

SH'BAM **37**

MUSIC

01. WARM UP POP

02. URBAN LATIN

03. SASSY JAZZ

04. LATIN HIP HOP

05. HIP HOP

06. JAZZ

07. JAZZ

08. K - POP

09. SOUL JAZZ

10. HIP HOP HOUSE

11. HOUSE JAZZ

12. HIP HOP COOLDOWN

BONUS

02. LATIN

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MUSIC

01	So Close (3:15) NOTD, Felix Jaehn & Captain Cuts feat. Georgia Ku Courtesy of the Universal Music Group. Written by: Berger, Jaehn, McMahon, Rabin, Brandt, Danielsson, Ku	10	I Got Love (2:39) Don Diablo feat. Nate Dogg © 2018 HEXAGON. Written by: Hale, Charles, Harrell
02	Demasiado Loca (3:06) Sak Noel & Lil Jon feat. El Chevo & Aarpa Courtesy of the Universal Music Group. Written by: Garibay, Sabate, Coto	11	Sun Is Shining (Firebeatz Remix) (3:26) Funkstar De Luxe © 2014 Lifted House under exclusive license to Armada Music B.V. Written by: Marley
03	Karaoke (3:05) Big Freedia feat. Lizzo © 2018 East West Records LLC. Written by: Unknown	12	Lost in Japan (Remix) (3:21) Shawn Mendes & Zedd Courtesy of the Universal Music Group. Written by: Mercereau, Geiger, Zaslavski, Mendes, Harris
04	Fuego (3:32) R3HAB x Skytech © 2018 CYB3RPVNK. Written by: El Ghoul, Tebaldi, Dziewulski	BONUS 02	Con Calma (3:12) Daddy Yankee feat. Snow Courtesy of the Universal Music Group. Written by: T. Moltke, S. Moltke, Grier, Leary
05	7 rings (2:55) Ariana Grande Courtesy of the Universal Music Group. Written by: Krysiuk, Monet, Rodgers, Vitia		
06	She Knows How To Love Me (3:04) Noodle Farm © 2019 Les Mills Music Licensing Ltd. Written by: Hamilton, Allen		
07	Never Say Never (Extended Mix) (5:22) Sick Individuals © 2019 Central Station Records under exclusive licence from Revealed Music B.V. Written by: Hofstee, Smeele, Dalton, Bullimore		
08	Solo (2:47) JENNIE Courtesy of the Universal Music Group. Written by: Park, Seo		
09	Dance To The Music (2:59) Sly & The Family Stone Originally released 1968. All rights reserved by Epic Records, a division of Sony Music Entertainment Under license from Sony Music Commercial Group, a division of Sony Music Entertainment. Written by: Stewart		



L–R: Caley Jäck, Alex Sánchez and Rachael Newsham.

The music in this class leaves everyone with the sweatiest smiles on their dials, as people can’t help but dance to these tunes...

There is a huge serving of Latin sounds to get your hips moving, some cool new K-Pop to style things out to, and some big ‘ebangerz’ to really get your heart rate pumping!

The complexity is near zero so there’s nowhere to hide on the dance floor... Get your dancing shoes ready folks as SH’BAM 37 is coming to town!

Rachael

CREDITS

Program Director – Rachael Newsham

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Choreography – Corrah Philips, Bianca Ikinoto and Rachael Newsham

Technical Consultants – Bryce Hastings and Andrew Newmarch

Program Coach – Sarah Robinson

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PRESENTERS

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

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Alex Sánchez (Spain) is a SH’BAM, BODYATTACK™, BODYCOMBAT, BODYJAM™, BODYPUMP, LES MILLS GRIT Series 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.



EXPRESS FORMATS

30-MINUTE FORMAT

Track 1	Warm Up Pop
Track 2	Urban Latin
Track 3	Sassy Jazz
Track 4	Latin Hip Hop
Track 5	Hip Hop
Track 6	Jazz
Track 7	Jazz
Track 8	K-Pop
Total Time	27:06

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 Warm Up 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. WARM UP POP

TRACK FOCUS

Get everyone smiling and sweating by lifting the heart rate.

MUSIC			EXERCISE		REPS
0:05	V / thinking about you	4x8	A	Slow Breathe Sequence Roll palms down and out to O/H [4cts], bend elbows wide [4cts], roll down and roll up [8cts]	2x
0:24	PC / still wish we	4x8	A ¹	Breathe & Reach Sequence Roll palms down and out to O/H [2cts], bend elbows wide [2cts], roll down and roll up [4cts], reach L, and in [4cts], reach R and in [4cts]	2x
0:39	Build / we got so	4x8	B	Step Touch with Arms Step touch L&R with fingersnap to top R corner, down, L corner, down [4cts]	8x
0:55	C / we got so	4x8	B ¹	Step Touch F&B with Arms Step Touch with arms x4, traveling F [16cts]; repeat, traveling B [16cts]	1x
1:10	V / I never noticed	4x8	A	Slow Breathe Sequence	2x
1:25	PC / still wish we	4x8	A ¹	Breathe & Reach Sequence	2x
1:40	Build / we got so	4x8	B	Step Touch with Arms	8x
1:61	C / we got so	4x8	B ¹	Step Touch F&B with Arms	1x
2:11	Instr / (Beat & vocal effect)	4x8	C	Funky Grapevine Step L, R behind, with Finger Snap cross and open [2cts], step L, and tap R wide, with finger snap cross and open [2cts]; repeat R [4cts]	4x
2:27	Br / (Synth shimmer)	2x8	A	Slow Breathe Sequence	1x
2:34	Build / it all too	2x8	A ²	Reach Reach L and in [4cts], reach R and in [4cts]	2x
2:42	C / Yeah we got	4x8	B ¹	Step Touch F&B with Arms	1x
2:58	Instr / (Beat & vocal effect)	4x8	C	Funky Grapevine	4x



01. SO CLOSE 3:15mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

BREATHE & REACH

- Feet outside hip-width, sweep the arms forward and up over head with flexed palms facing out
- Push down, forward and away, with tension through the arms – finishing with palms pressed up towards the ceiling
- Open wide and drape the hands back, leading with the elbows
- Lifting through the chest and pulling down with the lats
- Lead with the chest and roll down through the torso, draping hands between the knees
- Roll up to start position, then lean and reach to the side, bending one knee and leading with the elbow as you drape the hand
- Extend as far as you can right through to your fingertips
- Let the head go with the movement



STEP TOUCH WITH ARMS

- Step to the side and reach both hands up to the diagonal corner
- Step the foot in and snap the fingers in front of the body



- Slight turn of the body as you step touch
- Has an 'up, down' feel, created by soft knees as you step the feet together
- When you hit Dance phase, add a Hop into the Step Touch

FUNKY GRAPEVINE

- Step across the floor in a Grapevine – step, behind step, tap the foot
- Hips swing backwards and forwards in a thrust, hands go the opposite direction (reaching forward as the hips go back) and cross at the wrists
- Slight tip forward from the hips when the hands come forward, slight lean back as you thrust



- Bent knees and pop one knee as you tap the foot wide
- Low movement, gliding across the floor. Tension in the arms for style
- Funky feel!

COACHING THE VIBES

- As always, the Warm Up is about making people feel comfortable and confident
- This track is really simple, so there's lots of opportunity to chat and connect to people, especially in the Step Touch moments
- Set the movement up clearly, then there's time to chat
- Some nice contrasting moments from the slow roll to the more energetic Step Touch

"If it's your first time joining us in SH'BAM, we encourage you to be you, expressing yourself from the inside out!"

"SH'BAM is all about the feels – your feels, our feels!"

CREATING THE WOW

- From the last set of Breathe & Reach into the final set of Step Touches, try being quiet on the roll and contrast it with hype vocally and physically into the Step Touches – the vibe will lift immediately!



02. URBAN LATIN

Please note: This track contains explicit content. Bonus Track 02 can be used in place of this track.

TRACK FOCUS

Build on that Warm Up by doing the ‘SH’BAM SQUATS track’ ha ha ha. The light relief is getting people to access their crazy side when they throw themselves in the air.

FEEL

Sultry, Sophisticated

MUSIC			EXERCISE		REPS
0:00	Intro / _Ok, here	4x8	A	Slow Hop-Flick HOH for small hop off both feet to step L and flick R foot B x8 [1 6cts]; repeat R [1 6cts]	1x
0:17	V / Quiere que la	1½x8	B	Slow Knee Drop Step wide L [2cts], tap R foot with Knee Drop in [2cts]; repeat R [4cts] Note: Hold the last Knee Drop to catch the fast timing!	3x
0:26	PC / Tú 'tá, tú	2½x8	B¹	Knee Drop Feet wide to tap L foot with Knee Drop in [1ct]; repeat R [1ct]	10x
0:35	C / Ella lo que	2x8	B²	+ Arms up and get low	8x
0:45	PC / Tú 'tá, tú	2x8	B³	Single, Single, Double Knee Drop Knee drop L, R, L, R [4cts], repeat R, L, R, L [4cts]	2x
0:54	C / (Synth & beat)	4x8	A¹	Loco Butt Sexy Flick Hop-Flick to L x6 [6cts], Crazy Step Jump OTS [2ct]; repeat R [8cts]	2x
1:12	V / Ella pide mall	4x8	B	Slow Knee Drop	8x
1:30	C / Ella lo que	2x8	B²	Knee Drop	8x
1:39	PC / Tú 'tá, tú	2x8	B³	Single, Single, Double Knee Drop	2x
1:48	C / (Synth & beat)	2x8	A¹	Loco Butt Sexy Flick	1x
1:57	Br / (Strings)	2x8		Step Touch L&R [4cts]	4x
2:06	V / Tiene tremendo	4x8	B	Slow Knee Drop	8x
2:24	C / Ella lo que	2x8	B²	Knee Drop	8x
2:33	(Synth)	4x8	A¹	Loco Butt Sexy Flick	2x
2:52	PC / Tú 'tá, tú	2x8	B³	Single, Single, Double Knee Drop	2x



02. DEMASIADO LOCA 3:06mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

KNEE DROP

- Step wide to get low and drop knee in towards opposite leg
- Heel off – it's like a squat then a Lunge!
- Relaxed upper body, with hands in loose fists in front like a monkeys paw
- This track has serious leg burn factor and this increases throughout Walk, Strut and Dance phases
- In Strut phase we add a Booty Pop – bouncing the booty to the back and lifting the foot off the floor slightly to drop the knee
- Hands go over head in Dance phase to lift the heart rate
- Get low to feel the burn!



LOCO BUTT SEXY FLICK

- Mexican style flick! Rach's inspiration was a sassy Latina
- Jump onto one foot and scuff and flick the foot away, like a canon
- You should feel the butt lift
- The movement creates ripples up the body - chest is angled to the corner
- Hands on hips looking over shoulder, think sass!
- 6 flicks, and then step and launch into the air - pump the hip forward, with a bent knee lifted to the side
- Powerful aggressive arm throw to show your crazy side – it's like an angry krump
- Collapse the body inwards
- Contrast between sexy and loco!



COACHING THE VIBES

- This track is fun, sassy, crazy and a little painful!
- Play up on the sexy vs loco theme and encourage your class to get crazy on the throw!
- Empathise with the burn they're feeling in their legs and celebrate the recovery time!

"It's the SH'BAM squat track! We're gonna feel the heat downstairs!"

"I've got the crazy sorted.. so you guys bring the sexy!"

CREATING THE WOW

- The first moment they see the Jump and Throw is really powerful – hit it hard and then encourage them to as well



03. SASSY JAZZ

TRACK FOCUS

This is a major hit of sass, so the wrist sweep and Whip March On The Spot is a great way to foster this with your people.

FEEL

Empowered, Fiesty

MUSIC		EXERCISE		REPS
0:02	Intro / _ Dun da	1x8	Feet together [4cts], take arms wide to O/H [4cts]	
0:04	_ Showtime	2x8	A Whip March Feet together, March OTS x8 with L arm O/H flicking palm up and down x4 [16cts]	8x
0:14	V / Gotta bury your	2x8	B Turn-Step Step L across facing R, step R wide [2cts], step L behind and bounce R knee up x2 with chest facing L [2cts]; repeat R [4cts]	2x
0:22	_ Oooh, you	2x8	B ¹ + Double Wrist Sweep F (on steps) + Chest Pop & elbow/ Palm Circle (on bounce)	2x
0:32	PC / Touchdown	2x8	A Whip March	8x
0:41	Oh! If you	2x8	A ¹ Whip March F&B Whip March F together [2cts], Whip March, stepping B hip-width [2cts]	4x
0:50	C / Karaoke!	4x8	C Kick-It & Drop Kick-Ball-Change L to tap R foot wide [2cts], step R in to bend knees and ripple body up [2cts]; repeat R [4cts]	4x
1:09	V / When I throw	2x8	B Turn-Step	2x
1:18	_ Oooh, you	2x8	B ¹ + Double Wrist Sweep F (on steps) + Chest Pop & Elbow/ Palm Circle (on bounce)	2x
1:27	PC / Touchdown	2x8	A Whip March	8x
1:36	Oh! If you	2x8	A ¹ Whip March F&B	4x
1:46	C / Karaoke!	4x8	C ¹ Kick-It & Drop + Loose arms up by chest	4x
2:04	Br / (Synth slam)	½x8	Freeze! [4cts]	
2:06	V / Come make	4x8	B ¹ Turn-Step	4x
2:25	PC / Touchdown	2x8	A Whip March	8x
2:34	Oh! If you	2x8	A ¹ Whip March F&B	4x
2:43	C / Karaoke!	4x8	C ¹ Kick-It & Drop	4x



03. KARAOKE 3:05mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

WHIP MARCH

- March OTS
- Left hand high, flicking a floppy hand out and in from the wrist
- Mince the walk – picking the feet up and using the hips
- Walk forward forward back back – feet come in close as you walk forward, and wider as you walk back
- Make it as flamboyant as you like!



TURN-STEP

- Lift and lead the way with the chest. Drop chin into it, snaking the body slightly
- Pushing out and back with palms at chest height, bent elbows close to the body – hands flexed (see Rach's hand position)
- Step the feet wide to turn the body. Take the foot behind and drop onto it, tapping the ball of the foot on the floor and picking up the knee
- Contract the chest in a Double Pop movement
- If you have a good chest contraction the arms will naturally circle, so don't force them to move



KICK-IT & DROP

- It's really a Kick Ball Change
- Jump onto one foot, kicking the opposite foot forward in a low kick
- Step onto the kicking foot, and tap out to the side with the the ball of the other foot – then bring it back under the hips and roll up through the body, tipping forward from the hip slightly
- Ripple up by bending your knees and push them forward, then hips, stomach, chest and finish with a slight pop at the top
- Loose arms with bent elbows and soft fists
- Big and energetic in the movement



COACHING THE VIBES

- Karaoke meets drag queens! This track is fabulous and fun!
- The Kick-It & Drop can be challenging for people if they haven't done it before – try a phonetic cue (said in time with the rhythm of the moments) like "Kick Tap Out"
- Lots of moments for connection and performance in the Whip March – not much needs to be said when you first do this as it speaks for itself!
- Encourage people to be as flamboyant as they like!
- Heaps of great lyrics to use if that's your style!

"It's your moment – show it off! You better sing it! You better drop it!"

"Now or never – come with us!"

CREATING THE WOW

- Hit the Whip March with massive energy every time you do it! This will encourage your class to do it too. After the first couple of times try strutting around the stage doing it, and encourage your class to follow suit!



04. LATIN HIP HOP

TRACK FOCUS

Acknowledge that this track is designed so your legs feel it! It should get some whoops, if you let your class feel safe enough to holler at you and each other.

FEEL

Manic, Intense, Frantic

MUSIC				EXERCISE	REPS
0:00	V / Bajaron dos	4x8	A	Cha-Cha Lean Cha-Cha step F L&R x2 [8cts], step L wide and lean [3cts] step L in [1ct], step R wide and lean [3cts], step R in [1ct], Hip Step-Tap B L&R x4 [16cts] Note: It's ok to miss the first Cha Cha Forward. Pick it up like Alex did on the lean	1x
0:15	Bajaron dos	6x8	A ¹	+ Arm sway (cha-cha and lean)	1½x
0:37	Instr / (Synth & beat)	6x8	B	Step-Knee Combo Step-Knee L&R with Arm Throw L&R x2 [8cts], walk L, R to L side [2cts], Step-Knee L with Arm Throw L [2cts], walk R, L to R side [2cts], Step-Knee R with Arm Throw R [2cts]	3x
1:00	Br / (Keyboard)	4x8	C	Wide Side Slide Step and Slide foot in slowly L&R with arms pushing wide to side [8cts]	4x
1:15	V / Bajaron dos	10x8	A ²	Cha-Cha Lean + Bigger drop (Hip Step-Tap B)	2½x
1:53	Instr / (Synth & beat)	6x8	B	Step-Knee Combo	3x
2:15	Br / (Keyboard)	4x8	C	Wide Side Slide	4x
2:30	V / Bajaron dos	10x8	A ²	Cha-Cha Lean	2½x
3:07	Outro / (Synth & beat)	6x8	B	Step-Knee Combo	3x



04. FUEGO 3:32mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

CHA-CHA LEAN

- On the balls of the feet with lifted, proud posture
- 3-step forward, crossing the foot in front
- Float the arms across the chest and behind, turning the torso slightly to the corners
- Step out to the side on the ball of the foot, and keep the elevated chest and posture
- Extend one arm out to the side – lead from the elbow and really milk it. Other arm drapes in front of the body
- Accent the step in
- Ballroom feel
- Hip Drop back – step the body weight back and tap the ball of the front foot. Lift and drop the hip as you step back, rolling through the hips and dropping one knee towards the other
- In the Dance phase, watch how sharp Rach hits the movement to create a stunning Latin look and feel



STEP-KNEE COMBO

- Step the weight onto the leading leg and sink into it – drop the upper body slightly towards the corner. As you come out of it, lift the knee, turning through the torso in the opposite direction (ready to step the other way)
- Down-up movement - drop low, and pop high!
- Add a little jump to each step to create energy



- 4x Step-Knees, then three steps across and throw the hand (twice)

WIDE SIDE SLIDE

- It's like a slow Ballroom-style Step Touch
- Slide across the floor slowly
- Push the palms to the side of the room, holding tension in the arms (like you're actually pushing something away)
- There's a hint of a shoulder pushed forward the way you're going
- Drag the foot and push the hip out
- Think drama



COACHING THE VIBES

- This track doesn't need a lot of chat
- Clear Feet cues are super important for success, then they can dance it
- Vocally create hype by building the vocals when the music builds, then allow space for the music to speak
- Feel cues around using their hips the Latin way!

"Time to level up your seduction skills! It's all about the look!"

"Do you feel the same as I do? This is fire!"

CREATING THE WOW

- Silence, intensity and muscle tension in the Wide Side Slide creates an amazing moment
- Contrast this with huge energy in the Step-Knee Combo



05. HIP HOP

TRACK FOCUS

Keep it simple, and let the choreography lead the way - this track is highly lyrical! The less said, the better, because all you need to know is the lyrics

FEEL

Sweet, Sexy

MUSIC				EXERCISE	REPS
0:13	V / Breakfast at	4x8	A	Slow Dip & Tip L Facing R, bend knees to dip hip and stand [4cts], lift heels with subtle tip F [4cts] 👁 Dip & Tip L	4x
0:27	V / Been through	4x8	A ¹	Dip & Tip L Facing R, bend knees to Dip Hip and stand [2cts], lift heels with subtle tip forward [2cts], step R F with Body Roll [2cts], and step B [2cts]	4x
0:41	V / My wrist , stop	4x8	A ²	+ Shoulder Pop (on Hip Dip) + Savage sharpness! 👁 "I Want It" back arm reach on last rep	4x
0:54	C / I want it, I	4x8	A ³	+ 'Handbag' wrist (on Hip Dip) + Elbow Pop (on Heel Lift) + "I Want It" back arm reach (on step F) + Arm Snatch (on step B)	4x
1:08	V / Wearing a	4x8	A	Slow Dip & Tip R 👁 Dip & Tip R	4x
1:22	Whoever said	4x8	A ¹	Dip & Tip R	4x
1:35	PC / My smile is	4x8	A ²	+ Shoulder Pop (on Hip Dip) + Savage sharpness! 👁 "I Want It" back arm reach on last rep	4x
1:49	C / I want it, I	4x8	A ³	+ 'Handbag' wrist (on hip dip) + Elbow Pop (on Heel Lift) + "I Want It" back arm reach (on step F) + Arm Snatch (on step B)	4x
2:03	Br / Yeah, my receipts	2x8	B	3 Slow Walks Walk B L, R, L, tap R with 'handbag' wrist [8cts]; repeat F [8cts]	1x
2:10	V / I don't mean	2x8	B ¹	3 Walks Walk B L, R, L, tap R with 'handbag' wrist [4cts]; repeat F [4cts]	2x
2:16	Shoot , go from	4x8	B ²	+ Swag Wrist F + Swag Push B + Knee Knock	4x
2:30	C / I want it, I	4x8	A ³	Dip & Tip R	4x
2:44	Outro / (Fade)		B	3 Slow Walks	1x



05. 7 RINGS 2:55mins

MOVEMENT TIPS FOR INSTRUCTORS

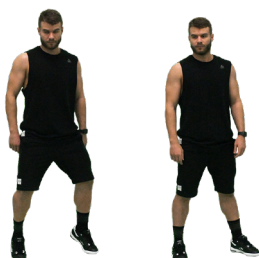
** NOT TO BE USED AS COACHING CUES **

SLOW/DIP 'N' TIP

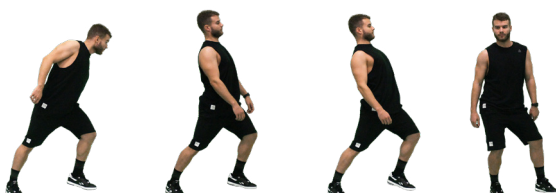
- Dip the hip – like you're sitting in a bath that's a bit too hot! Then rock forward and back, onto the toes
- Step out to the side, looking in the direction you're going



- In Strut phase, this becomes pop on the hip, and pop the knees as you lift onto toes – sharp



- Hands flick as you pop the knees
- Snake the head and the chest on the step, lifting the chin and sticking butt out



- Lastly, point at the thing you want with a bent elbow; other hand on the hip
- Step back and pull the elbow into ribs; hold the hand up like you've got the thing you wanted



3 WALKS

- Walk backwards slowly and softly, dropping the shoulder
- Very slight tilt of the body to the corner
- One hand up like you're carrying shopping bags; the other hand on hip



- Drift the hand back as you go forward, and the hand forward as you go back
- Knock the knees and let the upper body float



COACHING THE VIBES

- Again, this track doesn't need a lot of chat – let people see the movement
- Minimal cueing, and lyrical enhancement is all you need – the music does the rest
- Try playing with the money theme – it works well with the lyrics
- Praise your people so they feel confident with it – you got it!

"Like you've got all the money in the world and you can buy whatever you want – put it in the bag!"

"That walk where you're like, I don't care anymore, this is my thing!"

CREATING THE WOW

- The Wow in this track comes from the clean sharpness of the movement – the more immersed you are, the better!



06. JAZZ

TRACK FOCUS

The class love the joy of the chorus so let them sing with you to help switch things up a bit from cool to colorful.

FEEL

Laid-back, Loose, 'Chilled', Singalong

MUSIC			EXERCISE		REPS
0:00	Intro / She knows how	4x8	A	Slow Heel-Toe-Turn Face R to shoot L foot B [2cts], drop R heel to Wide Squat [2cts], step feet together to face L [4cts]; repeat R [8cts]	2x
0:11	V / He know I	4x8	A ¹	Heel-Toe-Turn Face L to shoot R foot B [1ct], drop R heel to Wide Squat with Chest Scoop [1ct], step feet together to face R [2cts]; repeat R [4cts]	4x
0:22	Don't bother 'bout	4x8	A ²	+ Clap (on step together)	4x
0:33	PC / I know how	4x8	B	Push & Reach Step L foot to the side with L Finger Push [4cts], step R foot in to reach R arm O/H [4cts]; repeat R [8cts] with L Finger Push R arm O/H	2x
0:45	B up / I know I'm	4x8	B ²	+ Shoulder Bounce (on Finger Push) + 4 small Jumps (on reach O/H)	2x
0:56	C / She knows how	4x8	C	V-Step V-step F L, R [4cts], step feet B and together L, R [4cts]	4x
1:07	V / _ Dem tell me	4x8	A ¹	Heel-Toe-Turn	4x
1:18	_ And back it	4x8	A ²	+ Clap (on step together)	4x
1:29	PC / I know how	4x8	B	Push & Reach	2x
1:40	B up / I know I'm	4x8	B ²	+ Shoulder Bounce (on Finger Push) + 4 small Jumps (on reach O/H)	2x
1:52	C / She knows how	4x8	C	V-Step	4x
2:03	V / I know you	4x8	A ¹	Heel-Toe-Turn	4x
2:14	To you anywhere	4x8	A ²	+ Clap (on step together)	4x
2:25	PC / I know how	4x8	B	Push & Reach	2x
2:36	B up / I know I'm	4x8	B ²	+ Shoulder Bounce (on Finger Push) + 4 small Jumps (on reach O/H)	2x
2:47	C / She knows how	4x8	C	V-Step	4x



06. SHE KNOWS HOW TO LOVE ME 3:04mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

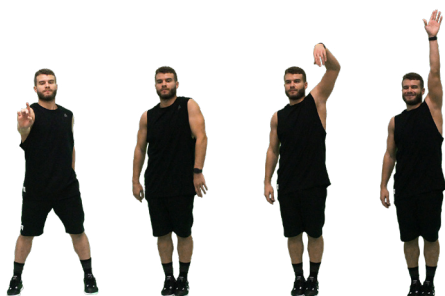
HEEL-TOE-TURN

- Step one foot back onto the ball of the foot into a Lunge
- Staying low, turn the knee out into a Wide Squat and step the other foot in to stand with the body to the corner
- Lean forward as you step the foot back to give the move texture
- Loose hands
- The move is smooth and flowing
- Clap hands with bent elbows at shoulder height – like you're clapping a mosquito!
- Ensure when you speed up that you keep the footwork really clear



PUSH & REACH

- Slow draggy Step Touch side to side
- Push the hand out in front of the body as you step out – with index finger extended
- Step the foot in and float the hand up, draping the wrist and lifting from the elbow
- Keep tension through the arms and body to make the move look strong
- Add a small bounce in the shoulders as you push forwards and bounce in the feet as you lift up
- Tip – it's always the same arm forward and up!



V-STEP

- Step forward forward back back, feet wide then narrow
- Casual swaggy walk but big and clear
- Loose arms



COACHING THE VIBES

- This is a fun, uplifting contrast to the previous track
- There are some cool opportunities to play with the V-Step – see if you can get your class to sing “Yes Indeed!” with you!
- Contrast the energy of the Heel-Toe-Turn with some silence in the Push & Reach
- The moves are simple. Use the first phases to set up and then in the rest of the track you can play with some Feel and Free cues to enable them to be free to dance

“You got the move, now let’s get the groove.”

“The only thing you need is a good song, cool moves, and some friends to dance with!”

CREATING THE WOW

- Silence in the Push & Reach along with muscle tension and drama – show it in your face! That really creates a vibe. Then use the V-Step to get back some fun and connection.



07. JAZZ

TRACK FOCUS

The lyrics say it all – never say never – and what a great dance motto. You will be preaching to the Choir but go ahead... We all need someone to lift us up.

FEEL

Cool, Clubby, Optimistic

MUSIC			EXERCISE		REPS
0:00	Intro / (Beat)	8x8		Step Touch L&R [4cts]	16x
0:30	(Steady beat)	1x8	A	Feet wide and hold [8cts]	1x
0:34	V / _ Blink twice	4x8	B	Slow Arm Wrap Extend arms to side [4cts], wrap R arm F around head [4cts], wrap L arm F around head [4cts], hold [4cts]	4x
1:03	Never say	8x8	B ¹	Arm Wrap Step Touch L&R x2 with arms to side [2cts], Wrap R [2cts], Wrap L [2cts], hold [2cts] Last rep: feet wide to Wrap L and hold	8x
1:33	C / say never!	4x8	C	Jump & Step Jump ide to side with feet together L&R x2 [4cts], Step Touch L&R [4cts]	4x
1:48	B up / say never!	12x8	C ¹ + D	Jump & Step Combo Jump side to side with feet together L&R x2 [4cts], Step Touch L&R [4cts], Sweep R, L, R B, flick L leg [4cts], walk F L&R x2 [4cts]	6x
2:34	V / _ You don't need	4x8		Step Touch L&R [4cts]	8x
2:49	_ Like the embers	4x8	D ¹	Slide Setup Sweep R, L, R B, flick L leg [4cts], walk F L&R x2 with double arm body wrap [4cts]	4x
3:03	V / Never say never	4x8	B	Slow Arm Wrap	2x
3:19	C / only get one	4x8	B ¹	Arm Wrap	4x
3:33	Say never!	4x8	C	Jump & Step	4x
3:48	B up / say never!	4x8	C ¹ + D ¹	Jump & Step Combo Jump side to side with feet together L&R x2 [4cts], Step Touch L&R [4cts], Sweep R, L, R B, flick L leg [4cts], walk F L&R x2 with double-arm body Wrap [4cts]	2x
4:04	Instr / (Heavy beat)	8x8	C ² + D ¹	+ Massive jump	4x
4:33	Steady beat)	4x8		Step touch L&R [4cts]	8x
4:48	(Beat)	4x8	A ¹	Feet wide, bounce OTS with arm trailing up body [3cts], clap O/H [1 ct]	8x
5:03	Outro / (Synth)	4x8		Step Touch L&R [4cts]	8x



07. NEVER SAY NEVER (EXTENDED MIX) 5:22mins

MOVEMENT TIPS FOR INSTRUCTORS

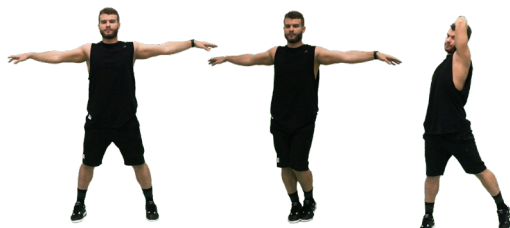
** NOT TO BE USED AS COACHING CUES **

ARM WRAP

- Lift from the elbows and extend the arms laterally – leading with Blade Hands
- Sweep one arm in front of the face and around the back of the head and drape it down the body



- Add Step Touch and speed it up
- When the move speeds up, there's a little more turn to the body as the arms sweep around – this gives the move more drama and texture



JUMP & STEP COMBO

- Jump side to side – like you're on a pogo stick!
- Then Step Touch
- Natural Slalom Arms
- Pick up the knees for energy as the track progresses, especially in the last phase where we also add a clap to the Step Touch
- Sweep the leg around and back, tipping forward from the hip – Running Arms with Blade Hands



- Walk forward dragging both arms around the head and down the body

BOUNCE

- Feet wide, bounce the butt back
- Drag the arms up the body, leading with the elbows and clap over head





07. NEVER SAY NEVER (EXTENDED MIX) 5:22mins

COACHING THE VIBES

- A beautiful track with some powerful lyrics!
- Movements are simple and easy to follow, which frees us as instructors to focus more on connection, Feel and Free, once we have set up the moves
- The energy – vocally and physically – builds throughout the track. It leaves everyone on a high!
- Use the bounce at the end to bring people down and connect/praise

“Never say never... until you’ve tried it!”

“Did you feel that? That’s the beating soul of what dance is about.”

CREATING THE WOW

- Let the music speak in the second Arm Wrap - it’s super powerful.
- Then in the last set, use a Free cue to enable people to step into the dance zone – and go MASSIVE with the energy!



08. K – POP

TRACK FOCUS

K-Pop is exploding all over the international charts – and there are just enough understandable lyrics to grasp the theme of the track. Swag on as a solo pop star/diva... so dial into that emotion to help the class access that powerful place.

FEEL

Teasy, Sexy, Out of Reach

MUSIC			EXERCISE		REPS
0:02	V / Cheonjinnanman	4x8	A	Slide & Pop Slide L [2cts], pop knee L, R [2cts]; repeat R [4cts] 👁️ Palm Sweep F	4x
0:22	PC / me like (Oh)	4x8	A ¹	+ R Palm Sweep L-to-R, L Palm Sweep R-to-L (on slide)	4x
0:42	C / sollo _	4x8	B	Soo-Low Feet wide and Sweep chest L, low center, R [3cts], pop chest in center [1ct]; repeat R [4cts]	4x
1:02	V / Used to be	2x8	A	Slide & Pop	2x
1:13	_ I'm gonna	2x8	A ¹	+ Palm sweep F R to L, & L to R (on Slide) 👁️ Double Elbow Switch	2x
1:22	PC / like (Oh)	4x8	A ²	+ Double-Elbow Switch	4x
1:43	C / sollo _	4x8	B	Soo-Low	4x
2:03	V / Mannam, seollem	2x8	A	Slide & Pop	2x
2:13	Jayuroun baramcheoreom	2x8	A ²	+ Palm sweep F R to L, & L to R (on slide) + Double-Elbow Switch	2½x
2:26	C / going slo-mo _	4x8	B ¹	Soo-Low + Arm hold	4x



08. SOLO 2:47mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SLIDE & POP

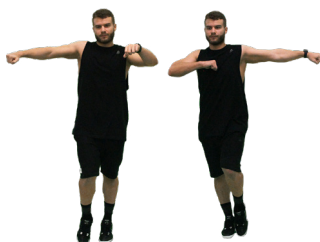
- Slide step across, and pop the outside knee, lifting up onto the ball of the foot, then the inside knee, letting the body and shoulders move



- Add a sweeping Palm Push out and around with the opposite arm

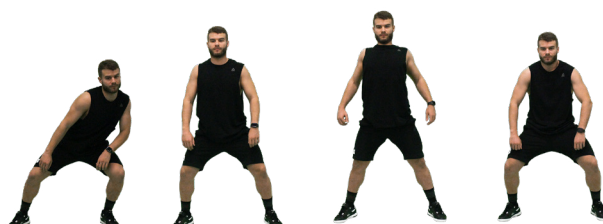
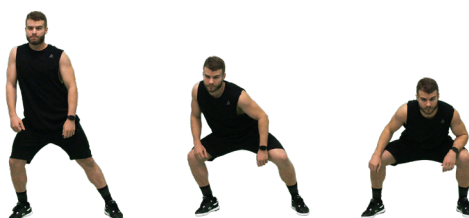


- In Dance phase, add lateral Arms to the Knee Pop – extending one arm out to the side, and the other across the chest, with hands in fists
- Very slight twist to the body



SOO-LOW

- Feet wide and drop into a Wide Squat
- Drop the chest down and around, leading with the shoulder
- Pop the chest at the top – lifting through the chest and contracting
- In the last phase the arms become structured – holding them between the legs with tension through the fists, and the Chest Pop becomes more pronounced



COACHING THE VIBES

- Again, super simple movements which free us to dance and feel
- Clear Feet cues to set up and then lyrical Feel cues – so many great lyrics in this track to use if you wish!
- *Silence is very powerful in this track too, especially the chest roll and pop!*

“Wherever we’re from, we speak one language, the language of dance – don’t be sorry for who you are!”

“Amigo-schmigo, he just got downgraded from lover to friend zone! She ain’t sorry, she’s going solo - and so are we!”

CREATING THE WOW

- Vocally matching your tone to the track is really effective here, especially if paired with some silence in the Soo-low!



09. SOUL JAZZ

TRACK FOCUS

Possibly one of my ultimate fave tracks I’ve ever done – because not a single person can do this without smiling and sweating! Go big with your energy like you haven’t danced in a year and just go set the class free!

FEEL

Attitude of Sexy Gratitude

MUSIC			EXERCISE		REPS
0:01	Intro / (Saxophone)	4x8		Step Kick L&R [4cts]	8x
0:15	C / (Hmmm)	6x8	A	Funky Grapevine Step L, R behind, with Finger Snap cross and open [2cts] step L, and tap R wide, with Finger Snap cross and open [2cts]; repeat R [4cts]	6x
0:38	V / All we need	2x8		Step Kick L&R [4cts]	4x
0:46	(Drums)	2x8	B	The Kick– Down Step L, snap down [1ct], kick R across L low with snap [1ct]; repeat R [2cts]	4x
0:53	V / I’m gonna add	1x8		Step Touch L&R [4cts]	2x
0:57	Make it easy to	3x8	C	The Shimmy Step Touch L&R with Chest Turn R&L and Arm Sweep high to low with small Shimmy [4cts]	6x
1:08	V / I’m gonna add	1½x8		Step Touch L&R [4cts]	3x
1:14	Won’t hide	2½x8	D	Chunky Shoulders Step Touch L&R with Shoulder Pop L&L, R&R [4cts]	5x
1:23	V / You might like	1x8		Step touch L&R [4cts]	2x
1:27	Ride Sally ride	3x8	E	The Sally Step Touch L&R with Palm Sweep F R to L, & L to R [4cts]	4x
1:38	V / _ If I could	2x8		Step Touch L&R [4cts]	4x
1:46	Instr / (Saxophone)	16x8	B +C +D +E	Dance To The Music The Kick-Down x2 The Shimmy x2 Chunky Shoulders x2 The Sally x2	4x
2:46	Outro / (Guitar)	2x8	A	Funky Grapevine	2x



09. DANCE TO THE MUSIC 2:59mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

FUNKY GRAPEVINE

- Step across the floor in a Grapevine – step, behind step, tap the foot
- Hips swing backwards and forwards in a thrust; hands go the opposite direction (reaching forward as the hips go back) and cross at the wrists
- Slight tip forward from the hips when the hands come forward, slight lean back as you thrust
- Bent knees and pop one knee as you tap the foot
- Low movement, gliding across the floor. Tension in the arms for style
- Funky feel!



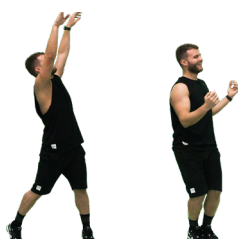
THE KICK-DOWN

- Step and kick the foot forward in front and on a slight diagonal
- Snapping Fingers low in front of the body – Broadway musical styles!
- Tip forward from the hips and keep the elbows close into the body



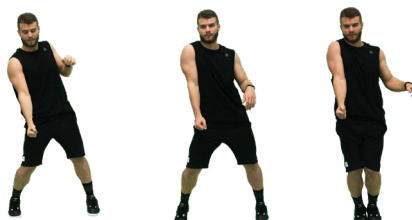
THE SHIMMY

- Step Touch side to side, and fling the arms up, leading from the elbows – the chest turns away from the direction you're stepping
- Loose, carefree arms and shimmy the shoulders as arms throw up and down



CHUNKY SHOULDERS

- Step Touch and double pop the shoulder and ribcage the direction you're stepping
- Keep the elbows in
- Bend the knees to stay low in the movement



THE SALLY

- Step Touch and Sweep one arm across with the index finger lifted – sassy!
- Other hand is on the hip!



COACHING THE VIBES

- Carefree, joyous, old-school SH'BAM fun!
- See if you can get people to sing along, play on their air guitar, whatever!
- This is a great track to use the lyrics as cues

"Everybody get up and dance to the music! I hope you brought along your singing voices!"

"All we need is a drummer, for people who just need a beat!"

CREATING THE WOW

- It's all about class interaction and fun – if you're into it they will be too!



10. HIP HOP HOUSE

TRACK FOCUS

Out of nowhere we have R ‘n’ B throwbacks and the combo is the key. Say the Feet cues early on so the class can catch onto the rhythm, then lead them into that freestyle groove zone.

FEEL

Hopeful, First Love

MUSIC			EXERCISE		REPS
0:01	Intro / _ I got love	4x8	A	Heel-Switch & Kick Setup Swivel heels L [2cts], turn toes and knees L [2cts], jump B on L leg with kick R x2 [4cts]; repeat R [8cts]	2x
0:16	V / _ I got game	4x8	B	House Tap House Tap L&R [4cts]	8x
0:32	Build / got love, love	4x8	B ¹	+ House Arm Sweep	8x
0:47	C / (Heavy beat)	8x8	A ¹	Heel-Switch & Kick Jump with heels L [1ct], jump with toes and knees turned L [1cts], jump B with kick R x2 and Arm Whip F [2cts], feet together to bounce knees x4 [4cts]; repeat R [8cts]	4x
1:19	Br / got love ...	1x8		Feet wide and wave body F [4cts], to look up [4cts]	
1:23	(Synth wave)	1x8		Shoulder Sweep L&R [4cts]	2x
1:26	V / _ I got love	10x8	B ²	House Tap Combo House Tap L&R x2 [8cts], Step-Slide L&R with arm reach and pull at hip height x2 [8cts]	5x
2:06	C / (Heavy beat)	8x8	A ²	Heel-Switch & Kick	4x



10. I GOT LOVE 2:39mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

HEEL-SWITCH & KICK

- Jump across laterally, leading with the heels and butt!
- Swivel heel-toe and jump the body back around on the double kick
- Whip the arms across the body on the double kick
- Groove on the spot by bouncing through the knees – Freestyle Arms
- In Dance phase, really pick up the feet into a semi Tuck Jump – this brings the energy up big-time!



HOUSE TAP COMBO

- Tap side to side, lifting the inside heel off
- Hands are lifted over head with bent elbows and loose fists
- Slide Step Touch, turning the body the direction you're going
- Snap forward as you move forward, reach forward like you're grabbing something and hands down as you step feet together
- Very slight hip thrust as you slide forward – push the hips through as you tap the foot in



COACHING THE VIBES

- Super cool House vibes in this one!
- Set up clear Feet cues so that you don't have to keep repeating them – then you can get into the Feel of the track
- Alex uses a dance party theme, but go with whatever works for you
- Just enough chat to set the scene, then let them feel the beat!
- Get on the floor and interact with your class in the last set to really finish off the party!

"Can you hear that House beat? It's infectious – it goes through the whole body!"

"You know when you need to clear some space on the dance floor so you can just go dance crazy?"

CREATING THE WOW

- Go HUGE in the Dance phase so they feel the energy shift!
- You can absolutely jump on the floor at the end and dance with your crew



11. HOUSE JAZZ

TRACK FOCUS

You need Feet cues here with the taps and the arm combo, so look, see respond until the class has it – then go into the DANCE phase and let your actions speak.

FEEL

Fated Love, Euphoria

MUSIC			EXERCISE		REPS
0:02	Intro / (Beat)	2x8		Step Touch L&R [4cts]	4x
0:10	Br / (Synth shimmer)	1x8		Feet wide to freeze [8cts]	
0:13	C / sun is shining	4x8	A	Sun-shining Sweep Slow step to L with L Arm Sweep low to O/H [4cts], Slide feet together with L Palm Sweep down [4cts]; repeat R [8cts]	2x
0:28	When the morning	8x8	B	Fist 2 Chest Double-Bounce step L with L Arm Sweep [2cts], Double-Bounce step R with L fist to chest [2cts]; repeat R [4cts]	8x
0:57	Instr / (Heavy beat)	4x8	C	Double Tap Tap L F&B x2 [4cts], Tap L to side x2 [4cts]; repeat R [4cts] 👁 Pull & Throw Arms	2x
1:12	(Heavy beat)	4x8	C ¹	+ Pull & Throw Arms (on F&B Tap)	2x
1:27	Br / (Synth shimmer)	6x8	A	Sun-Shining Sweep	3x
1:49	C / When the morning	5x8	B	Fist 2 Chest	10x
2:07	Instr / (Vocal effect)	20x8	C ²	Double Tap & Drop-Squat Combo Tap L F&B x2 [4cts], Tap L to L side x2 R [4cts], Drop Squat [1ct], run OTS with knee lift L&R x3 jump feet together [7cts]; repeat Drop-Squat & run [8cts]	5x



11. SUN IS SHINING (FIREBEATZ REMIX) 3:26mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SUN-SHINING SWEEP

- Slow slide side to side
- Sweep the outside arm slowly up and out as you step out and across
- Slowly lower the hand – like you’re draping your hand down a pane of glass
- Think slow and dramatic – really milk it!
- Index finger extended, like you’re drawing a line in the mist on the window!



FIST 2 CHEST

- Bouncy Step Touch
- Outside Arm Sweeps out and around, then bend the elbow to bring the fist in towards the chest
- Chest lifted, and a slight lean to the body on the fist
- This move is all about the bouncy beat!



DOUBLE TAP

- Pulsing Tap, rebounding off the ball of the foot
- 2 Taps to the front and 2 to the side
- There is a hop switch to change legs and the body angles slightly corner to corner
- Arms: Pull back with the elbows on the first Tap, pushing forward with the chest. Throw the arms in front on the second, and then drop the shoulder and body on the Side Taps
- As the track progresses, this movement should get bigger and more energetic



SH'BAM 37

DROP SQUAT & RUN

- Drop into a Wide Squat, hands on thighs
- Pop up and lift the knees in front
- Kick the feet out in front
- Lean back and contract as you lift the knees
- Opposite arm sweeps up like you’re brushing something off your shoulder



COACHING THE VIBES

- It’s all about the hype and energy in this one to bring it home! There’s a lot of time for contrast too, which makes this really pop.
- Feet cues are crucial in this track – if you set it up well, people will feel confident to go big on the Double Tap. *“Two taps to the front, two to the side”*
- Similarly with the arms: be really clear with what they’re doing – *“Pull, throw, drop”*
- The contrast comes in the Sun-Shining Sweep – slow and dramatic
- Bring in the hype with the Fist 2 Chest, as the music builds
- Much of the coaching is done physically rather than vocally – be clear and big in the movement and this track will ‘go off’!

“SH'BAM is shining, and it's all because of you! Are you ready to drop it?”

CREATING THE WOW

- The Wow is in the contrast – use your body and face to bring each phase alive – and connect and praise your members to bring this party home together!



12. COOLDOWN HIP HOP

TRACK FOCUS

Such a groovy way to bring the party to a wrap.
Get amongst the class and celebrate with them.

FEEL

Confident

MUSIC		EXERCISE		REPS
0:14	V / All it takes	2½x8	Feet wide to inhale arms wide [8cts], and down to Squat with hands on thighs [2cts], shoulder stretch R&L x5 [14cts], roll up [4cts]	
0:32	PC / got plans tonight	4x8	A Tick-Tock Slide L [1ct], heels L, R, L [3cts]; repeat R [4cts] 👁 Fast Tick-Tock with Knee Lift	4x
0:50	Instr / (Beat & Synth)	4x8	A¹ + Fast Tick-Tock with Knee Lift	4x
1:08	V / _ I can feel	4x8	Quad Stretch R [16cts]; repeat L [16cts]	
1:26	PC / got plans tonight	4x8	A Tick-Tock	4x
1:43	Instr / (Beat & synth)	4x8	A¹ + Fast Tick-Tock with Knee Lift	4x
1:62	Br / (Synth shimmer)	1x8	Feet wide to inhale arms wide [4cts], and down [4cts]	
2:06	Oh-oh	4½x8	Hamstring Stretch [32cts], bend knees to Squat [4cts]	
2:28	Instr / (Beat & synth)	8x8	A¹ Tick-Tock	8x



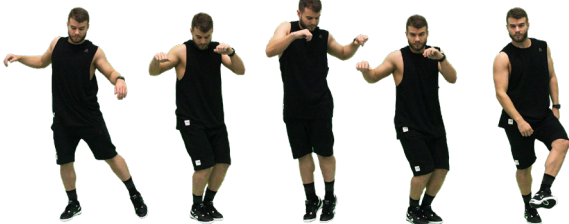
12. LOST IN JAPAN (REMIX) 3:21mins

MOVEMENT TIPS FOR INSTRUCTORS

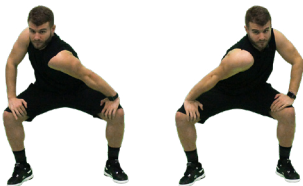
** NOT TO BE USED AS COACHING CUES **

TICK-TOCK

- Slide across and shift the heels side to side on the tick tock rhythm – swiveling on the balls of the feet
- As it speeds up, lift the knee and throw as you come out of the move
- Natural loose and groovy arms, lifted from the elbows
- Slight lean with the body



SHOULDER STRETCH



QUAD STRETCH



COACHING THE VIBES

- A great vibe to finish the class on – ‘chilled’ and laid-back
- Encourage your class to get lost in the music, maybe sing along!
- *Lots of interaction and celebration of the workout*

“Let’s just get lost in it!”

“Do it anyway you want to!”

CREATING THE WOW

- Connecting with your people and celebrating the class is key to finishing on a high note
- Finish with the Tick-Tock on the floor, as this is an awesome way to complete the class!



BONUS

02. CON CALMA

TRACK FOCUS

BONUS Track 2 – very simple and a cool throwback track – the only part you need to be super clear on is the triple salsa... then repetition does the rest.

FEEL

Playful, Out of Reach

MUSIC			EXERCISE		REPS
0:00	Intro / (Beat)	2x8	A	Quick Single Quick Step L&R [2cts]	8x
0:10	V / ¿Cómo te	4x8	A ¹	Quick Single-Single Double Quick Step L&R with Shoulder Pop [2cts], Double Step L with Shoulder Pop [2cts]; repeat R [4cts]	4x
0:30	C / Con calma	4x8	B	Siete Taps Face R and Tap F L x7 with Hip Roll [7cts], step feet together [1ct], repeat R, L [16cts], repeat R with Elbow Swing and Chest Pop [8cts]	1x
0:51	V / _ Ya vi que	2x8	C	Slow Triple Salsa Salsa Step F&B L [4cts], Salsa Step to R corner [4cts]; repeat R [8cts]	1x
1:01	Esa criminal	4x8	C ¹	Triple Salsa Salsa Step F&B L [2cts], Salsa Step to R corner [2cts]; repeat R [4cts]	4x
1:21	C / <i>Con calma</i>	4x8	B ¹	Siete Taps + Arms wide to O/H hold and drizzle down	1x
1:42	V / candela y	5x8	C ¹	Triple Salsa	5x
2:08	C / Con calma	4x8	B ¹	Siete Taps	1x
2:28	V / Come with	4x8	A ¹	Quick Single-Single Double	4x
2:48	C / Con calma	4x8	B ¹	Siete Taps	1x



BONUS

02. CON CALMA 3:12mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

QUICK SINGLE-SINGLE DOUBLE

- Keeping the feet wide, move across in a single- single double pattern
- The shoulders shift in the direction of the movement – side to side, single- single double



- Slight tip forward from the hips
- Soft knees – low and groovy movement

SIETE TAPS

- Body faces the side
- Hip Roll, leading by stomping the foot, slapping it on the floor
- On the last set, bring the hands up over head and drizzle down the body



- Then pop the chest and booty while pumping the arms back and down (open palms, alternating) – it's like a Latin – Style Krump!



- Lean the body back slightly as you do this

TRIPLE SALSA

- Salsa-Step forward and back, and then across the body to the corner
- It's a low Salsa, soft knees and working through the feet and the hips
- Natural moving, circular arms



COACHING THE VIBES

- A cheeky little Latin bonus track for you!
- This song is super playful – have fun with your class!
- Use clear Feet cues to make sure they know directions in the Salsa, and how many Taps - then you're free to be as saucy as you like!

"If something's good you don't want it once, you want it 3 times – right?!"

"You can't get it wrong in Latin, you just get on your toes and move your hips!"

CREATING THE WOW

- The first time they see the 'Latin krump' is a massive Wow – and then when they get to do it with you again the next time!



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.

