

SH'BAM

38

MUSIC

01. WARM-UP

02. AFRO CARIBBEAN BEATS

03. HIP HOP

04. DANCE CARDIO

05. NU-AGE FOSSE

06. HEELS

07. DANCE CARDIO

08. GAMER STYLES

09. CARNIVAL

10. K-POP

11. JAZZ

12. COOLDOWN

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MUSIC

- 01

Giant (3:54)

Calvin Harris, Rag’n’Bone Man

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Written by: Wiles, Graham, Hartman, Miller
- 02

Best Beeleevah (3:10)

Big Freedia

© 2018 East West Records LLC.
Written by: Ross, Belafonte, Deleon, Oller, Samuel
- 03

Let’s Shut Up & Dance (3:27)

Life Begins

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Written by: Clemons, Desrouleaux, Scott, Key, Ebongo, Prawl
- 04

Party Time (2:47)

Tiësto & SWACQ

© 2019 Musical Freedom Label Ltd.
Written by: Verwest, Thonen, Dirne
- 05

Bad Guy (3:13)

Billie Eilish

Courtesy of the Universal Music Group.
Written by: B. O’Connell, F. O’Connell
- 06

One Thing (2:38)

Mr. Belt & Wezol & Jack Wins

© 2019 SpinninRecords.com.
Written by: Rogers, Walden, Harrison, van Wees, Hagenaar
- 07

Dreamer (Nicky Romero Remix) (3:38)

Martin Garrix feat. Mike Yung

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Written by: Garritsen, Lee, Juber, Young, A. Parkhomeniko, Y. Parkhomeniko
- 08

Old Town Road (Remix) (2:36)

Lil Nas X feat. Billy Ray Cyrus

© 2019 Columbia Records, a Division of Sony Music Entertainment.
Written by: Hill, Cyrus, Donald, Roukema, Reznor, Ross
- 09

Barraca (4:50)

Garmiani feat. MC Pikachu

© 2019 SpinninRecords.com.
Written Garmiani, Rodrigues

- 10

Kill This Love (3:09)

BLACKPINK

Courtesy of the Universal Music Group.
Written by: Park, Seo, R. Tee, Johnson
- 11

Locked Out Of Heaven (Extended Mix) (5:41)

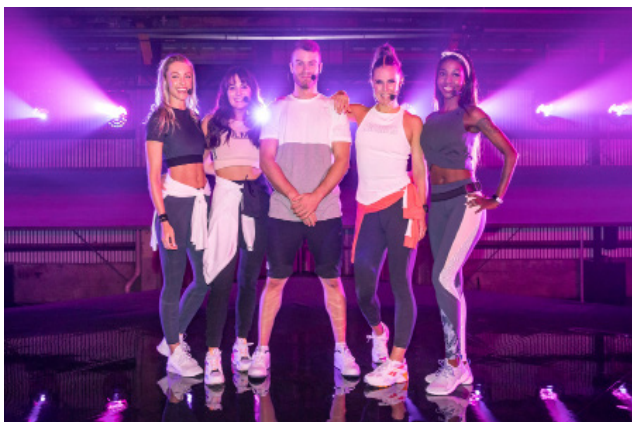
Dash Berlin feat. Jonathan Mendelsohn

© 2019 Armada Music B.V.
Written by: Lawrence, Levine, Hernandez
- 12

Higher Love (3:47)

Rave Wars

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Written by: Jennings, Winwood



L-R: Caley Jäck, Grace Stevens, Alex Sánchez, Rachael Newsham and Mooky King.

SH’BAM 38 is brought to you by the SH’BAM family of Caley, Alex and myself, and introduces the lovely ladies Mooky and Grace! There are a few chart hits in this class that you can really sing along to, some first-time sounds that are a wee bit sultry or moody ha ha and a great recognizable supped-up banger to bring it home. It’s a journey for sure! There is something for everyone in this release.

Rachael ☺

CREDITS

Program Director – Rachael Newsham

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Choreography – Rachael Newsham, Corrah Philips, Bianca Ikinofu and Emilee Wainwright

Technical Consultants – Bryce Hastings and Andrew Newmarch

Program Coach – Sarah Robinson

Production Coordinator – Nicole Vendel

PRESENTERS

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

Alex Sanchez (Spain) is a SH’BAM, BODYATTACK, BODYCOMBAT, BODYJAM, BODYPUMP and LES MILLS GRIT Trainer and a LES MILLS TONE Instructor. He is based in Malaga.

Caley Jack (South Africa) is a SH’BAM and BODYCOMBAT Instructor/Presenter, a BODYBALANCE/BODYFLOW, LES MILLS BARRE and LES MILLS GRIT Trainer and a BODYPUMP Instructor. She is also a Les Mills Ambassador for BODYBALANCE/BODYFLOW, LES MILLS GRIT and SH’BAM and is based in Cape Town.

Mooky King (South Africa) is a SH’BAM Trainer/Presenter, a BODYCOMBAT, a BODYBALANCE/BODYFLOW and BODYPUMP Instructor and a LES MILLS GRIT Coach. Based in Johannesburg, she is also the owner of Absolute Fitness Studio.

Grace Stevens (New Zealand) is a SH’BAM and BORN TO MOVE Instructor/Presenter. She is currently studying in Auckland and works as a professional dancer.



EXPRESS FORMATS

30-MINUTE FORMAT

Track 1	Warm-Up
Track 2	Afro Caribbean Beats
Track 3	Hip Hop
Track 4	Dance Cardio
Track 5	Nu-Age Fosse
Track 6	Heels
Track 7	Dance Cardio
Track 8	Gamer Styles
Total Time	25:23

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
HO/H	Hands On Hips	O/H	Over Head
	Preview		

RELEASE FEEDBACK

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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

TRACK FOCUS

Use the leg sink side to side to build some heat in the legs, and keep it simple. No need to explain too much.

FEEL

Uplifting, Challenging, Encouraging

MUSIC			EXERCISE		REPS
0:05	V / I understood	2x8		Set-up Wide Squat [12cts], arms wide [4cts]	
0:07	I saw the	2x8	A	A-Side Stretches Feet wide in Squat with Side Stretch (R arm O/H) [4cts], return to center, hands to chest and open wide [4cts]; repeat R [8cts]	1x
0:15	_ I would	4x8	A ¹	Side-Lunge Stretches Feet wide, Lunge L with Side Stretch (R arm O/H) [4cts]	2x
0:31	C / _ a giant.	4x8	B	Sink Lunge Feet wide with hands by hips, sink and rise L&R [4cts]	8x
0:47	I am, I am	4x8	B ¹	+ Add: Double Palm-Press, and Prayer Push together	8x
1:02	Instr / (Sax & beat)	4x8	C	Giant Step Slide Step Touch F L&R with slide x2 [8cts] with Arm Cross O/H and wide down on Step Touch L; repeat B [8cts]	2x
1:18	V / _ Don't hide	8x8	A ²	Faster Side-Lunge Stretches Feet wide, Lunge L with Side Stretch (R arm O/H) [2cts], return to center, hands to chest and open wide [2cts]; repeat R [4cts]	8x
1:49	C / _ a giant.	4x8	B	Sink Lunge	8x
2:05	I am, I am	4x8	B ¹	+ Add: Double Palm Press, and Prayer Push together	8x
2:21	Instr / (Sax & beat)	4x8	C	Giant Step Slide	2x
2:36	Br / Oh , Oh, Oh,	4x8	D	Roll & Reach-Drop Feet wide, Shoulder Roll B x2 [4cts], straighten legs and reach arms O/H [1ct], roll down and touch the floor [1ct], roll up [2cts]	4x
2:52	Br / Gonna shake,	4x8	D ¹	+ Add: Hop Jump to reach	4x
3:08	Hey!	2x8		Arms wide to a High-V [8cts], Step Touch L&R x2 with arms O/H [8cts]	
3:16	Outro / (Sax & beat)	8x8	C	Giant Step Slide	4x



01. GIANT 3:54mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SIDE-LUNGE STRETCHES

- Start in a wide Plié position, knees out, chest up, lifted tall posture
- Sweep one hand over head, and then other hand low, trying to get extension through the ribs and mobilize the upper body
- Then extend the arms to the sides of the body, starting with arms across the chest and leading from the elbows, dragging the hands out and away
- We set up the arm movement first, and then add a Side Lunge



SINK LUNGE

- Feet outside hip-width, toes face forwards
- It's a sweeping Lunge side to side, but sinking and rising through the movement, and pushing the hips back



- Slight tip forward from the hips, hands just below waistline – like they're clasping on to your T-shirt
- The main movement comes from the lower body, but the by-product of this is that the upper body creates a 'U' shape as the hips sweep side to side and down and up
- Press the palms away from the body, then towards each other
- Tension through the upper body – like two opposing ends of a magnet that need force to help them connect



GIANT STEP SLIDE

- Step Touch side to side
- Arms come up through the body and cross at the wrists, then open in an outward circle
- Hands in fists to create some tension in the arms
- First part of the movement is fast and explosive. Second part is slow and floaty, drifting back to the bottom of the movement



ROLL & REACH-DROP

- In a bent knee position, roll shoulders back twice, then throw the hands up, leading with the elbows
- Roll down, bending the knees, and reach towards the floor, then roll up to the start position
- Add a small jump on the reach
- The roll down is like a puppet whose strings have been cut so they flop down



COACHING THE VIBES

- As usual, the Warm-Up is time to connect with your members and create confidence on the floor, as well as to set the tone for the workout ahead
- Clear Feet cues help to set up success
- Try singing along or using some lyrics if that's your style, and encourage your class to do the same

"You can throw down your guard, because today you can be who you are... kings, queens, whatever you want!"

CREATING THE WOW

- The Wow comes from the connection with the people and the music. If you can get them to sing along with you this early in the class, you're set up for the rest of the workout!



02. AFRO CARIBBEAN BEATS

TRACK FOCUS

This track should jolt everyone into feeling joyful. There is plenty of space for narrative here and there are lots of positive lyrics to use.

FEEL

Playful, Beach Games, Spring Break

MUSIC			EXERCISE		REPS
0:03	Intro / (Drums)	4x8		Step Touch L&R [4cts]	8x
0:23	Instr / (Vocals & sirens)	2x8	A	Jump & Wiggle Jump L [1ct], Hip Roll [7cts]; repeat R [8cts]	1x
0:32	(Steel drum)	6x8	A ¹	Jump & Wiggle Combo Jump L [1ct], Hip Roll [3cts], Shoulder Roll and Weight Shift R&L x2 [4cts]; repeat R [8cts]	3x
1:00	Br / You best	2x8	B	Wide Walk Wide Walk L F [1ct], Wide Walk R F and Clap O/H [1ct]; repeat B with Clap low [2cts]	4x
1:09	V / Oh she's rocky	4x8	C	Wave Walk Step Touch x2 L with Arm Wave out and down [4cts], Step Touch R with Arm Wave out and down [2cts], Step Touch R with arms O/H and down [2cts]	4x
1:27	C / Jump in the	4x8	A ²	Jump & Wiggle Combo + Add: Clap and stretch arms L&R	2x
1:47	Br / You best	2x8	B	Wide Walk	4x
1:56	V / Rock your body	4x8	C	Wave Walk	4x
2:14	C / Jump in the	6x8	A ²	Jump & Wiggle Combo	3x
2:43	Jump in the	2x8	B	Wide Walk	4x
2:51	Br / You best	3x8	C	Wave Walk	3x



02. BEST BEELEEVAH 3:10mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

JUMP & WRIGGLE COMBO

- Jump to the side and roll your hips to the outside. Shoulders will move naturally but this combo is led by the hips



- Add the Weight Shift side to side, drawing the shoulder back and leading with the elbow – inside, outside. Soft fists
- Add a clap on the diagonal, like big jaws. Or like seaweed is dangling from your hands. Outside arm is up on the diagonal, and both arms stay in front of the body
- The movement is like a spring initially but then slows down as the top hand lifts



WIDE WALK

- Walk forward forward back back, soft knees and bouncing through the movement
- Clap high then low
- Opening the arms wide with soft elbows before each clap



WAVE WALK

- 2 steps across
- Chest comes forward, like a BODYPUMP Fly, but with a ripple through the arms
- A bit like a bird's wings!



- After every second one, throw the hands up in the air and shimmy down!

COACHING THE VIBES

- You can't take yourself too seriously in this one!
- Feet cues to set the movement, then it's just a whole lot of Feel cues to bring the movement and the song to life!
- Lots of lyrics to play with, fun imagery to use and places where you can all sing!
- The 'under the sea' theme works well with the music, but feel free to set your own scene!
- If you really get into it your participants will too! Be playful and connect with them as much as possible!

"Jump in the line, ocean friends! I've got something fun for you today!"

"I wonder how an octopus does it!"

CREATING THE WOW

- The Wow in this track comes from immersion in the fun of the song and the moves! Connect with your class, giggle and see if you can get them to say "Wooh!" with you when you throw your hands up!



03. HIP HOP

TRACK FOCUS

The force of contrast is strong here. Back off on the narrative and let the actions speak by using the Walk, Strut and DANCE phases to bring people into their bodies.

FEEL

Dance Crew, Hip Hop Night-clubs

MUSIC			EXERCISE		REPS
0:00	Intro / (Synth)	2x8	A	Slow Back-Step Boogie Face R corner, step L foot B [2cts], open knee and lower heel [2cts], step R foot to L [2cts], hold [2cts]; repeat R [8cts]	1x
0:08	V / Bass drop _	2x8	A ¹	Back-Step Boogie Face R corner, step L foot B [1ct], open knee and lower heel [1ct], step R foot to L with Knee Bounce [1ct], Knee Bounce [1ct]; repeat R [8cts]	2x
0:18	Your body give	2x8	B	Smooth Tap Step L foot wide [1ct], step R foot OTS [1ct], step L foot in [1ct], hold [1ct]; repeat R [4cts]	2x
0:26	Br / (Give it to me)	2x8	B ¹	+ Add: Chest Pop	2x
0:34	V / All my London	4x8	B ²	+ Add: Arm Sweep wide to Head Wrap + Replace: Chest Pop with Arm Drizzle Down	4x
0:52	C / up and dance!	2x8	A ²	Back-Step Boogie + Add: Chest and arm boogie	2x
1:00	V / _ Rolling and	2x8	B	Smooth Tap	2x
1:10	And I really	6x8	B ³	Smooth Tap + Replace: Hands by sides + Replace: Arms cross F and down with Chest Pop	6x
1:35	C / up and dance!	3x8	A ²	Back-Step Boogie + Add: Chest and arm boogie	3x
1:48	Br / (Horns)	6x8	A ³	+ Replace: Boogie with Ripple Up	6x
2:15	V / Your body give	2x8	C	Freestyle Tap Easy Tap L&R [4cts] with freestyle smooth-as movements	4x
2:23	Br / (Give it to me)	2x8	B ²	Smooth Tap	2x
2:32	C / up and dance!	4x8	A ²	Back-Step Boogie	4x
2:50	Br / up and dance!	4x8	B ²	Smooth Tap	4x
3:07	V / All my London	4x8	B ³	Smooth Tap + Replace: Hands by sides + Replace: Arms cross F and downwith Chest Pop	4x



03. LET'S SHUT UP & DANCE 3:27mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

BACK-STEP BOOGIE

- 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



- Add a Hip Roll as you step in
- It's easier to keep the hips rolling in the same direction
- Free hands/arms – express yourself!



- In Dance phase, this becomes a Ripple Up Step the foot in with the knees together and leaning back, then ripple up from the calves all the way up till the body is upright. Head is last to go
- When the music changes, the footwork rhythm changes slightly to emphasize this



SMOOTH TAP

Note there are a few upper body variations with this move: Chest Pop, Arm Sweep and Arms Cross & Down

- Tap out to the side and push off the foot so you rebound back to the middle



- Chest Pop in the middle
- In Strut phase, drop through the shoulder on the Tap to give the move texture



- In Strut phase, the arm sweeps directly out to the side, then comes back in and wraps forward and around the head. Then drizzle down the body



- In the Chest Pop, the hands move, palms facing up, in a 'stabbing motion', crossing forwards then down
- Keep the chest popping to emphasize this





03. LET'S SHUT UP & DANCE 3:27mins

COACHING THE VIBES

- Shut up & dance is right! This song doesn't need a lot of chat
- Set up the moves with clear Feet cues and then create confidence that they've got it!
- Once they have the moves, your job is to dance BIG so that they will too!
- *The song doesn't need massive vocals as it's quite 'chill', so match your voice to it*

"Sometimes you don't need to talk too much – you can let the body do the talking!"

"Now's the time to give me everything! Show me what you've got!"

CREATING THE WOW

- Some opportunities to dance really big in this one! In particular, the Ripple Up, and the last section of Smooth Tap where you tell them to "give me all you got!"



04. DANCE CARDIO

TRACK FOCUS

This simple, big-movement track enables people to get really sweaty, so dance big as soon as possible. Use the arm-line bridge in the mid part of the track to amp the room up. Go there and physically invite them with your facial expressions and body language.

FEEL

Music Festival, Tomorrowland, Coachella

MUSIC			EXERCISE		REPS
0:08	Intro / Party time	2x8	A	Slow Bounce Tap Step L [2cts], Tap R behind [2cts]; repeat R [4cts]	2x
0:16	Br / Party time	4x8	A ¹	+ Add: Arm Cross F, throw wide	4x
0:32	Instr / get dirty _	4x8	A ²	Bounce Tap Step L with Arm Cross over chest [1ct], Tap R behind with Arm Throw wide [1ct]; repeat R [2cts]	8x
0:47	(Laughter) _	2x8	B	Step Knee Step L with L Arm Pull B [1ct], lift R knee with L Arm Throw F [1ct]; repeat R [2cts]	4x
0:55	(Synth swipe)	2x8	B ¹	+ Add: 'Jump on it'	4x
1:03	Quiet / (Synth wave)	2x8		Slide L with R Arm Throw [2cts], set feet wide [14cts]	
1:10	Br / (Vocals)	6x8	C	Throw Set-up Feet wide, 'blade hands' throw out to O/H x2 [4cts], throw wide [2cts], throw down [2cts] 👁️ Step Touch L&R on last rep	6x
1:33	Instr / (Flute)	4x8	C ¹	Step Touch Throw Step Touch L&R with, 'blade hands' throw out to O/H x2 [2cts], throw wide and throw down [2cts], Step Touch L&R with arms at sides [4cts]	4x
1:49	(Synth strobe)		C ²	+ Add: 'Pump It Up' Arms	6x
2:12	Get dirty _	4x8	A ²	Bounce Tap	8x
2:27	(Laughs) _	2x8	B	Step Knee Step Knee x4 Jump Knee x4	4x
2:34	(Synth whomp)	2x8	B ¹	+ Add: 'Jump on it'	4x



04. PARTY TIME 2:47mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

BOUNCE TAP

- Hands come forward as you step out with wrists crossed, and loose hands
- As you step back, rotate arms outwards so that palms face the class as they go back
- Push your hips forward as the hands go back, and hips go back as hands go forward!
- The trick is not to over-extend as this movement's is fast. Brace your abs!
- Add a little hop in Dance phase for energy



STEP KNEE

- Step and drop the body, then lift the body and the knee, turning to the corner
- Throw the arm like you're skimming stones



- In Dance phase, we drop on it, jumping into the step and picking up the rear leg before turning it out into the Knee. This gives the move more intensity



STEP TOUCH THROW

- Palms push to the ceiling twice in a rolling pattern – like you're passing a ball!
- Then extend to the side, then drop



- Then a bouncy Step Touch, with an upward Palm Push – elbows close into the side
- Body turns to the corners then the center



COACHING THE VIBES

- This track doesn't need much talk – the music is big
- 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
- Silence is effective when the arm combo comes in so they can really see it
- Dance-floor crazy party vibes

"The strobe lights going crazy at the party! Do you feel that?!"

"Party people! Are you ready?"

CREATING THE WOW

- This track is all about the Dance phase! Showing that big shift into Dance physically is super effective. There's a powerful moment in the arm combo set-up where the music drops out, too – use the silence here to create a really cool moment for your class!



05. NU-AGE FOSSE

TRACK FOCUS

Now we get to drop into connection and be cheeky, which is perfect for SH’BAM... only now SH’BAM is a little darker, so the mood can drop and change when the back section of the track closes the curtains and gets a bit saucy.

FEEL

Emo Goth, Britney’s Revenge

MUSIC			EXERCISE		REPS
0:01	Intro / Hmmm	4x8	A	Slow Hip Walk Set-up Wide Walk R&L with Hip Push [4cts]	8x
0:14	V / White shirt, now	4x8	A ¹	Slow Hip Walk Wide Walk R with Hip Roll B, step L in x4 [8cts]; repeat L [8cts]	1x
0:28	_ Bruises, on	4x8	A ²	Hip Walk Wide Walk R with Hip Roll B, step L in x4 with O/H and look R [4cts]; repeat L [4cts]	2x
0:42	C / you’re a tough	2x8	B	Slow Typewriter Wide walk R&L with ‘keyboard’ arms high [4cts], wide walk R&L with ‘keyboard’ arms low [4cts]	2x
0:49	The bad type	2x8	B ¹	Typewriter Wide Walk R&L with ‘keyboard’ arms high [2cts], Wide Walk R&L with ‘keyboard’ arms low [2cts]	4x
0:57	The bad guy	1x8	B	Slow Typewriter	1x
1:00	Instr / (Synth)	2x8	C	Pony Pony R&L [4cts]	4x
1:07	(High synth)	2x8	C ¹	Pony + Add: Snap R&L	4x
1:14	V / I like it	4x8	A ¹	Slow Hip Walk	1x
1:29	My mommy	4x8	A ²	Hip Walk	2x
1:43	C / you’re a tough	2x8	B	Slow Typewriter	2x
1:50	The bad type	2x8	B ¹	Typewriter	4x
1:57	The bad guy	1x8	B	Slow Typewriter	1x
2:00	Instr / (Synth)	4x8	C ¹	Pony	8x
2:08	(High synth)	4x8	C ²	Pony + Add: Travel anywhere	8x
2:29	Br / (Silence)	½x8		Freeze with feet wide [4cts]	
2:31	Instr / (Heavy bass)	6x8	D	Fosse Melt Stomp F to R corner [1ct], Ripple Melt F with straight Arm Scoop, bend elbows to freeze [2ct], Body Roll B with arms strongly at sides [3cts], step R foot B together [2cts]; repeat R [8cts]	3x
2:55	Outro / Your cologne. _	4x8	D ¹	Fosse Melt Move Stomp F to R corner [1ct], Ripple Melt F with straight Arm Scoop, bend elbows to freeze [2ct], Body Roll B with arms strongly at sides [3cts], step L foot F and add Double Rib Circle ‘badness’ [2cts]; repeat R [8cts]	2x



05. BAD GUY 3:13mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SLOW HIP WALK

- Feet together, slow Hip Roll – push hip to the front corner, back and around
- Soft knees
- Not a full Hip Circle, more like three-quarter



- When it speeds up, hands on hips and look the way you're going – for the Fosse feels!



TYPEWRITER

- Feet wide
- Typewriter hands at cheek – level corner to corner, then down at waist level
- Like there's computers on every corner and you're trying to do all the emails
- Feet are doing a Wide Walk side to side, They're moving slightly forward and back too, but nothing crazy – they are holding the rhythm
- In the slow ones, sink more into the hips, and bend the knees more – sassy hips!

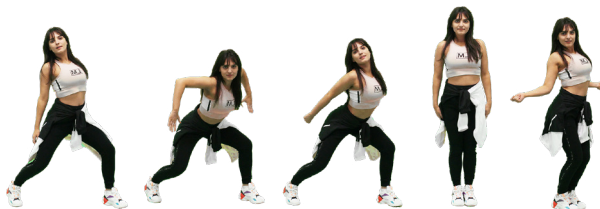


PONY

- 1-2-3 rhythm side to side
- Add a Snap forward with a bent elbow

FOSSE MELT

- Step foot out, and transfer the weight from the back foot to the front foot
- Drop. Just before you hit the floor, catch yourself, with elbows up and wide, like a puppet
- Roll up, head tips back then chest drops
- Then push through the legs, the hips come forward, and you step your feet together
- Lifting yourself up past your elbows!
- Add a Body Roll in the center – like a happy wiggle dance



COACHING THE VIBES

- This track has a bit of everything – cheeky sass, fun vibes, sexy hips! And some great lyrics too
- Super easy to teach and follow, so lots of room for Feel cues
- Use your voice with the music: soft when it's soft, and up when it's up!

"Who's ready for some Nu-Age Fosse?"

"I knew we had some bad guys in here!"

CREATING THE WOW

- The Melt is a full-on performance moment, so go Dance phase straight away and watch your class come alive!



06. HEELS

TRACK FOCUS

Very simple moves here to help bring up the heart rate as well as the step up of confidence – may the best drag win!

FEEL

Miss World 2019 meets Pitch-Perfect Crews Reunion

MUSIC			EXERCISE		REPS
0:07	C / Is this one	4x8	A	Slow 3-Walk Wave Walk R, L, R, to R side [6cts], turn hips R to L side [2cts]; repeat L [8cts]	2x
0:23	Br / _ Ba-da-da	4x8	A ¹	+ Add: Arm Wave O/H x3 and drop R&L	2x
0:38	Instr / (Heavy synth)	4x8	A ²	3-Walk Wave Walk R, L, R, to R side with Arm Wave out, in, out [3cts], turn hips R to L side and throw R arm down [1ct]; repeat L [4cts]	4x
0:54	C / Is this one	4x8	A ³	+ Add: Snap on Throw Down	4x
1:09	Br / (Synth wave)	4x8	B	Tap Combo R Tap R F&B x3 [12cts], tap R F and step R together [4cts]; repeat L [16cts] 👁 Hands & Down	1x
1:17	C / Is this one	8x8	B ¹	Tap Combo L&R + Add: Hands to shoulders/flick (tap F) + Add: Hands push low (tap B)	2x
1:47	Instr / (Sirens & beat)	4x8	A ³	3-Walk Wave	4x
2:03	C / Is this one	4x8	B ¹	Tap Combo R&L	1x
2:18	Outro / _ Ba-da-da	4x8	A ³	3-Walk Wave	4x



06. ONE THING 2:38mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

3-WALK WAVE

- 3 steps to the side. Start with the outside leg, step in front, then step wide and sit the weight in the outside leg



- Chest stays facing the front
- Same arm as the leg, lift the arm to the diagonal, opening the chest and pushing the back of the hand away
- As the leg crosses in front, the hand and arm move back in line above the body, and cross slightly over the center line – keeping the palm facing the same way
- Step wide and push the hand away again, extending the chest, and snap down as the weight sits
- Mobile through the wrists rather than floppy!
- Like you're waving a feather fan



TAP COMBO

- It's a pivot-based move, rotating on the ball of the foot
- Walk phase – tap to the front, and back just past the center (not all the way back)



- Strut phase – sweep the hands across the collarbone, and then press your hands down, flexed – like you're showing off your jewellery, then your manicure
- Swag option to flick the hands and punch down



COACHING THE VIBES

- Super simple choreography. Once you've set up the moves, the only thing you need to do is direct traffic – telling them whether they are strutting or tapping!
- Lots of Feel cues work well in this track – imagery to help them get the movement and its fabulous vibe! Mooky uses some great heels and jewellery imagery, but use what works for you!
- Give a Swag option for anyone who doesn't feel like getting their strut on

"Get your 10-inch heels on!"

"Let me see your diamonds!"

CREATING THE WOW

- The slow, fabulous 3-Wave Walk set-up sets the scene, and the fast ones with the Snap bring the energy!



07. DANCE CARDIO

TRACK FOCUS

This is about the emotional experience of self-belief and strength to keep going. Go big in the chorus and keep the verses quiet and reflective. The song’s lyrics say more than enough.

FEEL

SH’SUNDAY SH’SERVICE Alex sanyeezy styles

MUSIC			EXERCISE		REPS
0:00	V / I’m a dreamer	2x8	Feet together, hands by sides [16cts]		
0:09	It don’t matter	6x8	L Arm Sweep low to O/H looking L [4cts], pull down looking F [4cts]; repeat R [8cts]		3x
0:34	PC / to believe in	4x8	A	Reach & Drop Step L with L Arm Reach wide to F [2cts], step L in with Elbow Pop and Drop [2cts]; repeat R [4cts]	4x
0:49	Br / (Synth & claps)	4x8	A¹	Double Reach & Drop Stomp L, R with arms reaching wide to F [2cts], Stomp L in with double Elbow Pop with fists and throw palms low [2cts]; repeat R [4cts]	4x
1:03	To believe in	2x8	B	Back-Step Bounce Face R corner, step L foot B [1ct], open knee and lower heel [1ct], step R foot to L with Knee Bounce [1ct], Knee Bounce [1ct]; repeat R [4cts]	2x
1:11	B / (Fast drums)	2x8	B¹	+ Add: Bounce Jump and Palm Pump at hip height	2x
1:18	Instr / (Heavy beat)	8x8	C	Forward-Step Bounce Step Touch F L [2ct], double Jump OTS with Palm Pump F and O/H [2cts], repeat R, L, R [12cts]; repeat traveling B [16cts]	2x
1:48	Br / (Synth wave)	1x8	Freeze with feet and arms low and wide [8cts]		
1:52	Quiet / (Synth shimmer)	2x8	Roll down [8cts], roll up [8cts]		
2:00	V / I’m a lover	8x8	A¹	Double Reach & Drop	8x
2:32	PC / to believe in	4x8	B	Back-Step Bounce	4x
2:48	Br / (Synth & drums)	12x8	C+B¹	Step Bounce Combo Forward-Step Bounce Travel (travel F only) [16cts], Back-Step Bounce (travel B) [16cts]	3x



07. DREAMER 3:38mins

MOVEMENT TIPS FOR INSTRUCTORS

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

REACH & DROP/DOUBLE REACH & DROP

- Step to the side, reaching wide with the arm and sweeping it around in front of the body. Then step the foot in as you pull the elbow back across the chest and out. Drop the arm down, keeping the elbow close to the body



- Becomes both arms, splaying the hands as you sweep them around – like you’re casting a spell
- They cross over each other before the Elbow Pull



- Outside shoulder throws forward slightly, creating an inward lean in the body

BACK-STEP BOUNCE

- As per Track 3 technique for the Back-Step
- In this track we add a Double Bounce. This then becomes a small jump with an upward Palm Push, keeping the elbows into the ribs, like you’re hyping the crowd
- The Back-Step needs to be really clear, especially when it comes into the combo so that people know what they’re doing. Think placement of the toes, and active rotation of the knee outwards



FORWARD-STEP BOUNCE

- Step together, jump jump
- Up on the balls of the feet
- Palm Push up on a diagonal, one hand slightly higher than the other
- Body faces the corners
- Massive energy and hype!



COACHING THE VIBES

- So, so simple, and so, so Feel based!
- Not much coaching is needed, especially as they have done the Back-Step before, which leaves you free to focus on the hype
- Try to use your voice with the music – when it builds, you build! It’s super effective
- Some powerful lyrics in there if you choose to use them!
- Clearly coach the Back-Step so they know there’s a difference when it becomes a combo

“Keep believing in your dreams, because they might become your reality!”

“First, you have to believe; second, you have to work for it! It’s all about you! They told me I couldn’t, and that’s why I did!”

CREATING THE WOW

- The moment of freeze and roll is really powerful, especially if you’re silent. Then you can build up the energy and hype it again to take it home! Dance phase to the max!



08. GAMER STYLES

TRACK FOCUS

Indulge in the cool cats crew and chill out to the fun nature of this Grapevine and Squat recovery! This is apparently the year’s most popular track.

FEEL

Little House on the Prairy got WiFi and made a Spotify list and this is their signature Weekend vibes and Feels track

MUSIC			EXERCISE		REPS
0:00	Intro / (Banjo pick)	4x8	A	Wide Squat Pulse with hands at hips [2cts]	16x
0:14	C / gonna take my	4x8	A ¹	Whip & Flick Wide Squat Pulse with L hand at hips and R arm F [2cts], Squat Pulse with Head Tilt L [2cts], Pulse x2 with R arm F, to O/H, and behind [4cts]; repeat L [8cts]	2x
0:28	V / the horses in	4x8	B	Grapevine Dig Step L, R behind, step L, dig R heel wide [4cts]; repeat R [4cts]	4x
0:42	PC / Ain’t nobody	4x8	B ¹	+ Add: Side Body Wave L&R	4x
0:57	V / Riding on my	8x8	A	Whip & Flick	4x
1:25	C / gonna take my	4x8	B ¹	Grapevine Dig	2x
1:39	V / Hat down, cross	14x8	C	Rodeo Ramp-Up Step Touch L F to L corner [2cts], throw arms wide & F [2cts], repeat R, L, R [12cts], Step Tap B L&R x2 [8cts], Step Tap B L&R x2 with hip and freestyle arms [8cts]	3½x8
2:28	Outro / (Banjo pick)	2x8		Freestyle rodeo-foolery!	



08. OLD TOWN ROAD 2:36mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

WHIP & FLICK

- Wide bouncing Squat – like you’re riding a horse
- Reach the arm in front of the body and ‘grab’ into a fist. Tilt the head, and push the arm up and over to the back, flexed hand
- Lean away and watch the arm go past you
- 4 Squats to complete one arm-line



GRAPEVINE DIG

- Wide Grapevine across, stepping behind, and dig wide with the heel
- Hands hold on at trouser level



- Head weaves – tip the head under, like you’re moving under a cable! Turn your chest towards the cable and lean back so that your shoulder is forward



RODEO RAMP-UP

- Step together, facing the corner
- Throw the hands and add a small Heel Bounce downwards



- Step Tap back – step back and tap the toes as you lift and drop the hip, taking the shoulder with you



- On the first 4 it’s just the tap, and then the arms come up to emphasize the hips



COACHING THE VIBES

- This track is a whole lot of ‘chilled out’ good times!
- Try a phonetic cue, as Grace did in Masterclass, so that they can get the rhythm of the move – “whip, flick, take it back”
- Lots of lyrics to pull from for Feel cues – look up the lyrics to see what works for you!

“You can’t tell me I’m the only person who knows all the words to this song... sing it!”

“No stress here – it’s just SH’BAM!”

CREATING THE WOW

- See if you can get your class to sing along with you – it’s a really cool connection opportunity!



09. CARNIVAL

TRACK FOCUS

It's time to burn off some energy now and the focus here is on encouraging your participants to let their hair down and shake something. The drums encourage this naturally, so it will flow if you go with it!

FEEL

What it must feel like to be told off by a Latin-speaking mother who loves to listen to steel drum sounds when she's disciplining her children

MUSIC		EXERCISE		REPS
0:07	C / Aye , aye	4x8	A Shuffle Step L with Hip Push B [1ct], step R in [1ct], repeat x3 [6cts]; repeat R [8cts] 👁 Shuffle Mambo on last rep	2x
0:22	B / Aye , aye	4x8	A ¹ Shuffle Mambo Step L with Hip Push B, step R in [1ct], repeat x3 with arms drizzling up body [3cts], Mambo R facing L side x2 with Latin Arms [4cts]; repeat R [8cts]	2x
0:37	Instr / (Drums & beat)	8x8	B Jump & Shimmy Jump feet wide to L with Arms Cross and throw wide [1ct], Walk and Shimmy OTS R, L, R [3cts], repeat R [4cts], Jump L&R x2 with alternating Single Arms and Shoulder Shimmy (outside arm wide, inside palm to head) [8cts]	4x
1:07	Instr / (Drums)	2x8	Step Touch L&R [4cts]	4x
1:15	(Drums & rattle)	2x8	A Shuffle 👁 Shuffle Mambo	1x
1:22	C / Aye , aye	8x8	A ¹ Shuffle Mambo	4x
1:52	Instr / (Drums & beat)	8x8	B ¹ Jump & Shimmy The Booty + Replace: All arms and shimmies with Booty Shake	4x
2:22	Instr / (Chimes)	2x8	Step Touch L&R [4cts]	4x
2:30	C / Aye , aye	8x8	A ¹ Shuffle Mambo	4x
3:00	Instr / (Drums & beat)	8x8	B ² Jump & Shimmy Combo Jump feet wide to L with Arm Cross and throw wide [1ct], Walk and Shimmy OTS R, L, R [3cts], repeat R [4cts], Jump L&R x2 with Booty Shake [8cts]	4x
3:30	Instr / (Woodwind & claps)	4x8	C Rhythm Claps Freestyle movement with 5x Claps with the music [4cts]	8x
3:45	C / Aye , aye	8x8	A ¹ Shuffle Mambo	4x
4:15	Outro / (Drums & beat)	8x8	B ² Jump & Shimmy Travel + Add: Travel F (Jump & Shimmy) + Add: Travel B (quick Booty Shake Jumps)	4x



09. BARRACA 4:50mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SHUFFLE MAMBO

- 4 Shuffle Steps to the side, sticking the booty out the back
- Elevated posture, chest slightly to the corner



- Pick up the rear foot and cross it over to the corner to do 2 Mambos
- Hands travel up the body on the Shuffle, and circle the chest with the hands on the Mambo
- As we progress into Dance phase, travel the Shuffle more, flick the foot, and emphasize the hips on the Mambo, lifting the chest and sticking the butt out



JUMP & SHIMMY

- Jump laterally. There is a very slight turn on the diagonal; it's not quite front-on
- Stagger the landing – 1, 2!
- As you jump, the hands come up - not too high, not over head – and cross at the wrists before you throw them down on landing



- Shimmy, hands in loose fists, and elbows just out from the body. Work through the feet subtly side to side as you do this (watch the Masterclass to see how Rach uses very small foot movements, which helps to keep the rhythm and texture)



- Then 4 smaller jumps side to side, replacing the center foot in a syncopated rhythm, almost like a rocking horse
- One hand to the back of the head, the other arm extended out to the side of the body (very slightly to the corner, like the body angle), open hands in a Shimmy





09. BARRACA 4:50mins

JUMP & SHIMMY THE BOOTY

- Same footwork as the Jump & Shimmy, but with a Booty Wiggle!
- Soften the knees so that the booty can move, but the legs stay fairly straight
- Lean forward slightly and look over the outside shoulder



- Emphasize the first hip to the side on the landing, and then just let your butt and quads shake
- One hand extends in front of the body, with a bent elbow as you lean forward, to add texture to the move

COACHING THE VIBES

- Energetic carnival fun!
- Clear Feet cues to set up the 2 Mambos, and let your class know whether they are shaking their chests or their booties in the combo
- Watch out for the pause and African drum moment in the second set – use this as a connection moment
- Lots of encouragement and praise to get everyone to commit to the Booty Shake!

“We are ready for some carnival!”

“This is how we do it in Africa!”

CREATING THE WOW

- Get people to clap along with you in the Bridge!
- See if you can get people to say “Ai Ai Ai” with you!
- Immerse yourself in the Booty Shake!



10. K-POP

TRACK FOCUS

This is the moment that you get to be a pop star and the class should feel like this. Music video styles!

FEEL

When the cast of the Korean version of *High School Musical* play hide and seek

MUSIC			EXERCISE		REPS
0:07	Intro / your area! _	2x8	A	Slow March OTS Step on ball of L foot with R Elbow Lift [2cts], lower L heel [2cts]; repeat R [4cts]	2x
0:14	V / Cheonsa gateun	2x8	A ¹	Triple March March OTS L, R with Elbow Lift R, L, [2cts], step on ball of L foot with R Elbow Lift, lower L heel [2cts]; repeat R [4cts]	2x
0:21	Lgeon dabi	2x8	A ²	+ Add: Head Turn L&R	2x
0:29	Here I come	2x8	A ³	+ Add: Travel L&R	2x
0:36	Araseo maedallyeo	2x8	A ⁴	+ Add: Run, run, hop, hop	2x
0:44	PC / Look at me	8x8	B	Slow Whack Tap & Reach L Step out wide L and together x3 with Arm Swing high, middle, low [12cts], reach L arm O/H and down [4cts]; repeat R [16cts]	2x
1:12	C / this love!	5x8	B ¹	Whack Tap & Reach L Step out wide L and together x3 with Arm Swing high, middle, low [5cts], jump OTS x3, push L hand O/H x3 [3cts]; repeat R [8cts]	2½x
1:31	V / Feeling , like, a	2x8	A	Slow March OTS R&L Step on ball of L foot with R Elbow Lift [2cts], lower L heel [2cts]; repeat R [4cts]	2x
1:38	Got me all	2x8	A ³	Triple March	2x
1:45	PC / Look at me	8x8	B	Slow Whack Tap & Reach R	2x
2:14	C / this love!	5x8	B ¹	Whack Tap & Reach R	2½x
2:33	Br / (Synth melt)	1x8		Freeze with feet together and R hand salute-melt [8cts]	
2:36	V / _ We all commit	4x8	A ³	Triple March L&R	4x
2:51	C / must kill this	4x8	A ⁴	+ Add: Run, run, hop, hop	4x



10. KILL THIS LOVE 3:09mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

TRIPLE MARCH

- 3 Marches On the Spot, with the last one an emphasized Toe-Heel movement
- A bit military style – like a dance army!
- Hand is open when the arm is moving, then a fist as it stops on the Toe-Heel



- Then we add a Head Turn on the Toe-Heel, looking to the side of the room, in the direction we will travel – this also works really well as a visual cue for direction!



- Chin is slightly lifted
- Add the Travel Across, crossing the foot in front



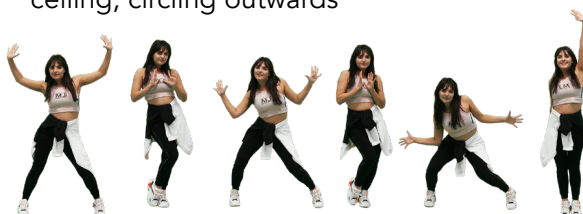
- When it becomes a run, pick up the knee and push it down – this acts like a canon, pushing the back leg out
- It's like you're wearing shoes that are a little too big, and you're jumping over little hurdles – it's a bit of an effort!
- Double Hop on the last one – single single double!



Note: Profile view

SLOW WHACK TAP & REACH

- 3 Slow Taps out to the side, turning the foot out, bending your knees, and progressively getting lower. Supporting heel lifts off to allow depth
- Palms face forward with bent elbows, pushing to the side of the body and back in, palms facing each other. Again, progressively getting lower
- Lots of tension in the muscles, resisting the movement – milk it!
- Step the feet together, and outside hand reaches up then down to the shoulder level
- Before it speeds up, pump the palm to the ceiling, circling outwards



- When it speeds up, the Tap becomes bouncy, and there's a Jump as you push the ceiling

COACHING THE VIBES

- Grab your crew and get on the dance floor
- The moves don't need a lot of coaching – set up the rhythm and the direction and you've got space to let the music speak and to connect!
- Try using your voice with the music as Caley did in the Masterclass – it's dark and intense in places, and then lifts in the "let's kill this love!"
- Lots of lyrics to use, and see if you can get people to get involved in the "yeah yeah yeah!"

"You like? We like!"

"Sometimes we get this noise between our ears; it makes us a little crazy – what are we gonna do?"

CREATING THE WOW

- The slow salute moment is a really effective pause moment! Take your people with you, and celebrate it when it's gone!
- Hype up the Jumps On The Spot!



11. JAZZ

TRACK FOCUS

Squeeze out the last drop of energy here and go big then go home! The big points are when the Step Touches and Six-Sixty Hands get thrown up and out and the room celebrates.

FEEL

It's a battle of Singer Songwriter vs. EDM DJ on the SH'BAM's Got Talent season finale

MUSIC			EXERCISE		REPS
0:00	Instr / (Beat & synth)	8x8		Breather	
0:30	Br / (Synth shimmer)	1x8		Step feet together [8cts]	
0:34	C / me feel like	8x8	A	Lift & Melt Step L to L corner with Chest Lift [4cts], melt body and bend R knee [4cts], roll up [4cts], step L foot in [4cts]; repeat R [16cts]	2x
1:03	Br / out of heaven	½x8		Arms F to O/H [4cts]	
1:05	Instr / (Heavy synth)	4x8		Step Touch L&R with arms O/H [4cts]	8x
1:20	(Synth & beat)	4x8	B	Six-Sixty Step Touch with Slide L&R with Six-Sixty arms reaching to the top corner and down R&L [4cts] 👁 back-and-forward step on last rep	8x
1:35	Br / (Drums & synth)	6x8	B²	Six-Sixty Combo Six-Sixty Step Touch L&R x3 [12cts], step B wide L&R [2cts], step F together L&R [2cts]	3x
1:58	(Fast drums)	2x8	A²	Extreme Lift & Melt Step L to L corner and melt body down with strong Fist Pull O/H and wide [2cts], roll up and step L foot in [2cts]; repeat R [4cts]	2x
2:05	(Heavy bass)	16x8	B²+A¹	Heavenly Combo Six-Sixty Combo [16cts], Extreme Lift & Melt x2 [16cts]	4x
2:50	Instr / (Beat)	4x8		Step Touch L&R [4cts]	8x
3:05	C / me feel like	8x8	A¹	Lift & Melt Step L to L corner with Chest Lift with fists O/H opening wide [4cts], melt body and bend R knee with fists wide and down [4cts], roll up [4cts], step L foot in [4cts]; repeat R [16cts]	2x
3:35	Br / out of heaven	½x8		Arms F to O/H [4cts]	
3:37	Instr / (Heavy synth)	4x8		Step Touch L&R with arms O/H [4cts] 👁 Six-Sixty	8x
3:52	(Synth & bass)	4x8	B¹	Six-Sixty	8x
4:07	Br / (Drums & synth)	4x8	B³	Six-Sixty Combo Six-Sixty Step Touch L&R x3 [12cts], step B wide L&R with Arm Reach low [2cts], step F together L&R with Arm Reach O/H [2cts]	2x
4:22	(Fast brums)	16x8	B³+A¹	Heavenly Combo Six-Sixty Combo [16cts], Extreme Lift & Melt x2 [16cts]	4x
5:22	Outro / (Synth shimmer)	4x8		Step Touch L&R [4cts]	8x

11. LOCKED OUT OF HEAVEN 5:41mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

LIFT & MELT/EXTREME LIFT & MELT

- Feet together, step out to the 45degrees, lifting the chest, bend the knees into a Lunge – back heel lifted. Roll down – chest and head are the last things to drop. Arms draping down. Then roll back up, lifting from the upper back first to step the feet back together
- Arms are like the ones from the Warm-Up Open up, out and around, using the lats to pull down, hands in fists
- In the second set, really use this with the piano chords! Lift, open, rise, step in
- The Extreme Lift & Melt has that big explosive, then braked feel of the arms in the Warm-Up



SIX-SIXTY COMBO

- Big energetic Step Touch – sliding across the floor
- Arms reach up to the corner with Six-Sixty Hands – index and middle fingers are extended out of the fist, with thumbs up. Flexed wrists



- Push with the back of the fist
- Push at the top and the bottom of the movement
- 6 steps, and then a 'back back forward forward'
- Back back forward forward. This movement is a little loose and floppy, leaning with a tilt of the body to the opposite corner – forward when we step back, and back when we step forward. Loose arms



- Add the arms, starting in a low 'V' and sweeping to a high 'V' – like you're lifting up the dance floor



- When it becomes the final combo, prep to go into the Extreme Lift & Melt by crossing the wrists at the top of the movement on the 'and' count before you step out
- This needs to go massive to lift the energy and the heart rates in Dance phase – slide further, punch to the corner stronger, explode into the Lift & Melt!



11. LOCKED OUT OF HEAVEN 5:41mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

COACHING THE VIBES

- Clear Feet cues to direct traffic, and then it's the HYPE! Much of this is brought physically by going HUGE in Dance phase
- Count down from 6 into the back-back-forward-forward
- Let the music speak once the movement is set up – it's a massive track and it carries itself, if you let it!
- The Step Touch moments are your connection time! Here's your chance for some great Free cues, or just some celebration!

"This is what I'm talking about! This is the passion I was talking about!"

"This, right now! This feels like heaven!"

CREATING THE WOW

- The slow, quiet lift of the arms into the absolute energy and freedom of the Step Touch – celebrate with your class
- Milk the second set of Lift & Melt with as much music passion as you can show throughout your body



12. COOLDOWN

TRACK FOCUS

Sing yourselves into the ending with a perfect finish of what SH'BAM is all about: Finding the best version of yourself and celebrating who you are and giving the class permission to be 1000% themselves and proud to be!

FEEL

The last hymn is always the one everyone knows the words to at SH'SUNDAY SH'SERVICE so sing it loud and proud like you were rinsed of all your dance sins

MUSIC			EXERCISE		REPS
0:09	V / think about it	4x8	A	Shoulder Pop L Wide Squat with hands on thighs, press shoulder F L&R [4cts]	8x
0:28	PC / Things look so	4x8	B	Stretch Sequence L Kneeling hip-flexor Lunge L (R leg B and on floor) [8cts], pull hips B and hands on floor for L Hamstring Stretch [8cts], Kneeling Hip-Flexor Lunge L (R leg back and on floor) [8cts], lift R knee to low Squat [4cts], and roll up [4cts]	1x
0:46	C / Bring me a	4x8	C	Lovin' Steps Step Touch L&R [4cts], Walk B L&R x2 [4cts]	4x
1:04	Br / (Synth shimmer)	4x8	D	Hip Roll Hip Roll L – R x8 with arms O/H [16cts], Hip Roll L – R with Arm Drizzle down x8 [16cts]	1x
1:23	Instr / (Vocals & synth)	4x8	C ¹	Lovin' Steps + Add: Clap (Step Touch L&R)	4x
1:41	Br / (Synth shimmer)	1x8		Feet wide, arms wide to O/H [2cts], arms wide and roll down [2cts]	
1:44	V / World's a turning	4x8	A	Shoulder Pop R	8x
2:02	PC / Things look so	4x8	B	Stretch Sequence R	1x
2:20	C / Bring me a	4x8	C ¹	Lovin' Steps	4x
2:39	Outro / (Vocals & synth)	16x8	12x8	+ Add: Optional recap of SH'BAM 38 awesomeness	12x



12. HIGHER LOVE 3:47mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SHOULDER POP



STRETCH SEQUENCE



LOVIN' STEPS

- Step Touch forward, walk back
- Loose, carefree and 'chilled'



HIP ROLL

- Feet wide, hands over head
- Roll your hips, working through your feet
- Drizzle hands down your body



COACHING THE VIBES

- An uplifting, celebratory way to finish the class
- Sing, vibe, get involved!
- *Celebrate the workout and the people*

"That's what SH'BAM is all about – that higher love"

"Ready everybody? Sing it loud and proud!"

CREATING THE WOW

- Get on the floor and give your people some love!
- Get them to sing, clap and connect with you



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.

