and palms up in 'gesture hands'
- On the Hop, elbows lift and push the hands down beside the body to finish the move, hips to the front
- It's a simple move so on the second verse, once they've got it, you can put your own swagger on it



JUMP & DRIZZLE

- Jump feet together, bending the knees and drizzle the hands up the body over the head - like a reverse Heads Shoulders Knees and Toes!
- When the hands reach the top, the feet jump wide and then rock the hips side to side, touching anywhere
- This is your/their own style



COACHING THE VIBES

- Casual and chatty with this approach – it's following a big track!
- Set up the Feet cues early so you can have fun with the moves
- Talk more in the Walk parts, and less in the Hip Bounce and Drizzle!
- Use the lyrics if that's your style – there's lots of great ones!
- Conversational tone works well in this track

"Are you ready to get funky?"

"You're dripping in Finesse... And you know it! Feel free to express yourself!"

CREATING THE WOW

- Go massive in the The Money Dance, especially in the cross-out section
- Speak less in the Jump & Drizzle and work your hips more!



09. POPPING & JUMP STYLE

TRACK FOCUS

People need the breathers and so will you when you finish the craziness of Double, Double, Double, SINGLE, SINGLE.

FEEL

When you move from the future Trap dance floor to the German hard dance room after you had a high-energy drink.

Music			Exercise		REPS
0:06	V1 / Gave you the	4x8	A	Slide & Pop Slide L (2cts), Pop Knees (2cts); repeat R (4cts) 👁 Swim Arm	4x
0:19	Whoa , whoa	4x8	A ¹	+ Swim Arm	4x
0:31	PC / Take me places	4x8	B	Double Bounce Step L and Double Kick R (4cts); repeat R (4cts)	8x
0:44	B / so don't turn	4x8	B ¹	Double Bounce Combo Double Bounce L, R, L (6cts), Kick L&R (2cts); repeat R (4cts)	2x
0:56	Instr / (Heavy beat)	4x8	B ²	+ Arms up	2x
1:09	(Heavy synth)	4x8	C	Double Bounce Travel Double Bounce Combo traveling F (16cts); repeat B (16cts)	1x
1:22	V2 / No rules in	3x8	A	Slide & Pop	3x
1:31	a blank page	5x8	A ¹	+ Swim Arm	5x
1:47	PC / Take me places	4x8	B	Double Bounce	8x
2:00	B / so don't turn	2x8	B ¹	Double Bounce Combo	1x
2:06	B/ I know that	6x8	B ³	+ Hop in-out	3x
2:25	(Heavy synth)	4x8	C ¹	Double Bounce Travel Double Bounce Combo with In-Out Kicks traveling F (16cts); repeat B (16cts)	1x

09. PARADE 2:41mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SLIDE & POP

- Slide to the side, drop down by bending the knees with control on the ascent
- Chest lifts and drops slightly to highlight this – it’s a good ab workout!
- ‘Swim’ the front arm and pop it with the accent of the knees
- Smooth then sharp
- Like someone has unplugged your movement and you power down suddenly



DOUBLE BOUNCE COMBO/TRAVEL

- 3 fast Double Kicks to the front, scooping the knee up and foot across the body; 2 Single Kicks to change legs. Stay low to the floor so you can keep up with the speed
- Once they have it/in the second set, kick forward then out
- As you kick out, hop the supporting foot away to the side to give travel. The hops go in and out as the feet kick
- Arms are free with lifted elbows



COACHING THE VIBES

- This track is short, sharp and INTENSE! They will need the Pop to get the breath back
- Set up clearly 3 Doubles, 2 Singles in the Hops, it’s really fast so get this out early to make sure people can get the move
- Option to stay down if they don’t wanna jump
- Cue: hop in out, in out

“Popping looks good on you guys!”

“Everyone’s allowed to SH’BAM... In fact, they should be SH’BAMing”

CREATING THE WOW

- The huge, massive energy in the Dance phase of the Kicks! If you bring it, so will they!



10. LATIN

TRACK FOCUS

Refer to the flamenco and flamenca or ‘Matador’ early on so you can just cue the moves rapidly when you need to, then play with some fun chat.

FEEL

How you dance on honeymoon in Seville

Music			Exercise		REPS
0:00	Intro / Whoa!	2x8		March OTS L&R (2cts)	8x
0:09	_ Gente de	2x8	A	Salsa Corner-2-Corner Salsa L to R cnr (2cts); repeat R (2cts),	8x
0:27	V1 / Nunca imaginé	4x8	A ¹	Salsa Combo Salsa Corner-2-Corner x2 (8cts), Salsa Side-Tap L&R (4cts), March OTS L&R x2 (4cts) 👁 Arms O/H	2x
0:44	El amor es así	8x8	A ²	+ Arm Sweep Down (Salsa Corner-2-Corner) + Arm Throw Down (Salsa Side-Tap) + Arm Wide with Chest Twist (3cts) then O/H (1ct) (March OTS)	4x
1:20	Nada de lo	2x8	B	Small Steps 3 Quick Steps L, R, L (2cts); repeat R (2cts) 👁 Flamenco Cape Arms	4x
1:28	Tus labios son	2x8	B ¹	+ Flamenco Cape Arms	4x
1:37	PC / El amor es así	4x8	A ²	Salsa Combo	2x
1:55	C / Ni tú, ni yo	6x8	A ³	+ Travel F (Salsas) + Travel B (Marches)	3x
2:21	V2 / Que sea lo	2x8	B ²	Small Step Travel Small Steps x3 (12cts), walk B (4cts)	1x
2:30	Que sea lo	2x8	B ³	+ Arms O/H with Chest Twist (walk B)	3x
2:56	C / Ni tú, ni yo	4x8	A ³	Salsa Combo	2x
3:14	V3 / Que sea lo	2x8	B ²	Small Step Travel	2x



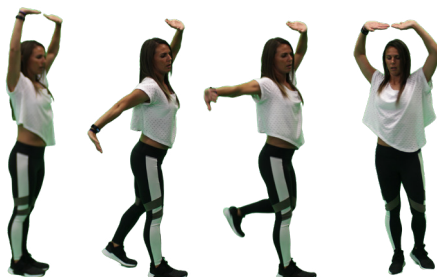
10. NI TÚ NI YO 3:36mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SALSA COMBO

- Salsa corner to corner on a flat foot
- Lift the foot before you place it down
- On the ball of the back (supporting) foot
- In Walk phase, arms float in smooth circles
- In Strut phase, both arms come over head, and as you salsa, sweep the arms down and up in a big circle, with flexed palms to enhance what the hips are doing
- Add the Side Salsa, on the balls of the feet
- Throw the palms down to the sides of the body, then flick them up, palms up with arms extended and soft elbows
- Walk back keeping the arms up and shake the shoulders side to side – the arms accentuate the movement
- In Dance phase, move bigger, taking the movement wider on the Salsa with bigger, accentuated arm movements



SMALL STEPS

- 3 small shuffle steps side to side, up on the balls of the feet
- Chest and hips turn the direction of travel
- Arms float behind like draping a cape
- Head turns in the direction of travel
- The feeling is of elevation, lifted posture – pride!



COACHING THE VIBES

- This one doesn't need a lot of Feet cues as it's simple. Just set up clearly and use the same names throughout so that you can easily refer to these
- There's room for some narrative, but don't get too carried away! It's possible to teach it without the plot line if that's not your scene, the moves are beautiful on their own
- Create some space for silence so they can feel the movement
- Try getting people to sing the lyrics on the Walk back
- Translate the Spanish for them if it's not your language!
- Keep your voice soft and let the music do the talking

"Shall we dance?"

"It doesn't matter what people think about us, it's how we feel about each other!"

CREATING THE WOW

- In Dance phase once everyone has the Salsa, really move it across and charge it forward – you don't need to say much as you do this, your class will feel it!



11. STREET JAZZ

TRACK FOCUS

Be sure to coach the retraction of the kick so people get the right feel of explosive dance and stay safe.

FEEL

When you love the BASS TOOOOOO much that, when 'it' kicks – you just HAVE to kick as well

Music			Exercise		REPS
0:08	V1 / You can stay	4x8	A	Slow Push & Pull Combo Push R palm to L hip (2cts), pull elbow B (2cts), push to L hip and circle palm B with lean L (4cts); repeat R (8cts)	2x
0:23	Your body close	2x8	A ¹	Push & Pull Combo Push R palm to L hip, pull elbow B (2cts), push to L hip and circle palm B and slide R foot in (2cts), Step Touch R&L (4cts); repeat R (8cts) 👁 Palm Roll F to O/H	1x
0:30	PC / Who -hoo	4x8	A ²	+ Palm Roll F to O/H to Step Touch	2x
0:45	C / When the sun is	4x8	B	Pendulum Step L, R foot replace L (2cts), swing L leg to side, Step R together (2cts), Step Touch R&L (4cts); repeat R (8cts)	2x
1:00	Instr / (Synth build)	4x8	B ¹	Pendulum with Bass Kick Step F to L corner L, R foot replace L (2cts), Swing L leg F, step R together (2cts), Step Touch R&L traveling B (4cts); repeat R (8cts)	2x
1:15	M / (Heavy beat)	4x8	B ²	+ Bass Kick	2x
1:30	PC / Who -hoo	4x8	C	Pony Pony OTS L&R (4cts)	8x
1:45	M / (Heavy beat)	4x8	B ¹ + C	Pendulum with Bass Kick Pony replaces Step Touch B	2x
2:00	Br / (Synth shimmer)	1½x8		Freeze with palms pushing down at sides (4cts)	
2:02	V2 / I don't want	4x8	A	Slow Push & Pull Combo	2x
2:17	your body close	2x8	A ¹	Push & Pull Combo	1x
2:25	PC / Who -hoo	4x8	A ²	+ Palm Roll F to O/H	2x
2:39	C / When the sun is	16x8	B ¹ + C+ A ²	Everything Together Combo Pendulum with Bass Kick (16cts) Push & Pull Combo (16cts)	4x



11. EVERYTHING 3:45mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

PUSH & PULL COMBO

- Push one hand across the body to the diagonal lower corner, palm flexed
- Pull back across to the shoulder, then sweep the arm back behind the body in a big circle



- The body goes with the movement – slight forward lean on the push down, slight lean back on the pull back, and then the body turns and leans away slightly with the Arm Sweep
- As the move gets bigger, really accentuate each part of the movement with the beat – push, pull, sweep!
- On the Step Touch, roll the palm up – bring the palm up to the shoulder, then turn it out and away to reach up to the ceiling. Palm stays open



PENDULUM WITH BASS KICK

- Skip across the floor, letting the feet touch in the middle so they ricochet – like the movement of a pendulum
- Then angle it to the corner
- The Bass Kick is like a Hitch kick – jump into it and kick the foot. Make sure you extend out from the knee and then retract the foot back before you land
- Hands snap down as the kick happens
- Make this snappy with the music and really travel across the floor – this movement is explosive!
- Wide Pony traveling back, reaching forwards with the opposite hand



COACHING THE VIBES

- This beautiful track is all about the music; so your job is to set it up, and then amp it up – using your voice and energy!
- Give options to stay low for those who need it
- Coach pulling the foot back in (retracting), to keep people safe

“Give me everything... Everything you’ve got!”

CREATING THE WOW

- Use the silence!! Once you’ve set up the Push & Pull Combo the first time, let the music do the talking on the second side. Same when the music hits for the second round of Bass Kicks



MU. MASH UP

TRACK FOCUS

LEARN THE ORDER – it’s the first time we haven’t had chronological choreography. Sorry guys, it’s the way the cards landed... but it’s the best fit for the music... Oh yea, that drop though! Boom!

FEEL

Mash up madness with no pattern

Music			Exercise		REPS
0:00	Intro / (_ Caliente!)	4x8		Step Touch L&R (4cts)	8x
0:14	(Beat)	2x8	A	Push & Pull Combo (Track 11)	1x
0:21	(Beat)	2x8		Step Touch L&R (4cts)	4x
0:28	(Sirens)	2x8	A	Push & Pull Combo (Track 11)	1x
0:35	(Synth build)	2x8	B	The Knockaeton Drop (Track 5)	1x
0:42	Instr / Caliente! _	2x8	A	Push & Pull Combo (Track 11)	1x
0:50	(Beat & hi-hats)	2x8	B	The Knockaeton Drop (Track 5)	1x
0:57	(Scratchy synth)	2x8	C	Double Bounce Combo (Track 9)	1x
1:04	Take it _	2x8	D	Samba Turning Tap Combo (Track 2)	1x
1:11	Br / (Synth blast)	1x8		Freeze OTS with palms at shoulder height (8cts)	
1:15	Instr / (Brass)	2x8	E	Salsa Corner-2-Corner (Track 10)	2x
1:22	(Fast brass)	2x8	E ¹	Salsa Combo (Track 10)	1x
1:29	(Fast brass with hi-hat)	2x8	F	Rise & Shine Half Combo (Track 6)	1x
1:36	B / (Fast brass with h i-hat)	2x8	G	Azuka (Track 2)	4x
1:43	(Sirens)	4x8	H	Miraculous Combo (Track 4) Note: Last 4cts, jump wide and freeze	1x
1:57	Br / (Quiet)	1x8		Freeze with feet wide and arms O/H (8cts)	
2:01	Instr / (Heavy Beat)	16x8	I	Mash Up Push & Pull Combo (Track 11) (16cts) The Knockaeton Drop (Track 5) (16cts) Double Bounce Combo (Track 9) (16cts) Samba Turning Tap Combo (Track 2) (16cts) Salsa Combo (Track 10) (16cts) Rise & Shine Half Combo (Track 6) (16cts) Azuka Tap x4 (Track 2) (16cts) Miraculous Combo (Track 4) (32cts) Note: Last 4cts, jump wide and freeze	1x
3:04	Br / (Quiet)	1x8		Freeze with feet wide and arms O/H (8cts)	
3:09	Instr / (Heavy Beat)	16x8	I	Mash Up	1x



MU. LA RUMBA 4:21mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

MOVES

- Choreography from Tracks 11, 5, 9, 2, 10, 6 and 4!

COACHING THE VIBES

- There are a LOT of combos in this track, which makes it both challenging and rewarding!
- Cue everything well in advance and super clearly – using the names that you set up during the class so they are familiar
- Then it's about letting them dance it!
- Try some Spanish references if you're keen!

"La rumba esta caliente! That means it's hot!"

"It's like a giant dance shopping list"

CREATING THE WOW

- Use the pauses and see if you can get them to say "La Rumba Esta Caliente" with you!



12. COOLDOWN

TRACK FOCUS

THIS IS LIFE! It's empowering and if you don't feel it, just shushhhhh and let the song speak to the people.

FEEL

When the choreographer has unfulfilled musical theater ambitions

Music			Exercise		REPS
0:10	V1 / _ I am not	5x8	A	Dance Stretch Wide-Legged Side Stretch L (8cts), Wide-Legged Hamstring Stretch L (8cts); repeat R (16cts). Wide-Legged Fold (8cts)	
0:37	place for us	2x8		Sit up, tuck L leg in (2cts), step R leg F (2cts), tuck toes in and step L leg B (8cts)	
0:46	C / the sharpest words	3x8	B	Hip Flexor Stretch L leg B, R hand on R thigh, sweep L arm low to O/H with palm open (8cts), pull fist (8cts), R leg B, L hand on L thigh, sweep R arm low to O/H with palm open (4cts), pull fist (4cts)	
1:01	Look out 'cause	3x8	C	Quad Stretch Step on L for R Quad Stretch with L arm wide (8cts), lift L arm slowly (8cts), step on R for L Quad Stretch with R arm wide (4cts), lift R arm slowly (4cts)	
1:16	Br / Oooh , oh!	3x8	D	Wide Rock Rock L&R (2cts)	12x
1:31	V2 / Another round	4x8	E	Calf Stretch Turn to face R for L Calf Stretch (8cts), Windmill to Arabesque Arms (4cts), pull fist in (4cts), turn to face L for R Calf Stretch (4cts), Windmill to Arabesque Arms (4cts), sink into L Warrior 2 Pose (8cts)	
1:51	I won't let	1½x8	D	Wide Rock	6x
1:58	are glorious!	½x8		Freeze with feet wide, lift arms F to O/H, palms facing down (3cts), throw arms down (1ct)	
2:01	C / the sharpest words	6x8	D¹	This Is Me Combo Wide Rock L&R with palms pushing down (2cts), Skip L, step R together (2cts), repeat R with Head Wrap and Throw Down (4cts); repeat L&R (8cts). Drag L&R with Arm Sweep F L&R (4cts), Wide Rock L&R x2 with wide arms coming together (4cts)	2x
2:31	this is me!	6x8	F	Warrior Sequence Warrior 2 L (2cts), Extended Warrior 2 L (6cts), Arm Sweep L to R O/H (4cts), sink into Squat R with R arm slowly falling (4cts); repeat R Warrior 2 R (4cts), Arms Sweep R to L, sink into Squat with L arm slowly falling (4cts)	2x
3:01	Br / the sharpest words	3¼x8		Feet wide with L arm slowly falling and looking down (8cts), step together and lift chin slowly (8cts), open L arm with palm up (2cts) & R (2cts), bring palms in to finish (6cts)	
3:17	C / Look out 'cause	6x8	D¹	This Is Me Combo	2x



12. THIS IS ME 3:55 mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

DANCE STRETCH

- On the floor or standing if you prefer



HIP FLEXOR STRETCH



QUAD STRETCH



CALF STRETCH



WARRIOR SEQUENCE

Note: Timing on the right side is slightly different to the left side



THIS IS ME COMBO

- Rock side to side, then skip across the floor
- Throw the arms down on the first rep every time
- Throw the head too for extra drama!
- Step out to the side, leading the way with the same arm – repeat to the other side, then bring both arms and feet in



COACHING THE VIBES

- Time to unleash with a bit of drama!
- They get some quiet time to feel a great stretch in this track – going to the floor for a decent length of time!
- If your members don't want to go to the floor you can choose to do this standing
- This song is incredible – don't get in the way! Guide the moves, add some connection, and FEEL it!

"We belong where our heart is, and my heart is in dance right now"

"This is us – SH'BAM!"

CREATING THE WOW

- Silence, drama, immersion in this beautiful track – set your people free to do the same!



MUSIC

- 01A

Love’s Gonna Get You (2:27)

Fedde Le Grande & D.O.D

© 2017 SpinninRecords.com.
Written by: Colandreo
- 01B

Get It (2:52)

Hot Beak

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Written by: Smith, Briscoe, Crawford, Elliot
- 02

Azukita (3:45)

Steve Aoki, Daddy Yankee, Play-N-Skillz & Elvis Crespo

© 2018 Ultra Records, LLC (licensed courtesy of Liberator Music).
Written by: Aoki, Rodríguez, J. Salinas, O. Salinas, Macias, Vega, Díaz
- 03

Yes (2:46)

Tide

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Written by: Purcell, Bullimore, Nordstrom, Nobel, Crowhurst, Rad, Epps
- 04

I Need A Miracle (RoyaalPhreakz Remix Edit) (3:17)

The Guru Project , Tom Franke & Coco Star

© 2015 Pulsive - A Division of www.pulsivemedia.com - Made in Germany (EU).
Written by: Imbres, Davis
- 05

Gimme The Light (Pass The Dro-Voisier Remix) (2:56)

Sean Paul feat. Busta Rhymes

© 2002 Atlantic Recording Corporation for the United States and WEA International for the world outside of the United States.
Written by: Henriques, Rami, Smith
- 06

Rise And Shine (3:21)

Deorro

© 2017 Ultra Records, LLC.
Written by: Orrosquieta
- 07

No Words (4:43)

Sander van Doorn feat. Belle Humble

© 2018 Doorn/ SpinninRecords.com.
Written by: Ketelaars, Fabich, Zwiefler
- 08

Finesse (Remix) (3:36)

Bruno Mars feat. Cardi B

© 2018 Atlantic Recording Corporation.
Written by: Romulus, Lawrence, Yip, Reeves, Mars, Fauntleroy, McCullough, Brown
- 09

Parade (Extended Mix) (2:41)

VINAI

© 2018 Codis Music.
Written by: Alessandro Vinai, A. Vinai, Ayana, Palmen
- 10

Ni Tú Ni Yo (3:36)

The Dumber

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Written by: Malcom, Delgado, Gonzalez, Mendoza, Farinas, Bolivar, Abreu, Hernandez, Anthony, Lopez
- 11

Everything (3:45)

Sick Individuals

© 2018 Moon Records.
Written by: Unknown
- MU

La Rumba (4:21)

DES3ETT

© 2018 Playbox Music.
Written by: Unknown
- 12

This Is Me (3:55)

Week Atlas

© 2018 Les Mills Music Licensing Ltd.
Written by: Pasek, Paul



Rachael Newsham, Alex Sanchez, Caley Jack

Think of this playlist as a soundtrack to an epic dance movie! There is SO much contrast and story, and the light and shade of our emotions are fully reflected in the movements.

There is a strong dance partner influence, so you will feel like team teaching this class during certain tracks, and others you will just want to teach ALL on your own!

The Warmups are simple with a club-land feeling to get the heart rate up before we move into gangsta, with great isolation work and a cool little armline.

The Latin Track 2 is hyper energetic but mega singalong. Track 3 is delicious jazz... simple and strutting, but with hips and shoulder movements sprinkled in for good measure.

Somehow, Fred Astaire and Ginger Rogers make their entrance to the house track and there is a Spanish-style love story in the second Latin track (yes there are two ☺)

The “dance movie” ends with a title list of moves and combos in the best mash up EVER leaving us all wasted, before we are delightfully lifted up with one of my favourite warm downs of all time, This is me, sung by our very own Les Mills Presenter, Des Helu.

Enjoy the movie/show, Sh’bammers!

Rach x

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.

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



EXPRESS FORMATS

30-MINUTE FORMAT

Track 1a	Warmup & Stretch
Track 1b	Isolation & Groove
Track 2	Latin
Track 3	Caberet Jazz
Track 4	Street Jazz
Track 5	Dance Hall
Track 6	Nu Swing
Track 7	Contemporary
Track 8	Hip Hop
Total Time	29:43

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

KEY

B up	Build-up	OTS	On The Spot
Intro	Introduction	CTS	Counts
L	Left	R	Right
Instr	Instrumental	Outro	Last Few Bars of Music
F&B	Forward and Back	Mins	Minutes
HOH	Hands on Hips	O/H	Over Head
	Preview		

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.



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.

