

SH'BAM

35

MUSIC

01. WARMUP

02. FREESTYLE LATIN

03. LYRICAL JAZZ

04. STREET JAZZ

05. LATIN

06. STREET JAZZ

07. STREET JAZZ

08. K POP JAZZ

09. BOLLYWOOD JAZZ

10. CONTEMPORARY JAZZ

11. FREESTYLE JAZZ

12. COOLDOWN

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MUSIC

- 01

High On Life (3:52)

Martin Garrix feat. Bonn

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Written by: Fogelmark, Nedler, Tuinfort, Garritsen
- 02

Rio (2:54)

Blasterjaxx

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Written by: Moreira, Jongkind, Makhlaf
- 03

Just Got Paid (3:38)

Hope Never Ends

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Written by: McMahon, Fielder, Pebworth
- 04

Get Ready (Steve Aoki Vocal Radio Edit) (2:55)

2 Unlimited

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Written by: Slijngaard, Wilde, De Coster
- 05

Dimelo (2:46)

Rak-Su

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Written by: Fongho, Shurland, Stephenson, Serrano, Fouradi, Vrolijk, Haas, Franzino
- 06

Therapy (Club Mix) (2:45)

Armin van Buuren feat. John Newman

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Written by: van Buuren, de Goeij, Busbee, Newman
- 07

Therapy (Club Mix) (1:54)

Armin van Buuren feat. John Newman

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Written by: van Buuren, de Goeij, Busbee, Newman
- 07

Toca (3:59)

Carnage feat. Timmy Trumpet & KSHMR

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Written by: Blackmon, HollowellDhar, Smith, Gough, Bunawan
- 08

DDU-DU DDU-DU (3:28)

Blazin’ Mist

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Written by: Park
- 09

How You Dance (3:37)

Panjabi MC, Shizzio & Big Narstie

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Written by: Unknown

- 10

Leave A Light On (OFFset Remix) (3:11)

Tom Walker

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Written by: Mac, Walker
- 11

Boomshakalak (Extended Mix) (3:21)

MR.BLACK x Diego Miranda feat. The Kemist

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Written by: Unknown
- 12

Dancing’s Not A Crime (3:39)

Panic! At The Disco

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Written by: Newman, Allen, Harris, Bhattacharyya, Sinclair,Urie, Hill, Hollander



L-R: Gladys Lim, Naila Misran, Ken Mun Sin, Rachael Newsham, Apple Zhang, Gigi Liang, Crystal Jing, West Wan, Cary Cai

If your room doesn't shake with the amount of noise pouring out of this dance class then you need to check your pulse, because SH'BAM 35 shook Shanghai for sure!

This a 'back to basics, old skool is the new cool' type release, and you will be mesmerized by the dialogue that each amazing presenter from Asia has mastered.

Your body, your soul and your face will get a workout as you groove, move and giggle your way through 12 mini dance routines, designed to lift your mood as much as they lift your heart rate!

Apple, Ken, Naila and myself had THE BEST team from across Asia to light up this dance floor and bring you 45 minutes of x marks the spot, dance til' you drop, all-singing, all-dancing good times

☺

Rach

Rach☺

CREDITS

- Program Director** – Rachael Newsham
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Technical Consultants** – Bryce Hastings and 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.

Naila Misran (Singapore) is a SH'BAM, BODYJAM and BORN TO MOVE Trainer/Presenter.

Ken Mun Sin (Malaysia) is a SH'BAM Trainer/Presenter and a BODYJAM and BODYBALANCE/ BODYFLOW Instructor. He is from Kuala Lumpur.

Apple Zhang (China) is a SH'BAM, BODYJAM, BODYCOMBAT and BODYPUMP Trainer/Presenter and a LES MILLS GRIT Coach. She is from Shenzen.

SHADOWS:

- Cary Cai (China)
- Crystal Jing (China)
- Gigi Liang (China)
- Gladys Lim (Taiwan)
- West Wan (China)



EXPRESS FORMATS

30-MINUTE FORMAT

Track 1a	Warmup
Track 2	Freestyle Latin
Track 3	Lyrical Jazz
Track 4	Street Jazz
Track 5	Latin
Track 6	Street Jazz
Track 7	Street Jazz
Track 8	K Pop Jazz
Total Time	28:11

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		

GUIDELINES FOR TRACK SELECTION

- In the 45-minute class you must always teach the Warmup and Cooldown. Tracks 4, 7 and 11 are the cardio tracks so you should also include these routines and try to mix up the styles and feels.
- Track 5 is usually a hips track, so aim to keep this where the Track 5 always sits.

The remainder of the class can be up to you but please think about the following:

- Do you have a mixture of styles? For example, Latin, Jazz, Street.
- Is there a good mix of music? Current versus old-school, male and female vocals etc.
- Is there a good flow to the class? For example, you should avoid teaching three big cardio tracks in a row.

Think about the highs and lows, and the journey the playlist will create. You know your participants best and know that some classes will have a preference for one style or genre over others; so just use common sense when putting your playlist together.



01. WARMUP

TRACK FOCUS

Welcome everyone and let them slowly limber up their bodies.

FEEL

Like a warming stretch routine in a traditional dance class

MUSIC			EXERCISE		REPS
0:00	Intro / (Piano)	1x8	Feet wide (8cts)		
0:12	V / _ Killed the	4x8	A	Slow Release & Reach Feet wide, bend knees, roll down (4cts), roll up (4cts), hold (2cts), contract and reach arms F (2cts), pull arms B and stand (4cts)	2x
0:27	V / I just live	12x8	A¹	Release & Reach Feet wide, bend knees, roll down (2cts), roll up (2cts), contract and reach arms F (2cts), pull arms B and stand (2cts), Wide Rock L&R with Arm Reach R&L x2 (8cts)	6x
1:12	Instr / (Synth)	4x8	B	Step Touch Step Touch L&R OTS (4cts) 👁️ Clap O/H on last 2reps	8x
1:27	Build / (Drums)	8x8	B¹	Step Touch Combo Step Touch L&R with Low Clap, traveling F on 45° angle x2 (8cts); repeat, traveling B with Clap O/H (8cts)	4x
1:57	Br / (Synth wave)	1x8	Feet wide, Freeze (8cts)		
2:01	V / _ Through my	4x8	A	Slow Release & Reach	2x
2:16	I just live	12x8	A¹	Release & Reach	6x
3:01	Instr / (Synth)	4x8	B	Step Touch	8x
3:16	C / we die ...	8x8	B¹	Step Touch Combo	4x
3:46	Fade / we die ...		Feet wide and reach R arm F to finish		



01. HIGH ON LIFE 3:52mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

RELEASE & REACH

- Feet hip-width apart, bend the knees and roll down, relax the body and drop the arms between the legs. The head is the last thing to drop
- Inhale and roll up through the spine
- Slow contraction through the back, sink down into the knees, lift the elbows then reach forward with both hands, fingertips last
- Elbows lead, flaring slightly to the side
- Head is down between the arms
- Draw the hands back in to the body and roll back up so you feel a stretch all the way through the back



- Reach up, leading with the elbow to the fingertips
- As one hand comes down the other goes up, so you are moving continuously
- Slight movement side to side of the body
- Let the head go too in Dance phase, for a bit of abandonment in the movement



STEP TOUCH COMBO

- Step Touch forward on the diagonal, clapping low – bending the knees, slight tip forward from the hips. Getting low to recruit more muscles and warm the body!
- Step Touch back on the diagonal, with hands lifted and an upright body posture – creating contrast from the low to the high. Hands over head lifts the heart rate
- Subtle turn of the hips and shoulders
- We are down when the music is down and up when the music is up!
- This should have heaps of energy, so move big to lift the heart rate and bring the euphoric vibe of the song to life!



COACHING THE VIBES

- This track is super simple; it's a matter of setting up the Feet cues at the beginning to build confidence, and then people are free to enjoy the music and the feel of the track
- Be warm and casual in your approach, to set everyone at ease
- Try using your voice with the music – low and calm in the Release & Reach, energetic and building in the Step Touches
- Try connecting to the lyrics – there are some great ones!

"We are here and we just want to see your smile!... I see you!"

"In SH'BAM you can do anything you want to – just be yourself"

CREATING THE WOW

- Celebration as you hit the first set of Step Touches will get the room amping!



02. FREESTYLE LATIN

TRACK FOCUS

Now hit this track with everything you have – don't forget – go big and go bigger!

FEEL

Fiesta after a long siesta! And three shots of green tea!

MUSIC			EXERCISE		REPS
0:02	Intro / (Drums)	4x8	A	Slide-Touch Step Touch with Hip Slide L&R (4cts)	8x
0:16	Br / (Horn)	1x8		Feet wide, freeze (8cts)	
0:20	C / (Synth)	4x8	B	Slow Hip Roll Hip Roll L to R with feet wide (4cts)	8x
0:35	(Quiet synth)	2½x8	B¹	Hip Roll Hip Roll L to R with feet wide (2cts)	10x
0:44	(Horns)	2½x8	B²	+ Get low for 2x + Get high for 2x	10x
0:53	Build / (Drums)	2x8	C	Wide Gallop Gallop-Step F L&R keeping feet wide x2 (8cts); repeat B x2 (8cts)	1x
1:01	(Synth)	2x8	C¹	+ Arm Pump O/H (travel F) + Arm Pump low (travel B)	1x
1:08	Instr / (Heavy beat)	1x8	D	House Punch Setup House Tap L&R (4cts)	2x
1:12	(Beat & synth)	2x8	D¹	+ 2x Punch O/H	4x
1:16	(Heavy beat)	5x8	D²	House Punch Combo House Tap L&R with 2x Punch O/H (4cts), House Tap L&R with 4x Punch O/H (4cts)	5x
1:38	C / (Horns)	2x8	B	Slow Hip Roll	4x
1:45	(Horns)	2½x8	B¹	Hip Roll	10x
1:54	(Horns & synth)	2x8	B³	+ Get low for 4x + Get high for 4x	16x
2:09	Build / (Drums)	4x8	C¹	Wide Gallop	2x
2:23	Instr / (Heavy beat)	8x8	D²	House Punch Combo	8x
2:53	Outro / (Synth wave)			Punch R arm across to finish	



02. RIO 2:54mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SLIDE-TOUCH

- Step Touch side to side, turning the knees and toes out the way you're stepping
- Bring the foot in to tap before you step again
- Bend knees and step wide, getting low as you step
- The movement goes down, down, down, which creates a bounce feel



HIP ROLL

- Feet wider than hips, soft knees
- Circle the hips forward, back and around
- As it gets faster, remember to action the push forward in a full circle – it's easy to just do the back section!
- Squeeze your glutes and tilt your pelvis under to create this movement



- In Strut phase, we move down and then up as we roll
- In Dance phase, the arms come out to the side of the body, then over head, and drizzle down the body – think sensual!



WIDE GALLOP

- Feet wide, 3 little runs forward to the corner
- Up on your toes and keep the feet apart



- Pump the hands up to the corner – 3 runs, 2 pushes! Hands are flexed, elbows flared



- Tension through the back and the chest
- On the way back, stick the butt out like you're backing it up, and the push is angled down too
- Energetic to lift the heart rate



HOUSE PUNCH COMBO

- Feet tap right and left, flat foot on the foot that's tapping, but release the heel on the inside leg
- Soft knees, and lean slightly side to side
- Throw the fists up, like your fists are at the end of a catapult!
- The hands roll in then out to punch
- 2 slow, bringing the hands back down in between each punch, then 4 quick
- Strength in the movement to lift the energy





02. RIO 2:54mins

COACHING THE VIBES

- It's a track of contrast! There's super slow, sexy hips followed by building, energetic 3 steps, into all-out, huge Taps with throws!
- The vocals should match what the music is doing. Low and calm, sexy in the hips, then building in the 3-Step, and big in the Taps – and let the music speak by finding space for silence!
- The Hip Roll phases are long, so there's space to connect with your class
- Encourage them to let go in the Taps! Set them up with clear Feet cues to tell them how many throws there are, then let them go!

*"Smooth hips, sexy hips... your hips... dem hips!
It's all about your hips"*

"From the party to the bass-line!"

CREATING THE WOW

- Hit the Taps with heaps of energy and the roof will lift off!
- Immerse yourself in the Hip Rolls with the arm Drizzle and allow people to really explore the move in their bodies!



03. LYRICAL JAZZ

TRACK FOCUS

This is a great pit stop to catch your breath, have a singalong and let the class try some arms.

FEEL

The feeling you get when a massive check comes through your mailbox on a MONDAY

MUSIC			EXERCISE		REPS
0:00	Intro / (Synth)	2x8		Feet together and hold (16cts)	
0:08	V / grow up someday	4x8	A	Payday Tap Tap F L&R with Hip Bump (4cts)	8x
0:24	PC / Just got paid!	4x8	A ¹	Payday Tap Combo Tap L with 'Money Swipe' Arms (L on R palm) (2cts), tap R with 'I Don't Care' Arms (palms facing out) (2cts)	8x
0:40	C / Just got paid!	4x8	B	I Just Got Paid Walk Walk F L, R, L, hold (4cts); walk B R, L, R, hold (4cts)	4x
0:56	V / like every day's	4x8	B ¹	Snap & Drizzle Walk to left, L, R, L, hold (4cts), Hip Swing R&L (4cts); repeat R (8cts) 👁️ Fast Hips	2x
1:12	V / Gimme that	4x8	B ²	+ Snap & Tap + Fast Hips and Arm Drizzle up the body and Snap	2x
1:28	V / grow up someday	4x8	A	Payday Tap	8x
1:44	PC / Just got paid!	4x8	A ¹	Payday Tap Combo	8x
2:00	V / Ladi-da , we like	8x8	B ²	I Just Gotta Snap & Drizzle	4x
2:31	V / grow up they	4x8	A	Payday Tap	8x
2:48	PC / Just got paid!	4x8	A ¹	Payday Tap Combo	8x
3:04	C / Just got paid!	4x8	B	I Just Got Paid Walk	4x
3:20	C / Gimme that	4x8	B ²	Snap & Drizzle	2x



03. JUST GOT PAID 3:38mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

PAYDAY TAP COMBO

- The Tap forward is just a weight change in Walk phase
- Then begin to bring in a Hip Push – the hip moves out and around in a crescent shape



- Swipe your palms together low on an angle, like you're swiping a card on your palm, then roll both hands in and up and flick out to the side of the body – elbows bent and palms facing out
- Hold the position of the swipe for a fraction of a second to give the move strength and match it to the music



I JUST GOT PAID WALK

- 3 Walks forward, weight in front leg, releasing the back heel
- 3 Walks back, releasing the front heel and popping the knee forward. Lean the body back
- Simple movement so give it as much swag and sass as you can – make it as 'unpedestrian' as possible! Shoulders, hips, whatever you like!



SNAP & DRIZZLE

- 3 Walks to the side, then a figure 8 with the hips, feet wide
- In Dance phase, add the Snap – drop low, bending the knees and snap the fingers – and then drizzle the hands up the body to throw away over head!



COACHING THE VIBES

- This track is full of fun and energy! It's very simple to coach as they can easily see what you're doing – clear Feet cues to set up and away you go!
- Lots of lyrics to use if you want to
- Heaps of connection points – encourage your class to show you how they walk when they just got paid!
- Let them find their own style in the Walks and in the arm-lines
- It's joyful and celebratory, especially in the chorus!

"Money can always be made, so what the heck – let's just party!"

"This is no longer the 'I Got Paid' Walk; this is the 'I Got The Bonus' Walk! Do you feel like a million dollars?"

CREATING THE WOW

- The WOW comes when you encourage them to hit their own style, and you lead the way!



04. STREET JAZZ

TRACK FOCUS

There is a great spot to do previews so nail them if you can, and have a bit of fun with the sound effects of the 90s.

FEEL

#tbt 90s when all moves were as high energy as you can take and everyone was a part-time cheerleader

MUSIC				EXERCISE	REPS
0:02	Intro / for this? _	2x8	A	Step Touch Step Touch L&R	4x
0:09	Build (Synth & drums)	2x8	A ¹	+ Elbow Bump & Throw L&R 👁 Palm Pump on last 4 cts	4x
0:16	C / (Synth)	4½x8	A ²	Pump This Up Step Touch L&R with Elbow Bump L&R (4cts), Palm Pump low x4 (4cts)	4½x
0:34	Br / (Quiet)	1½x8		Freeze the Palm Pump (12cts)	
0:39	Instr / (Heavy synth)	4x8	B	Jump In Jump Out Combo Jump feet together with crossed-arm punch (1ct), jump wide and punch low and wide (1ct), Shoulder Bump L&R (2cts)	8x
0:54	V / Get down with	4x8	C	Step Knee Step L, lift R knee; step R, lift L knee (4cts)	8x
1:09	Instr / (Muffled beat)	5x8	B	Jump In Jump Out Combo	10x
1:28	Build / for this? _	4x8	A	Step Touch 👁 Pump This Up Combo	8x
1:43	V / Get ready . Get	6½x8	A ³	Pump This Up Combo Step Touch L&R with Elbow Bump L&R (4cts), Palm Pump low x4 (4cts), Step Touch L&R x2 with arms O/H (4cts)	3¼x
2:07	Br / (Quiet)	1½x8		Freeze the Palm Pump (12cts)	
2:13	Instr / (Heavy synth)	4x8	B	Jump In Jump Out Combo	8x
2:28	V / House on the	6x8	C	Step Knee	12x
2:50	Outro / for this? _	½x8		Cheer-tastic finale!	



04. GET READY 2:55mins

MOVEMENT TIPS FOR INSTRUCTORS

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

PUMP THIS UP

- Step Touch – high-energy, cheerleader styles!
- Side elbow and then an extension, like a hammer throw of the fist



- Leave the fist extended for a fraction of a second so it looks cleaner (it's not a throwaway)
- Hit each point strongly
- Add the Palm Push, like a Bicep Curl – the body turns slightly side and center with the movement. Open palms and push up



- Slight tip forward from the hips
- Body stays frontal on the elbows, but turns on the Palm Pump

JUMP IN JUMP OUT COMBO

- From a wide position, jump the feet in together, then out again, with soft knees
- Arms cross in front of the body and then throw down beside the body – like you're holding a skipping rope
- Rib Shift with Shoulder Pop side to side – actively lifting the shoulder
- In Dance phase, this is all about going MASSIVE – muscle tension through each arm line and Pop, and big jumps with the feet – it's full-on Cardio!



STEP KNEE

- Step and lift the knee, allowing the chest to move towards the knee as it lifts
- Movement has a down, down, bouncy feel
- Like a mini Squat – knees bent!
- Turn the body corner to corner
- Arms bounce naturally with it and the elbows lift slightly



COACHING THE VIBES

- High energy to the max – hype the room – then let the music do the rest
- 90s references are a great way to bring the Feel alive
- Connect to the lyrics if that works for you
- Try using your voice with the music – bring it right down in the quieter, build parts of the song. Silence can be a great tool too, especially when the Jump In Jump Out hits
- See if you can get your class to say “ooh ooh!” with you!
- Don't forget to show the no jump option – marching through the Jump In Jump Out

“Cheerleaders report to the dance floor cos we about to pump this up!”

“Are you down with my sounds? TBT 93!”

CREATING THE WOW

- Hit the freezes strong and hold them – then follow up by going massive in the Jump In Jump Out – the contrast is incredible!



05. LATIN

TRACK FOCUS

People love to move their hips once they know how, so be sure to face the front for the slow reps and turn on the fast ones.

FEEL

Imagine the male cast of the UK TV show “Love Island” on holiday and this is what you might get

MUSIC				EXERCISE	REPS
0:00	Intro / Oh! You got	4x8	A	Slow Salsa Salsa F&B L (4cts)	8x
0:19	V / were , two-stepping	4x8	A ¹	Salsa Ocho Salsa F&B L x8 (16cts); repeat R (16cts)	1x
0:38	PC / The way you	6x8	B	Hip Roll Combo Hip Roll L with feet wide x4 (8cts), fast Hip Roll L in a circle x8 (8cts); repeat R (16cts)	1½x
1:07	V / Pulled up,	4x8	A ¹	Salsa Ocho Salsa F&B L x8 (16cts); repeat R (16cts)	1x
1:26	PC / The way you	6x8	B ¹	Hip Roll Combo + Arm Swing on circle hip	1½x
1:55	V / Oh it's a	2x8	A ²	Single Salsa Salsa F L&R (4cts)	4x
2:04	PC / The way you	6x8	B ¹	Hip Roll Combo + Arm Drizzle on slow hips	1½x
2:33	V / Oh it's a	2x8	A ²	Single Salsa	4x



05. DIMELO 2:46mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SALSA Ocho

- Feet under hips, working through the heel and the ball of the foot, leaning slightly forward and back, figure 8 with the hips
- Hands naturally circle at the chest



HIP ROLL COMBO

- Hips go back and around; focus this time is on pushing the butt back and around in a circle
- Squeeze the glutes to bring the hips back. Stomp the foot to initiate the roll



- Then speed it up and turn in a circle; inside heel lifts slightly so you can turn
- In Strut phase, add a natural arm swing
- In Dance phase, play with the arms – do what feels good
- Make the hips as big as you can, with strong stomps of the feet



COACHING THE VIBES

- Clear Feet cues and then the music will carry them away!
- Let people bring their own flava to the hips
- Lots of connection and praise
- The more you immerse yourself, the more people will go with you!
- Again some great lyrics to use if you're that way inclined!

"Dimelo – it means 'can you tell me who's the hottest on the dance floor?'"

"You make the people's heartbeats go fast!"

CREATING THE WOW

- Try silence with massive physical movement in the slow Hip Rolls – drop it low and FEEL IT!



06. STREET JAZZ

TRACK FOCUS

The Knee Drop move with your hands in the air is a great OTS move for people to feel successful... remember, there's only three reps at the halfway and end point.

FEEL

Those 2am club feels when the stevia hits your system and you are out with your mates on a break-up shake-up

MUSIC			EXERCISE		REPS
0:07	V / _ I can't dance	4x8	A	Slow Knee Drop Feet wide, drop R knee in (2cts), step R and drop L knee in (2cts)	8x
0:22	I came here	2x8	A ¹	Knee Drop Drop knee R&L with opposite Arm Throw slowly rising to shoulder-height (2cts)	8x
0:29	Instr / (Synth blast)	6x8	A ²	Knee Drop Combo Drop knee R&L x8 with opposite Arm Throw descending from O/H (16cts)	3x
0:51	Br / (Echo)	1x8		Freeze with feet wide (8cts)	
0:54	Instr / (Synth)	4x8	B	Run & Sway Run to left, L, R, L, hold (4cts), Hip Swing R&L (4cts); repeat R (8cts) 👁️ Step Touch	2x
1:09	Build / _ You like	4x8	B ¹	Run & Drop Run to left, L, R, L, hold (4cts), Step Touch R&L (4cts); repeat R (8cts) 👁️ Arm Throw wide and Body Drop	2x
1:23	Instr / (Heavy beat)	4x8	B ²	+ Arm Throw wide and Body Drop	2x
1:38	(Beat & hi-hat)	4x8	B ³	+ Arms O/H (Step Touch)	2x
1:52	C / You look like	4x8	B ⁴	+ Optional turn	2x
2:07	V / _ It was hurting	2x8		Step Touch L&R (4cts)	4x
2:14	Build / (Drums)	2x8	A ¹	Knee Drop Combo	8x
2:22	Instr / (Heavy synth)	6x8	A ²	Knee Drop Combo	3x
2:43	Br / (Silence)			Freeze! (4cts)	
2:45	Instr / (Synth)	4x8	B	Run & Sway	2x
3:00	Build / _ You like	4x8	B ¹	Run & Drop	2x
3:14	Instr / (Heavy beat)	4x8	B ²	+ Arm Throw wide and Body Drop 👁️ Arms O/H	2x
3:29	(Beat & hi-hat)	4x8	B ³	+ Arms O/H (Step Touch) 👁️ Turn	2x
3:43	C / You look like	4x8	B ⁴	+ Optional turn	2x
3:58	V / _ It was hurting	2x8		Step Touch L&R (4cts)	4x
4:05	Build / (Drums)	2x8	A ¹	Knee Drop Combo	8x
4:12	Instr / (Heavy synth)	6x8	A ²	Knee Drop Combo	3x



06. THERAPY 4:39mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

KNEE DROP COMBO

- Drop the knee in and release the heel
- Shift your weight side to side – should be about a 70/30 weight distribution
- Shoulders come forward; chest turns the same way as the knee that's dropping



- Add a snap at the bottom, the arms move away from the direction of the body, one bent elbow, one extended
- As you move into Strut/Dance phase, the arms snap over head, and the body turns more
- Let the head go with the movement in the top ones (not all of them or you'll get dizzy!)
- There are 4 reps at the top, 4 reps with arms shoulder-height, 4 reps just below, and 4 reps at the bottom. There's less turn in the body through the mid-section reps, then when you get to the bottom you can bend your knees more and turn more
- Be really clear in your movement in the first sets and then lose yourself in it with as much passion as you can to bring the feel of the move out
- Accent the first throws at the top



RUN & SWAY/RUN & DROP

- 3 Runs across, then sway, keeping your feet apart
- These Runs match the synthesizer in the music – really use the travel to accent the beat
- The sway becomes a Step Touch to bring a little more energy
- In Strut phase, turn the body to the side of the room and open the arms wide, leading with the elbows
- As this becomes bigger, the movement is led from the third step, and flows through the body so that the chest leads into the arm extension
- Bring the feet together by drawing the back foot in, and drop the body down in a contraction, allowing the head and arms to drop too
- Throw the arms up on the Step Touch – this is celebratory so do it with feeling!
- Dance phase adds the circle turn – prep by lifting the arms with the inside elbow pointing the way you're going to turn, then open the arms into the movement, pulling them in to help you turn – then back out into the drop down!



COACHING THE VIBES

- This track is beautiful and soulful – it doesn't need a lot of chat
- Clear Feet cues only at the beginning, to let people feel the movement
- Then there's room for heaps of Free cues – set people free to dance
- Again, try using your voice to highlight the contrast in the music
- Option not to turn

"It's OK to be vulnerable, because we are perfect... never!"

"This is our therapy everyone – dancing, sweating, smiling! What could be better than this?!"

CREATING THE WOW

- The second set of Runs comes out of nowhere and is a real celebration moment with your class!



07. STREET JAZZ

TRACK FOCUS

Clearly direct the class to watch the first and possibly second rep of the ‘Slide Knee In A Box’ move so they can see what’s the happs before they have a go.

FEEL

The after-party in the DJ’s hotel suite would look like this

MUSIC+			EXERCISE		REPS
0:04	Intro / (Horns)	3x8	A	Step Knee Step L, lift R knee; step R, lift L knee (4cts)	6x
0:15	Instr / (Beat)	4x8	A ¹	Slide Knee Slide L with palm sweep out, lift R knee with palms in (2cts), repeat R (2cts)	8x
0:30	Build / Ah, yeah!	4x8	B	Slow Jump Smash Jump L (2cts), throw arms with chest turn L (2cts); repeat R (4cts)	4x
0:45	Instr / (Heavy beat & synth)	8x8	B ¹ + A ¹	Smash & Slide Combo Jump Smash x2 (8cts).Slide Knee L&R x2 (8cts)	4x
1:15	Br / (Synth wave)	1x8		Freeze with feet wide! (8cts)	
1:19	V / (Synth Strings)	2x8	A ¹	Slide Knee 👁 Square pattern	4x
1:27	(Synth strings)	6x8	A ²	Slide In A Box Setup Slide knee L&R x2 (8cts), slide knee L facing front, slide knee R facing L, slide knee L facing B, slide knee R facing R (8cts)	3x
1:49	Build / Ah, yeah!	4x8	B	Slow Jump Smash	4x
2:04	Instr / (Heavy beat & synth)	8x8	B ¹ + A ¹	Smash & Slide Combo	4x
2:34	Br / (Synth wave)	1x8		Freeze with feet wide! (8cts)	
2:38	V / (Synth strings)	8x8	A ²	Slide In A Box Setup	4x
3:09	Build / Ah, yeah!	4x8	B	Slow Jump Smash	4x
3:23	Instr / (Heavy beat & synth)	8x8	B ¹ + A ²	Smash & Slide In A Box Combo Jump Smash x2 (8cts) Slide In A Box x2 (8cts)	4x
3:54	Fade / (Synth wave)			Throw & Spin L to finish	



07. TOCA 3:59mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SLIDE KNEE/SLIDE IN A BOX

- Step Knee to set up the move, then begin to slide the weight across, bringing your knee up and across close into the other leg
- Push elbows wide and slightly back as you step wide, then cross at chest-height on the knee. Palms open
- Start to really push across in the Slide – the travel creates the energy and the feel



- We then move into a box shape, always turning over the inside shoulder – turn outwards and slide towards the front first, then with your back to the class, then to the outside again



JUMP SMASH

- Jump across laterally, both feet at the same time. Hip-width apart
- Throw the arms across the body together so that the arms are extended (slight bend in the elbow of the arm crossing the body)



- Hands in fists and tension in the arms to make the movement really clear. Crossing arm is angled down
- Take the head with you and look down the arms
- Slight turn in the chest with the movement to help you to extend the arms
- Feel is like you're grabbing someone and throwing them across the room
- On the last set it becomes a throw behind you with open hands – losing the structure of the arms means you can really let go and increase the range!



COACHING THE VIBES

- A track with some huge party vibes! Ken sets the scene of a dance party – see if this works for you!
- Clear Feet cues are a must here – as is a clear setup and preview of the Slide Knee In A Box!
- Give the option not to turn in the box
- Use the “Ah yeah!” lyrics to accent the music
- Not a lot of chat required in this track – the music and the movement do it all

“Welcome to your dance after-party!”

“Let go of what's holding you back – you gotta dance!”

CREATING THE WOW

- The first set of Slow Jump Smash hypes the room big time, especially if you combine it with the “Ah yeah!” and massive movements to match!



08. K POP JAZZ

TRACK FOCUS

The track is over before you know it – so keep the cues simple and let the music speak.

FEEL

It's a Marvel comic girls night out and their secret weapon is Ddu Ddu Ddu

MUSIC			EXERCISE		REPS
0:08	Intro / (Drums & beat)	4x8	A	Squat L Squat with hands on thighs and L shoulder drop (4cts), slow rise (4cts); repeat R (8cts)	2x
0:22	V / _ Chakan	4x8	A ¹	Fierce Squat L Splayed hands at head-height with elbows wide (2cts), close L elbow across face (2cts), hands to ribs with elbows tucked in (2cts), squat with hands on thighs and L shoulder drop (2cts); repeat R (8cts) 👁️ Fast Hip Swing	2x
0:36	_ Wonhal	4x8	A ²	+ Fast Hip Swing	2x
0:50	PC / _ Du beon	4x8	B	Slow Ripple & Slide L Wide Walk to L corner with Hip Ripple F&B (4cts), slide L (4cts); repeat B (8cts)	2x
1:03	_ Ajigeun	1x8	B ¹	Ripple & Slide L Wide Walk to L corner with Hip Ripple F&B (2cts), slide L (2cts); repeat B (4cts)	1x
1:07	Guji wonhamyeon	2x8	B ²	+ Double Bounce B	2x
1:14	Oh wait til' I do	5x8	B ³	+ Ddu-ddu Arm Bounce	5x
1:31	Br / (Hit you with that)	1x8		Strike-a-pose (8cts)	
1:34	V / _ Jigeum naega	4x8	A ²	Fierce Squat R	2x
1:48	PC / _ Du beon	4x8	B	Slow Ripple and Slide R	2x
2:01	_ Ajigeun	1x8	B ¹	Ripple and Slide R	1x
2:05	Guji wonhamyeon	2x8	B ²	+ Double Bounce B	2x
2:12	Oh wait til' I do	5x8	B ³	+ Ddu-ddu Arm Bounce	5x
2:29	Br / Whatcha gonna	4x8	C	Slow Single-Single-Hold Weight Shift R&L with feet wide and sweep arm across L&R (4cts), sweep L across with rise (2cts), then sweep L across with Weight Shift R (2cts); repeat R (8cts)	2x
2:43	C / Tteugeowo tteugeowo	4x8	C ¹	Single-Single-Hold Weight Shift R&L with feet wide and sweep arm across L&R (2cts), sweep L elbow up with rise (1ct), then sweep L across with Weight Shift R (1ct); repeat R (4cts)	4x
2:56	Instr / (Heavy synth & bass)	8x8	C ²	Single-Single-Hold Combo Single-Single-Hold R&L, traveling F x2 (16cts), Hip Rock R&L, traveling B with a Thunder Clap on every 4th count x16 (16cts)	2x
3:24	Outro / Do!			90/90 low Lunge with R arm punch the floor to finish!	



08. DDU-DU DDU-DU 3:28mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

FIERCE SQUAT

- Squat down, hands on knees, one foot turned to the front and the inside foot turned out
- Drop heavy on the one count
- Outside shoulder drops down for texture



- Sharply hit the arms in three positions – both hands behind the head and elbows flaring, then cross the front elbow over the face to frame the face, then heel of the hand to the ribs with fingers splayed. Lastly, drop down into the Squat – this is accented by the beat of the music



- The Hip Pop comes in – 3 Pops to the outside, then drop into the Squat



RIPPLE & SLIDE

- Leaving your body weight behind, step the foot out to the corner and transfer your weight slowly forward, then transfer your weight slowly back, sticking your butt out – then commit to it and slide your body weight in
- It's like you're changing your mind about which way to go
- Work through the feet
- The upper body is delayed, counterbalancing what's happening with the lower body
- Then as it speeds up, add a Double Hop, lifting the inside foot off the floor and taking the body weight slightly behind the vertical
- The arms come in, lifted elbows and soft fists with a Shoulder Bounce
- Coming out of the arms and back into the Ripple; actively pull the arms back in, then down and push forward with your chest



SINGLE-SINGLE-HOLD COMBO

- Take the feet wide, drop low and scoop your hands across the body while transferring your weight side to side
- On the third one come up – lifting the chest and the heel and pause – down down, up pause! Like a wave before it crashes!
- As the move speeds up, the paused hand becomes a fist as it drops – like a hammer drop



- Rock back, feet wide pulsing through the feet
- Really low body position, tipped forward from the hips and arms back and out from the body with tension through the fists
- Rock 7x then add a thunder Clap, clapping the fist into the palm overhead
- Rach's inspiration was a dance battle – Lost Boys style





08. DDU-DU DDU-DU 3:28mins

COACHING THE VIBES

- Let your body do the talking in this track!
Often it's more about showing than telling
- Clear naming of moves helps for fewer words –
Ripple, Single-Single-Hold etc
- The sharp clear movements make it easy to follow
- Then it's about creating Feel with analogies,
visualization (eg Ladies night) and lyrical connection
- Create confidence that they can do it how they want to do it
- Then it's easy to use silence to highlight the movement
- The "Oh yeah!" lyric is a great one to connect to

"Oh yeah... we're gonna teach you how to be fierce!"

"Are you ready to drop the beat?"

CREATING THE WOW

- The WOW comes from hitting the poses with strength and tension – this really brings the Feel alive for the participants in the room



09. BOLLYWOOD JAZZ

TRACK FOCUS

Once people do this over and over, their arms and abs really start to kick in – it’s GREAT! You can chat more in this track as it is repetitive.

FEEL

Basically this is the place you feel your abs and upper body doing the mahi (work) so you get the treats... (abs/tri’s and shoulders)

MUSIC			EXERCISE		REPS
0:04	Intro / (Melody)	1x8	A	Hip-Walk Walk OTS L&R with Hip-Roll L to R (2cts)	4x
0:09	_ Big Narstie	2x8	A ¹	+ Arm straight with palm-to-cheek L&R	8x
0:20	C / Bomi et	5x8	A ²	Hip-Walk Shuffle Hip Walk with arm straight and palm-to-cheek L, R (2cts), Shuffle L, looking L, with L arm straight and R palm to cheek (2cts); repeat R (4cts)	5x
0:44	V / Old School Baller	4x8	B	Long Hip-Heel Twist Facing R, lift L heel and twist leg from hip out-and-in x15 (15cts), step together (1ct); repeat R (16cts)	1x
1:03	You know what	2x8	B ¹	Hip-Heel Twist Facing R, lift L heel and twist leg from hip out-and-in x3 (3cts), step together (1ct); repeat R (4cts)	2x
1:13	_ BDL	2x8	B ²	+ Palm Push with front arm up and down	2x
1:23	C / Nati kuri e	2x8	A ²	Hip-Walk Shuffle	2x
1:33	Instr / (Vocal effect)	2x8	A ³	+ Chest Pop	2x
1:43	C / If you love	3x8	B ²	Hip-Heel Twist	3x
1:57	Instr / ha, ha, ha	4x8	A ³	Hip-Walk Shuffle	4x
2:17	V / There’s one in	4x8	B ²	Hip-Heel Twist	4x
2:36	V / _Yeah, baby	1x8	C	Three-Walk Feet wide and step L, R together, L, tap R (2cts); repeat R (2cts)	2x
2:42	Shake.	1x8		+ Shoulder Bounce	2x
2:46	Ain’t no pressure	2x8		+ Bollywood Bounce Run	4x
2:56	C / Nati kuri e	4x8	A ³	Hip-Walk Shuffle	4x
3:16	If you love	4x8	B ²	Hip-Heel Twist	4x
3:35	Outro /			Bollywood pose to finish	



09. HOW YOU DANCE 3:37mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

HIP-WALK/HIP-WALK SHUFFLE

- March OTS, lifting the feet and pushing the hips to the side, lifting and dropping (it's not a circle this time)



- Open palm to the head with lifted, flared elbow, and the other arm extended out, flexing through the forearms
- Check out how Rach flares her hands as she switches from side to side – this gives texture to the move instead of a straight switch – it's flamboyant



- Feet are stepping single-single-double
- The rear hand moves to 'polish' the head on the double
- Chest opens and closes on the double



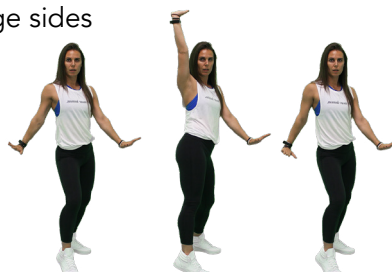
- In Dance phase, try looking up to the corners of the room to bring the Bollywood Feel

HIP HEEL TWIST

- Weight on the back foot, place the ball of the foot forward and rotate through the heel, twisting the butt to the front, pushing through the hip
- In the Walk phase, the arms move naturally to accent the hip



- When the arms come in, flex your palms – rear hand places to the low angle and stays there
- Front arm swings in a semi-circle up and down as the heel rotates. As the heel pushes forward the hand is to the top corner, and as the heel moves back, the hand is at the bottom corner
- The heel of the hand is like a windscreen wiper
- Body turns to the side, most of the weight on the back leg, but face is to the front
- It's all about the booty!
- Bring your feet together and the arms down to change sides



THREE-WALK

- 3 small steps laterally
- Shoulders move down down down as you step, looking off to the low corner
- Hands flexed
- Leaning the way you're moving



- It becomes a run, picking up the inside knee to change sides





09. HOW YOU DANCE 3:37mins

COACHING THE VIBES

- More space for talking in this track – it's super simple and there's lots of room for connection!
- Try bringing the Bollywood Feel with some Bollywood dance analogies
- Lots of praise for your members
- Some cool lyrics to connect with
- Make sure you count down how many hips there are before they change so no one gets left behind

"You are shy, but you still want to flirt anyway!"

"Let the hips do the talking – if you love SH'BAM show us how you dance!"

CREATING THE WOW

- The first time the arms come into the Hip Smack is a real WOW! Let them have a moment to see it and feel it!



10. CONTEMPORARY JAZZ

TRACK FOCUS

Once you have explained the Drop Back move in the first chorus, people can get in the swing of things, and by the last chorus everyone is feeling positive and happy!

FEEL

The feeling of hope and kindness from human to human, wrapped up inside a pozzy vibe song with an awesome piano melody

MUSIC			EXERCISE		REPS
0:01	V / The second someone	4x8	A	Slow Release & Reach Feet wide, bend knees roll down (4cts), roll up (4cts), contract and reach arms F (4cts), pull arms B and stand (4cts)	2x
0:17	Just a phone call	4x8	A ¹	Release & Reach Feet wide, bend knees, roll down (2cts), roll up (2cts), contract and reach arms F (2cts), pull arms B and stand (2cts), Wide Rock L&R with Arm Reach R&L x2 (8cts)	2x
0:31	PC / you look into	4x8		Step Touch L&R (4cts)	8x
0:47	C / the light on _	8x8	B	Drop Back Drop B into L leg and kick R, jump together (2cts), bounce OTS (2cts); repeat R (4cts)	8x
1:16	V / Tell me what's	4x8	A	Slow Release & Reach	2x
1:32	you carry on	4x8	A ¹	Release & Reach	2x
1:47	PC / you look into	4x8		Step Touch L&R with arms O/H (4cts)	8x
2:01	C / the light on _	8x8	B	Drop Back	8x
2:31	Rep / you look into	8x8	B ¹	+ Move anywhere!	8x



10. LEAVE A LIGHT ON 3:11mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

RELEASE & REACH

- Similar to Track 1 (see technique)
- The reach has more feel to reflect the lyrics – like your reaching for your friend’s, rather than just throwing the arm up to lift the heart rate
- Like you’re torn in different directions – reflecting the despair and anxiety in the music

DROP BACK

- Transfer your weight onto the back foot, like you’re falling back
- Rebound back to center, bringing the chest slightly forward into 2 bounces with soft knees



- Arms swing naturally with the movement
- Then you bring the arms into the drop back, like you’re catching a rebound off the baseline



- Arms swing naturally and cross but with more energy in Dance phase, and you can put your own feel/style on it
- Amp it up as you take the move anywhere and create a party in your class



COACHING THE VIBES

- The first part of the track doesn’t need much as they have already done the move – so shhh and let them feel it
- The hands-up moment in the Step Touch is the light at the end of the tunnel where they get to feel joy! Celebrate this with them
- The Drop Back is a place for more chat and Feel cues. Apple connects to a basketball analogy with the hands
- Encourage people to do what they like with the Drop Back and bounce

“It’s a place to feel safe – with us!”

CREATING THE WOW

- Contrast! The slow, emotional Release & Reach, with the relief of the Step Touch, into the fun Drop Back – show this in your movement, face and vocals



11. FREESTYLE JAZZ

TRACK FOCUS

Be clear with the Feet cues and Speed cues here – the rest is watch and follow.

FEEL

A blast of boom to shakalak you into the future from full frontal position... hold on tight for the ride!

MUSIC				EXERCISE	REPS
0:00	Instr / (Drums & beat)	4x8	A	House Tap Tap L&R (4cts)	8x
0:15	Build / Explode!	4x8	A ¹	House Tap Combo Tap L&R (4cts), tap F L&R (4cts)	4x
0:30	V / We a big sound	4x8	A ²	Drop Tap Combo Setup Slow Drop Tap L&R with opposite arm pull O/H (8cts), tap F L&R with back arm pull O/H (8cts)	2x
0:45	We mix on the	4x8	A ³	Drop Tap Combo Drop Tap L&R with opposite arm pull O/H (4cts), tap F L&R with back arm pull O/H (4cts)	4x
1:00	PC / _ Yeah we wreck it	2x8	B	Slow Flick-It Step L (1ct), flick R foot wide with Rib Shift L (1ct); repeat R (2cts)	4x
1:07	Build / Drop it, drop	2x8	B ¹	Flick-It Step L, flick R foot wide with Rib Shift L (1ct); repeat R (1ct)	8x
1:15	Instr / (Heavy beat)	8x8	B ²	Flick-It Combo Flick-It with Arm Punch L&R x6 traveling B (12cts), Snake Run F with arms O/H L&R x2 (4cts)	4x
1:44	Br / (Boomshakalak)	4x8		Feet wide and roll hips R to L with arms O/H (2cts)	16x
2:00	V / When the leak	4x8	A ²	Drop-Tap Combo Setup	2x
2:15	We mix on the	4x8	A ³	Drop-Tap Combo	4x
2:30	PC / _ Yeah we wreck it	2x8	B	Slow Flick-It	4x
2:37	Build / Drop it, drop	2x8	B ¹	Flick-It	8x
2:45	Instr / (Heavy beat)	8x8	B ²	Flick-It Combo	4x
3:15	Outro / Explode!			Explode F to finish	



11. BOOMSHAKALAK 3:21mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

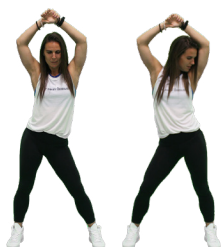
DROP TAP COMBO

- Tap side to side, releasing the inside heel, then to the front
- On the front taps, the body turns to the side, like you're stuck between two panes of glass
- Slight tip forward from the hips, and the arm naturally swings in front of the body on the opposite side
- Then we slow it down and add the arm – grab and pull. It's a fast pull back and a slow return
- Use the muscles of the back
- Look back at the arm as it pulls back. The other hand rests on the thigh
- As this speeds up keep the muscle tension for the energy and feel!
- Lift up the feet before you place them down so that you can have more force in your tap – this matches the energy of the music



HIP ROLL

- Feet wide and roll the hips around and back
- Hands over head and look at your armpit to create a sensual feel – like a perfume advert!
- You can make this your own style



FLICK-IT COMBO

- Step and release the foot – its not a massive flick so keep this small
- Chest has a popping action, in a U shape – down up
- Contract and expand the chest



- Arms throw side to side – one bent, one straight



- The emphasis is on the upper body not the lower
- 12 reps, the last 4 move back, and then run forward, dragging the toes on the floor in a slight angled pattern to create texture – like a skateboarder would brake! Hands go above the head in the run



COACHING THE VIBES

- Good place for connection at the start
- Then clearly set up the combo – 2 taps to the side, 2 to the front
- Count the flicks so they know when the run is coming – there are 12
- This track is more physical than verbal – it's all in the energy! Use the lyrics, and let the music speak as much as possible
- See how Rach uses her voice in the style of the track – if that's your vibe give it a go; it helps the music to come through

"You wanna explode? Best be ready"

"We rock it, we drop it, but can we shake Shanghai?!"

CREATING THE WOW

- When the beat drops and the arms go in the flick, go massive with the movement and less on the chat



12. COOLDOWN

TRACK FOCUS

Time to chill and celebrate a great workout and remember that dancing is not a crime!

FEEL

Well it's obvious to us, but some people need a reminder that Dancing is NOT A CRIME and it's heaps of calorie-burning fun – so MORE people should DO IT!

MUSIC			EXERCISE		REPS
0:06	V / I'm a moon walker	4x8	A	Step Touch with Clap O/H (8cts)	4x
0:16	You're a sweet talker	4x8	B	Heel-Tap Breath Heel Tap R&L x4 with feet wide and arms wide to O/H (8cts), Heel Tap R&L x4 with feet wide and arms open wide (8cts)	2x
0:37	PC / _ Whatever they	1x8	C	Wave Wave torso L (2cts), R (2cts), L&R x2 (2cts)	1x
0:42	C / Dancin'! Dancin'!	4x8	A ¹	Step Touch Combo Step Touch L&R with Clap O/H x2 (8cts), Freestyle Dance (8cts)	2x
1:02	Without me!	2x8	B	Heel-Tap Breath	1x
1:12	V / you're night crawling	6x8	D	Stretch Down Roll down to Squat (4cts), Hands to floor for Double Hamstring Stretch (12cts), Walk hands L for Hamstring Stretch L (8cts), Walk hands R for Hamstring Stretch R (4cts), Squat (4cts), Hands on thighs for Shoulder Stretch R (4cts), and L (4cts), Roll up (8cts)	1x
1:43	PC / _ Whatever they	1x8	C	Wave	1x
1:48	C / Dancin'! Dancin'!	4x8	A ¹	Step Touch Combo	2x
2:09	Without me!	2x8	B	Heel-Tap Breath	1x
2:19	Br / Ooh-Ooh	4x8	E	Quad Stretch Step L for R Quad Stretch (16cts); repeat L (16cts)	1x
2:39	PC / _ Whatever they	1x8	C	Wave	1x
2:44	C / Dancin'! Dancin'!	4x8	A ¹	Step Touch Combo	2x
3:05	Without me!	6x8		Singalong finish!	



12. DANCING’S NOT A CRIME 3:39mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

STEP TOUCH COMBO

- Step Touch with clap
- Freestyle dance – keep your feet wide in whatever movement you choose so that people feel safe to try something with you



WAVE



SQUAT



HAMSTRING STRETCH



QUAD STRETCH



COACHING THE VIBES

- All feel-good vibes! Praise, have fun with your people
- See if you can get them to break out and try their own moves – cos dancing’s not a crime!

“Can’t take me anywhere – cos the party is right here!”

“Dancing’s only a crime if you do it without me!”

CREATING THE WOW

- Try your own Karaoke or Rap finish!



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.

