



SH'BAM **40**

MUSIC

01. K-POP

02. AFRICAN DANCE / LATIN / JAZZ

03. JAZZ

04. JAZZ

05. JAZZ

06. JAZZ

07. JAZZ

08. JAZZ

09. WHACKING

10. DANCEHALL / REGGAETON

11. JAZZ

12. COOLDOWN

BONUS

03. JAZZ

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MUSIC

- 01

Jopping (4:14)

SuperM

Courtesy of the Universal Music Group.
Written by: Jasper, McKinnon, Bonnick, Chapman,
Chicoine, Jones, McCray, Scott
- 02

**Bum Bum Tam Tam
(Kura Remix)** (3:46)

MC Fioti & Future

Courtesy of the Universal Music Group.
Written by: Aparecido
- 03

Raising Hell (2:48)

Flower Garden

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Written by: Douglas, Wrabel, Battacharyyaajay, Sebert
- 04

Polaroid (R3HAB Remix) (3:03)

Jonas Blue, Liam Payne & Lennon
Stella

Courtesy of the Universal Music Group.
Written by: Cooper, Drewett, Romans, Robbins
- 05

Too Hot (2:37)

Jason Derulo

© 2019 Warner Records Inc.
Written by: Manson, Dunbar, Willis, Bonner, Stansfield,
Devaney, Taylor, Morris, Desrouleaux
- 06

Jump In The Line (2:34)

Mauve Water

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Written by: Fong, Butt
- 07

Do Bad Well (3:22)

KSHMR feat. Nevve

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SpinninRecords.com
Written by: Unknown
- 08

Motivation (3:12)

Normani

© 2019 Keep Cool/RCA Records
Written by: Salmanzadeh, Kotecha, Martin, Grande,
Hamilton, Abraham-Joseph
- 09

Don't Start Now (3:02)

Dua Lipa

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Warner Records UK, a division of Warner Music UK
Limited.
Written by: Unknown
- 10

RITMO (Bad Boys For Life) (3:39)

Sky Grey

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Written by: Gaffey, Adams, Bontempi, Glenister, Gordon,
Harris, Osorio, Pineda, Spagna

- 11

Turn Me On (3:27)

Riton & Oliver Heldens feat. Vula

© 2019 Ministry of Sound Recordings Limited.
Written by: Clarke, Tyson, Smithson, Felder, Harris,
Contatahulten
- 12

Never Change (2:50)

Don Diablo

© 2019 HEXAGON.
Written by: Hornsby
- BONUS
03

Dont Wanna Dance (2:49)

Boston Bun

Courtesy of the Universal Music Group.
Written by: Baker, Noyer, Emenike



L-R: Grace Stevens, Carl Flavell-Trice, Rachael Newsham, Christa Albert and Alex Sánchez

SH’BAM 40 – fresher than ever before! A K-Pop banger brings us into the party vibes, as the jumping and popping wakes the room with a boyband-style warm-up! This dance workout is super hot, with some tracks even blatant enough to suggest being too hot for clothes! Don’t worry though, as the cool tracks in the back half of the class make sure that everyone’s tastes are taken care of. There’s also a few samples of 90’s songs here and there, as well as some generation dividing moments – such as the Polaroid track... IYKYK! ha ha ha

Rachael

CREDITS

- Program Director** – Rachael Newsham
- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Choreography** – Rachael Newsham, Corrah Philips, Bianca Ikinofu and Alex Sánchez
- Technical Consultants** – Andrew Newmarch
- 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 a Les Mills Ambassador for SH’BAM and BODYJAM and is based in Malaga.

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.

SHADOWS

Christa Michaela Albert (NZ) Professional Dancer
Carl Robby Flavell-Trice (NZ) Professional Dancer



EXPRESS FORMATS

30-MINUTE FORMAT

Track 1	K-POP
Track 2	African Dance / Latin / Jazz
Track 3	Jazz
Track 4	Jazz
Track 5	Jazz
Track 6	Jazz
Track 7	Jazz
Track 8	Jazz
Track 9	Whacking
Total Time	28:38

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		

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. K-POP

TRACK FOCUS

Keep the Waves really small to start so your participants can slowly see the moves, add depth to the squat and travel more as the track progresses. Use the lyrics for some energizer vibes.

FEEL

Like you and your mates are doing a K-POP TikTok video

MUSIC				EXERCISE	REPS
0:15	PC / <i>I don't even</i>	6x8	A	Easy Wave Feet wide, low Wave L [4cts], slow Hip Rock L [2cts] quick Hip Rock R&L [2cts]; repeat to R [8cts]	3x
0:38	C / <i>we jopping! _</i>	2x8	B	Bounce-Jump Feet wide, Bounce L&R [2cts]	8x
0:46	You <i>know how</i>	2x8	B ¹	+ Arm Swing out and cross-in	8x
0:54	V / Step <i>on the floor</i>	12x8	B ²	Bounce-Jump Combo Bounce-Jump x4 F [8cts], Step-Tap B L&R x2 [8cts]	6x
1:40	PC / You <i>know how</i>	2x8	A	Easy Wave 👁️ <i>Walk to L side</i>	1x
1:48	I <i>don't even care</i>	6x8	A ¹	Easy Wave & Walk Feet wide, low Wave L [4cts] with hands on thighs, slow Hip Rock L [2cts], walk to R side [2cts]; repeat to R [8cts]	3x
2:12	V / Uh , <i>you think</i>	8x8	B ³	Bounce-Jump Combo + Step-Tap B L&R with Hip Roll x2	4x
2:43	PC / I <i>don't even care</i>	4x8	A ¹	Easy Wave & Walk	2x
2:58	Br / <i>(Synth blast)</i>	½x8		Feet together, arms wide to O/H [4cts]	
3:00	Modu <i>hear that</i>	2x8	C	Foot Circle-Sweeps Foot circles F and out x4 R&L [8cts] NOTE: Arms drizzle down on 1st rep	1x
3:08	The music <i>loud</i>	3x8	C ¹	+ Chest Roll	1½x
3:20	PC / I <i>don't even care</i>	8x8	A ¹	Easy Wave & Walk	4x
3:51	Outro / <i>(Heavy bass)</i>	4x8	B ³	Bounce-Jump Combo	2x



01. JOPPING 4:14mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

EASY WAVE & WALK

- Keep this small to begin with so that your participants can see the movement, and so that you have somewhere to take it
- Feet wider than hips, wave down, bending the knees. Lead with the head, and follow with the body. In a continuous movement, wave up and back, leading with the head and following with the body (chest next etc). One slow Hip, pushing through the hip to the corner. Then 2 quick Hip Rocks to the front



- Slow, slow, slow, quick, quick rhythm
- Keep the feet walking throughout
- In our Walk phase (before we add the lateral walk), the hands are free – but keep them out of the way so that people can see the Chest Wave
- In strut phase, add a Walk to the side, crossing the outside foot in front. And now step into the Wave and place the hands on the thighs. It becomes a lower move here, too. Bend the knees more, and wave bigger



- Performance opportunity to add hands up on the “let me see you bounce” lyric – bounce the elbows down, down on “see” and “bounce”
- The last set is Dance phase – walk bigger to lift the heart rate, and drop a little lower in the Wave



BOUNCE-JUMP COMBO

- Feet slightly outside of hips, rock side to side, tapping the balls of the feet on the floor
- Keep the knees and the hips facing forward, with soft knees
- Raise the arms to the side of the body with bent elbows and open hands facing down to the side – like a Side Raise in BODYPUMP!
- Cross the hands in front of the body at ribcage level on the way down
- Keep the elbows bent throughout
- Travel forward



- Step back and tap the ball of the foot on the floor – in Walk phase this is a straight Step Tap
- Then we add a Hip Circle. As the hip goes around we extend the chest too
- In the last set, it gets even bigger – adding more chest to the move and wrapping the body around itself, so that you nearly turn side-on with it
- Free hands

FOOT CIRCLE-SWEEPS

- Drag the foot in and take the hands over head to prep the move and get people’s attention to stop
- Soften the supporting knee – this will help to take the weight off the circling foot
- Small amount of turnout with the feet to help with the balance
- Sweep the leg front to back
- Add a Body Wave, squeezing the shoulderblades together
- Top tip – practise this one for the balance before you get in front of the class, especially if you teach on carpet!





01. JOPPING 4:14mins

COACHING THE VIBES

- This Warm-up is a different vibe for SH'BAM, with a sassy K-Pop feel!
- Keep the movements really clean and 'fluff-free' in the Walk phases, so that people can clearly see the patterns before you go big
- Get out the message that anything goes and everything is encouraged, and let them know it's OK to put their own spin on it
- Heaps of interaction to make people feel confident

"You're in SH'BAM, where anything goes, and everything's encouraged, so feel free to make it your own a little bit!"

"Are you ready to party?"

CREATING THE WOW

- Create your own K-Pop group! Encourage your participants to put their own style on the moves and praise them when they do!



02. AFRICAN DANCE / LATIN / JAZZ

TRACK FOCUS

Little tip for this track is to use simple cues to direct people quickly to the body part that's about to move.

FEEL

When the party comes to town after you've just done a HIIT workout – so you need to 'chill' a bit before the drums arrive and you spring back to life

MUSIC				EXERCISE	REPS
0:00	Intro / (Drums)	4x8	A	Step Touch L&R [4cts]	8x
0:15	Instr / (Drums & bass)	4x8	A ¹	Azonto Step Touch L&R with Arm Sweep down, double-elbow lift wide R&L [4cts]	8x
0:30	V / <i>É a flauta</i>	8x8	B	Chest & Hip Roll Combo Feet wide, Chest Roll L with step-step travel to L and palms up L [4cts], Hip Roll with HOH OTS [4cts]; repeat Chest and Hip Roll L [8cts]; repeat to R [16cts]	2x
1:00	B / (Synth build)	2x8	C	Slow Back Samba L March L, R, L [2cts], sweep R behind R [2cts]; repeat R [4cts] NOTE: L foot begins behind R	2x
1:08	(Synth & keyboard)	2x8	C ¹	+ Double Arm Throw on Sweep	2x
1:15	Instr / (Heavy Bass)	8x8	C ² +A ¹	Samba Azonto Combo Fast Back Samba (+ Double Chest Pop on March OTS) x4 [16cts], Azonto (+ Travel F) x4 [16cts]	2x
1:45	V / I know that thing	4x8	A ²	Slow Azonto Step Touch L&R with Arm Sweep down, double-elbow lift wide R&L [8cts]	4x
2:00	_ Yeah, I'm a savage	4½x8	A ¹	Azonto	9x
2:17	<i>É a flauta</i>	4x8	B	Chest & Hip Roll Combo	1x
2:31	B / (Synth build)	1½x8	C	Slow Back Samba R	1½x
2:37	(Synth & keyboard)	2x8	C ¹	+ Double Arm Throw on Sweep	2x
2:45	Outro / (Heavy bass)	12x8	C ² +A ²	Samba Azonto Combo	3x



02. BUM BUM TAM TAM 3:46mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

AZONTO

- Based on an African dance move
- Reggaeton-style Step Touch, turning the feet out and bending the knees to sink into the legs
- Down-up feel
- Posture is collapsed, loose and forwards – the opposite of Ballet posture!
- As you step out, the arm reaches across the body and the shoulder drops forward with a soft elbow, like you're pressing with the inside of your wrist
- As you step in, the elbows flare to the side of the body – so, as the body sinks down, the elbows pop up
- There's a small amount of ripple in the body too – this is more obvious in the slow – motion moves
- Create a fluid, gooey movement – melting and expanding
- Grace uses her head with the movement too – this is not necessary but if you can master it, it adds style to the move



CHEST & HIP ROLL COMBO

- Small jump to the side, with wide feet. Stagger the landing, 1 – 2
- Roll the chest forward and around, in the direction of travel
- Hands are at chest height
- It's a full circle, so extend through the chest and then concave
- If you haven't done a lot of dance training, you may have to practise this a bit. Spend some time rolling the chest in each direction. Pretend you need to clean the windows with no hands!
- Bend the knees and sit lower in a Squat
- Roll the hips up, back and around in the direction of travel, with hands on hips
- As you travel across, rise up, then drop down



SAMBA

- Drop the foot behind and exchange the weight in a 1, 2, 3 pattern
- The third footstrike sends the foot around and behind the body
- The arms are loose at chest height and then push out and away in a circular motion, drawing a circle with the heel of the hands
- Small amount of turn in the body
- There's a very small chest contraction happening in Dance phase. Contract the chest in and in, before quickly throwing the arms out and back – again, this isn't necessary but adds style and texture





02. BUM BUM TAM TAM 3:46mins

COACHING THE VIBES

- This track has a lot of stylization for you, but it doesn't need to have for your participants – keep it simple and fun
- Try to create some Feel cues to capture the feel of the move. Grace uses imagery of a jellyfish. What does the move feel like to you?
- Let people know that this move originates in Africa
- Contrast vocals with more energy in the Azonto and Samba, with lower energy and more intensity in the Chest and Hip Rolls

“It's an indigenous move from Africa. It's called the Azonto! But it kinda makes you feel like a jellyfish”

“Samba – like you're dancing on top of yourself in a tiny box”

CREATING THE WOW

- Lowering your voice and creating space to let the music speak in the Chest Roll to Hip Roll is super effective! Make sure you connect with your class and let them know how hot they look!



03. JAZZ

Please note: This track contains explicit content. Bonus Track 03 can be used in place of this Track.

TRACK FOCUS

This is about raising the celebration levels in the room so people enter into the party spirit of things. Use the lyrics or the essence of what's being said to liberate your participant from their inhibitions.

FEEL

How you get out of bed on a Friday morning knowing it's the weekend and your mum is out of town so you have no curfew, ha ha ha!

MUSIC			EXERCISE		REPS
0:09	Intro / Halle-lujah	2x8	A	Hop Together Hop feet together L&R [4cts] 👁 Double Fist Pump O/H	4x
0:17	V / I'm all done up	2x8	A ¹	+ Double Fist Pump O/H	4x
0:25	PC / Oh! If you	4x8	B	Hip Rock Push Hip Rock L&R with Palm Push O/H R&L [4cts], Hip Rock L&R with Palm Push to side R&L [4cts]	4x
0:42	C / (Sax)	2x8	C	Drop It Low Feet wide and bounce low L&R with R Arm Swing [4cts] 👁 'Hit It' Arm Swing	8x
0:50	Drop it down	2x8	C ¹	Drop It Low (Hit It) Feet wide and bounce low L&R x2 with R arm to top L, top R, low L, low R [4cts]	4x
0:58	V / Hands up,	4x8	A ¹	Hop Together	8x
1:15	PC / Oh! If you	4x8	B	Hip Rock Push	4x
1:31	C / (Sax)	2x8	C	Drop It Low	8x
1:39	Drop it down	2x8	C ¹	Drop It Low (Hit it)	4x
1:48	Br / _ Ladies and	2x8		Breather [16cts]	
1:56	Aw dang, this	4x8	D	Rock Back, Shoulder Sass Feet wide with HOH (or waist), rock hips traveling B L&R x2 [4cts], strut L&R x2 F with Shoulder Bounce [4cts]	4x
2:13	PC / Oh! If you	4x8	B	Hip Rock Push	4x
2:29	V / get an amen?	4x8	A ¹	Hop Together	8x



03. RAISING HELL 2:48mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

HOP TOGETHER

- Hop side to side, staggering the landing toe – heel to work through the feet
- Turning the body corner to corner (the inside corners)



- Arms lift over head and pull the elbows down, down, to about shoulder height as you land the Hop
- Hands are in loose fists



HIP ROCK PUSH

- Slow rock side to side, working through the feet and the knees
- Push the hands up and away over head, then out and away at shoulder height, using the palm to push with a bit of tension
- As you push away, 'melt' through the knees slightly
- Contrast in the depth of the side push, and the height of the upper push



DROP IT LOW (HIT IT)

- Feet wide, drop down low and rock side to side
- Tip forward from the hips and place one hand on your thighs
- Shift the weight side to side, and release the heels, thinking about squatting
- Open hand swinging side to side
- Then lift up and wave the hand high, with a slight lean back in the body
- Hand goes to all 4 corners, top, top, bottom, bottom, creating a 'Z' shape!



ROCK BACK, SHOULDER SASS

- Wide Walk back, working through the feet toe to heel, and pushing the hips out and back slightly
- Hands on waist with thumbs to the front and fingers to the back (if mobility allows)
- Narrow Walk forward, bouncing the shoulders down, down
- There are only 4 reps of this so they get progressively bigger. Pick up the feet more on the Walk back to accent the music. And the Walk forward crosses over with your weight on the balls of the feet





03. RAISING HELL 2:48mins

COACHING THE VIBES

- This track brings some great vibes and cool connection opportunities
- Very simple and easy to follow, which leaves you free to coach Feel and connect with your class
- Great lyrics to sing along to or connect with, if you're that way inclined!
- Energetic, fun feel

"We don't need help finding trouble - that's where the fun is, right?"

"Ain't no misfits in SH'BAM, this is the validation that everyone's moves are the hottest in town"

CREATING THE WOW

- The Wow comes from being really 'in' the music – this is the celebration of SH'BAM! Put your hands up and show it in your body and your soul!



04. JAZZ

TRACK FOCUS

The slow, quiet parts of the music just need a simple Feet cue (and then a follow-up to confirm for anyone who didn't hear it), then space to enjoy the quiet and the elegance of the move.

FEEL

The performance piece that people do in their history class in year 2040 to explain the origin of photos

MUSIC			EXERCISE		REPS
0:01	V / Let me tell you	4x8	A	Slow Plié & Lunge Step L foot wide, squat with arms O/H and wide down [8cts], sweep L foot across to R side for side-profile Lunge with Windmill Arms [8cts]; repeat R [16cts]	1x
0:16	all of a sudden	4x8	A ¹	Plié & Lunge Step L foot wide, Squat with arms O/H and wide down [4cts], sweep L foot to R side for side-profile Lunge with Windmill Arms [4cts]; repeat R [8cts]	2x
0:31	PC / We took a	4x8	B	Polaroid Tap Tap foot forward-and-together L&R x2 with arms F to 'frame-hands', O/H and wide down, [8cts], tap foot forward-and-together L&R x2 [8cts]	2x
0:46	B up / starts fading _	4x8	C	Slow Groove & Punch Wide Walk L&R with Chest Groove and fists in at shoulder-height [4cts], Chest Groove with step L, step R together [2cts], step wide L with double punch side and down [2cts]; repeat R [8cts]	2x
1:01	Instr / (Heavy bass)	4x8	C ¹	Groove & Punch Wide Walk L&R with Chest Groove and fists in at shoulder-height [2cts], Chest Groove with step L, step R together, step wide L with Double Punch side and down [2cts]; repeat R [4cts]	4x
1:16	(Bass & synth)	4x8	C ²	+ Travel F	4x
1:31	V / it my imagination	4x8	A	Slow Plié & Lunge	1x
1:46	all of a sudden	4x8	A ¹	Plié & Lunge	2x
2:01	PC / We took a	4x8	B	Polaroid Tap	2x
2:16	B / starts fading _	4x8	C	Slow Groove & Punch	2x
2:31	Instr / (Heavy bass)	4x8	C ¹	Groove & Punch	4x
2:46	Outro / (Bass & synth)	4x8	C ²	+ Travel F	4x



04. POLAROID 3:03mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

PLIE & LUNGE

- Feet wide with knees and toes out, in a Plié position
- Posture is lifted and tall, with the tail bone tucked under
- Lower the arms as you lower into a Squat, with soft elbows, and the palms facing up
- Step the outside foot across the body into a Lunge so that you face the back – front knee is bent, the back leg is straight
- As you do this, the inside arm circles up and back, while the outside arm (same arm as the leg that steps across) comes under and up
- ‘Drapey’, floaty feel with the wrists and hands – it takes practice to achieve this, so get in front of the mirror!
- Step the back leg out in the same direction of travel and sink into a front-facing Plié again, before going back the other way
- Pivoting from one foot to the other



POLAROID TAP

- Tap the balls of the feet in front of the body
- Bring the hands up and forward, then bring the thumb and index fingers up to mimic taking a picture
- ‘Rebound’ the hands back up and push away and down with the hands



GROOVE & PUNCH

- Feet wide, working through the feet in a slow, slow, quick-quick-slow pattern
- Soft knees, hips lift and drop
- Hands up in fists and close to the body – in a ‘scared movie watching’ position!
- Rolling back through the shoulders
- On the last ‘slow’, the foot steps out a little further and the hands punch forward and away. Elbows flare and they push down and around the front
- Almost a scoop, and the body follows with momentum
- When it speeds up, the shoulder movement becomes less and the feet move in a bouncing pattern



COACHING THE VIBES

- Simple is best here; this song is so beautiful that the music needs to come out!
- Clear Feet cues at the beginning and that’s it – this will let people understand the pattern, and then they can be free to feel it
- Room for chat in the Polaroid Tap
- Lots of contrast with the slow, beautiful movement in the Pliés, the joyful lyrical chorus, and then the energetic beat drop – how can you show this in your body and voice?

“Dance is a great place to lose yourself - just close your eyes and let the music take over!”

“It’s your ballerina moment!”

CREATING THE WOW

- Finding the quiet intensity of the Pliés and really ‘milking it’, and then contrasting that with some massive energy in the Groove & Punch is a sure-fire way to bring the room to life!



05. JAZZ

TRACK FOCUS

In this track, you face the class more so it's a great place to connect with members. It's also very playful so you have an easy in road there.

FEEL

The soundtrack that plays when the heavy lifters come into the gym to do high-intensity mixed weights and cardio workouts for time, every minute on the minute

MUSIC				EXERCISE	REPS
0:10	V / _ Left the roof	4x8	A	Quick-Step and Lean Step wide L, R in, step L to face L side [2cts], Body Roll, lean B with L Knee Lift [2cts]; repeat R [4cts]	4x
0:31	PC / you came to	2x8	B	Hip-Wind Setup Smooth Hip Bump B L&R x2 [4cts], smooth Hip Bump B L&R x2 with R fist F [4cts], smooth Hip Bump B L&R x2 with L elbow bent, fist F [4cts], smooth Hip Bump B L&R x2, arms melt wide and down [4cts]	1x
0:40	C / Too hot for clothes	4x8	B ¹	Hip-Wind Hotness Smooth Hip Bump B L&R x2 with R fist F [4cts], smooth Hip Bump B L&R x2 with Sweat Wipe, and Flick [4cts], smooth Hip Bump B L&R x2 with R fist F [4cts], Hip Rock L&R x2 with Elbow Pull R&L x2 [4cts]	2x
1:01	V / Been around the	1x8	A	Quick-Step and Lean	1x
1:05	you dance in	3x8	A ¹	+ Triple palm-up stab R&L	3x
1:20	PC / you came to	2x8	B	Hip-Wind Setup	1x
				Hip-Wind Hotness NOTE: Repeat the Hip Rock L&R with Elbow Pull R&L x2 on last rep	2x
1:53	Instr / Whoa	4x8	A ²	Quick-Step and Lean + Reverse Arm Roll	4x
2:13	C / Too hot for clothes	4x8	B ¹	Hip-Wind Hotness	2x
2:33	Outro / (Keyboard)	½x8		Freestyle finish [4cts]	



05. TOO HOT 2:37mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

QUICK-STEP & LEAN

- Gallop across the floor, bending the knees in a semi-Squat
- As you end the Gallop, lift up (and hold for a split second!) then drop onto the back foot and rock – back and back!
- Make that hold really obvious, so the class can see the rhythm
- As the back foot stomps, the pelvis tilts (squeeze the glutes!) and sends the other foot forward. It's a Body Wave from the ribs down
- Hands on the thighs to accentuate the drop and the Body Wave
- Contrast between the depth in the Squat across and in the lean back. The lower you go in the Squat across, the better the lean looks



- Every time we do this, there's something slightly different on the lean back! In the second set, we extend the inside hand facing up – high, middle, low – like you're presenting the weather and indicating 3 different locations! And in the last set, we roll the fists backwards with the elbows out, like a reverse Speedball. It helps if you focus on the front arm rotating under and around



HIP-WIND HOTNESS

- Step the feet wide, bend the knees and scoop the hip in a U-shape



- In the Set-up, push the arm out to take the steering wheel with one hand, and lean out the window with the other arm's elbow (grab with the fist on the "WE could get changed" lyric). Then open both hands out in a palms-up gesture



- In the chorus, melt the arm forward, then drag the hand across the forehead and flick, extend the arm again then roll the elbows back (shoulders will turn with this), like you're taking your jacket off violently!



COACHING THE VIBES

- Simple, fun, connection!
- Time to wind back the energy and 'chill' a little
- Lots of cool lyrics to play with
- See if you can get people to sing along with you
- Connect with your class – how hot are they right now?!

"We all have that friend who's too hot for clothes, and if they can dance too... phew!"

CREATING THE WOW

- Really imagine taking the steering wheel and leaning out the window, so that your class can picture the moment - it will change the way they move
- Lots of Connection with them!



06. JAZZ

TRACK FOCUS

The opposite happens in this track as we spend most of the track facing the walls – so we found it worked a treat to time the focus onto the hips and keep the playful energy from the previous track in the air a little longer. You don’t have to say much!

FEEL

What the outside of the studio looks like 15 mins before SH’BAM is scheduled to start as all participants politely dance their way to the front of the queue so they can be in the front row :-)

MUSIC			EXERCISE		REPS
0:09	Intro / Dope kinda	4x8	A	2-Step Pop ‘n’ Flick Step Touch L with Double Chest Pop and R arm shoulder-height [4cts], Step Touch L with R Arm Flick O/H [4cts]; repeat R [8cts]	4x
0:26	C / Jump in the	4x8	B	Triple-Tap & Wind-Wind Tap L foot x3 to face R [3cts], jump wide OTS [1ct], wind body F and B in Squat [4cts]; repeat R [8cts]	2x
0:44	Instr / (Heavy beat)	4x8	B ¹	+ Hip Roll	2x
1:01	Shake , shake	4x8	B ²	+ Freestyle arms	2x
1:19	V / Gyals stepping	4x8	A	2-Step Pop ‘n’ Flick	4x
1:37	C / Jump in the	4x8	B	Triple-Tap & Wind-Wind	2x
1:56	Instr / (Heavy beat)	4x8	B ¹	+ Hip Roll	2x
2:14	Outro / Shake , shake	4x8	B ²	+ Freestyle arms	2x



06. JUMP IN THE LINE 2:34mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

2-STEP POP 'N' FLICK

- Two lateral steps across. Palms face forward with an open hand, close to the body
- Outside arm low, inside arm high, like you have a tall dance partner and you've got one hand on their thigh and the other on their pec!
- Tension through the hands, pressing forward
- Pop the chest as you step, then flick the hand up and slightly outwards – pump, pump, flick, drop
- Head looks at the hand as it flicks, which means the body naturally waves away a tiny bit



TRIPLE TAP & WIND-WIND

- Tap the foot on the floor 3 times, turning to face the side of the room
- Jump into a Wide Squat and wave to the front, leading with the head and the body follows
- Lean back and pull the foot back in – subtle pull back



- In Strut phase, we add a Hip Roll forward and around as we stomp around and a little wave in the body as you lean back (keep it small)
- In Dance phase, we add freestyle arms and add a little more energy to the moves



COACHING THE VIBES

- Another super simple track with a lot of energy and fun!
- If you set up Feet cues really clearly at the start, you'll hardly need to cue again
- Lots of opportunity to lose yourself in the Wind-Wind, and to encourage your class to put their own spin on it

"You can shake whatever you want to!"

"You don't have to ask me twice... what have you guys got?"

CREATING THE WOW

- How low can you Wind? This is one of those tracks where your energy and fun will set the tone for everyone else
- Can you get everyone to jump in a line, and wind together?



07. JAZZ

TRACK FOCUS

Early Feet cues, especially for the corner moves and Step-Knee back, really help keep things flowing, and then if you power the arms into the air on the last chorus, the energy really lifts up.

FEEL

Every cheerleader has sung this under their breath and now all the SH'BAM family will have it stuck in their heads

MUSIC			EXERCISE		REPS
0:08	V / _ Oh my Daddy	4x8	A	The Siren Feet wide, Double Palm Sweep around head R to L [4cts], Hip Roll L to R [4cts]; repeat R [8cts]	2x
0:23	PC / _ Oh, oh	4x8	B	V-Step & Tap V-Step F L&R, step B together L&R [4cts], tap wide F&B L, R [4cts]	4x
0:38	B up / (Drums)	4x8	C	Double Squat Combo Face R corner, Double Drop-Squat L with hand on thighs and traveling F, repeat R [8cts], step-knee L&R x2 with Arm Throw L&R traveling B [8cts]	2x
0:53	Instr / (Beat & drums)	8x8	C ¹	+ Arm Swing on Drop-Squat	4x
1:23	B up / (Synth hit)	1x8		Feet wide, arms O/H and wide down [8cts]	
1:26	V / I don't believe	4x8	A	The Siren	2x
1:41	They never see	4x8	B	V-Step & Tap 👁 Elbow Pull, punch, and pops	4x
1:56	_ Oh my Daddy	8x8	B ¹	+ Elbow Pull wide, punch down (V-Step) + Elbow Pop R&L (V-Tap)	8x
2:27	B up / (Guitar)	4x8	C ²	Double Squat Combo + Throw O/H (Drop-Squat)	2x
2:41	Outro / (Beat & drums)	10x8	C ³	+ Hands on thighs (Drop-Squat) + Throw Arms O/H with low kick F (Drop-Squat)	5x



07. DO BAD WELL 3:22mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

THE SIREN

- Feet wide, circle the arms up and over head, like a circus artist with a cape
- Outside arm goes across the body at shoulder height, up, back and around. The inside arm follows. This creates movement in the thoracic spine
- Open hands with a slightly flexed wrist. Almost matrix styles
- The movement continues into the hips – sit low with bent knees and circle the hips out the back. Loose arms hanging behind



V-STEP & TAP

- Feet walk wide forward forward, and narrow back back, then tap to the corners, bringing the feet together between each tap
- As you walk forward, it's like an Upright Row. Elbows pull up and then drop back a little, squeezing upper back. Fists are at chest height, by the armpits
- As you walk back, the elbows flare and lift, pushing the fists down the body – like a reverse Clean & Press
- When you tap, the opposite elbow pulls up and across to the side
- The first reps are just setting the movement, and then as the track progresses, we bring more flexion and contraction into the movements, more hips, and a bit of a Body Roll as the hands come down



DOUBLE SQUAT COMBO

- Zigzag forward with a low double step with hands on the top of thighs
- Angle is to the corner. Drop into a Squat with the knees and toes out on each step, and bring your feet together in between



- Step-Knee back, whipping the arm from the back to the front like you're skimming stones



- Add a floaty arm-line – like seagull wings



- On the last set, we throw the hands up on the second step – soft closed fists fire straight up to the ceiling
- When the beat drops we go bigger, and there's a ricochet effect with the feet – the leg kicks forward and away
- Big cardio effect – think down, up! down





07. DO BAD WELL 3:22mins

COACHING THE VIBES

- It's a track of contrasts and intensity. Once again, if you set up the Feet cues clearly from the beginning, you are home free for the rest of the track to dance and enjoy the vibes
- Try a lower vocal on The Siren, a bit of chat on the V-Step & Tap, and a build into the Double Squat Step-Knee
- Some good lyrics to tap into – and a reference to an older song... na na na... IYKYK!

"I don't believe in miracles – only that hard work pays off"

"Appearances can trick you sometimes – it's like this track: it might look innocent but it's gonna kick your heart rate right up!"

CREATING THE WOW

- In the last set try some silence and go massive physically – drop and punch the ceiling. Check how Alex syncopates the movement with the rhythm of the music and try doing the same!



08. JAZZ

TRACK FOCUS

Even though there are plenty of rhythm changes in this track, they're very easy to learn – so try and not over-complicate things with too many cues. They all get repeated lots of times and the class will just feel better and better.

FEEL

When someone breaks up with you in the nicest possible way, so you leave with a smile on your face... until someone reminds you that it was an actual break-up

MUSIC			EXERCISE		REPS
0:06	Intro / Baby turn	1x8	A	Single-Single-Double Step-Tap L&R [4cts], Double Step-Tap L [2cts]; repeat R [4cts]	1x
0:11	V / You got that	4x8	A ¹	+ HOH	4x
0:33	Falling into the	2x8	B	Tap-Slide Tap L foot F, R hand on L shoulder [1ct], step L in and slide R hand down L shoulder with Body Roll [1ct], repeat R [2cts]	4x
0:45	C / I'mma break you	2x8	B ¹	Quick Tap-Slide Tap L foot F, R hand on L shoulder, step L in and slide R hand down L shoulder with Body Roll [2cts]; repeat R [2cts]	8x
0:56	Think about it,	2x8	C	Lush Wave Step L foot wide with arms wide to O/H [3cts], step L in with L HOH, march R with R HOH [1ct]; repeat R [4cts]	2x
1:08	V / _ You got a	4x8	A ¹	Single-Single-Double	4x
1:31	Falling into the	2x8	B	Tap-Slide	4x
1:42	C / I'mma break you	2x8	B ¹	Quick Tap-Slide	8x
1:53	Think about it,	2x8	C	Lush Wave	2x
2:04	Instr / (Horns)	4x8	A ¹	Single-Single-Double	4x
2:27	C / I'mma break you	2x8	B ¹	Quick Tap-Slide	8x
2:38	Think about it,	2x8	C	Lush Wave	2x
2:49	Outro / (Horns)	4x8	A ¹	Single-Single-Double	4x



08. MOTIVATION 3:12mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SINGLE-SINGLE-DOUBLE

- Single single double, small steps with the shoulders turning the way you're going
- Lift the outside hip on every step. Step on the flat foot and tap on the ball of the foot as you lift the hip
- Hands go on the hips to accentuate the movement of the hip bones. This also creates some movement in the shoulders
- Gets bigger throughout the track with more hip and more sass. Let them see the movement first!



TAP-SLIDE/QUICK TAP-SLIDE

- Tap the ball of the foot in front, then replace under the hips, with a soft bend in the knee
- Place the opposite hand on the opposite shoulder, and then drag it off to a scoop, like you're brushing something heavy off your shoulder – rotate and push
- As you tap, the hand goes up, and as you replace the foot, you scoop the hand down and away



- In the slow phase, the rhythm is hold, push! (watch Rach for the timing), but when it speeds up the movement is continuous
- Becomes bouncier in the fast phase

LUSH WAVE

- Step to the side and push the hips back, as the hands sweep around and up in a circular movement
- Lead with the wrists, and arch your back to give the move texture
- As the hands reach the top, replace the feet under the hips in a ba-ba rhythm, outside foot then inside, picking up the knees. Place the hands on the hip bones at the same time as the feet strike
- If you want to be flashy, the head turns to the side to watch the outside arm go up, and then turns back to the front on the "Ooh! (I think about it)" – there's a small freeze moment before the foot placement



COACHING THE VIBES

- This track is a little lighter, and a great point to check in and connect with your class
- Keep the vocals chatty and soft
- What styles can you get your participants to bring out? Are they sassy? Street? It's their choice

"This is your music video moment – how are you gonna do it?"

"It's like you're dancing under a spotlight"

CREATING THE WOW

- The Wow is in really showing progression throughout the track, so that you and your members are going really big by the end! The key is starting small.
- Emphasize the Lush Wave – slow it down and really 'milk it'.



09. WHACKING

TRACK FOCUS

Ooh, now this one needs some very fast and clear cueing right off the bat, and then it's smooth sailing. As soon as the track starts be ready with your Feet cues and the rest falls into place. In the last block of strutting, people love to see an example – so go ahead and get flamboyant :-)

FEEL

The theme song you play on repeat now you have realized they broke up with you, and you are neck deep in social media posts that have thirst trap everywhere BUT in hashtag form

MUSIC			EXERCISE		REPS
0:07	V / full 180 , crazy	6x8	A	Slice & Whack Walk F L, R with arm out wide, palms down L, R [2cts], walk B L, R with elbows bent, hands to shoulders L, R [2cts], Step-Touch L&R with Double 'Whack' Arms [4cts]	6x
0:30	PC / So, if you don't	4x8	B	See Me Combo Feet wide, throw arms O/H and melt them wide [4cts], melt body down to a Squat [4cts], roll up and flick arms to out L, R [2cts], hold [2cts], face L and wrap arms [1ct], look F [1ct], hold [2cts]	2x
0:46	C / Don't show up,	4x8	C	Pushaway Walk Walk to L side, push R palm F and out [3cts] turn to face R with L Arm Sweep, fist to chest [1ct]; repeat R [4cts]	4x
1:01	V / the guy who,	6x8	A	Slice & Whack	6x
1:24	PC / So, if you don't	4x8	B	See Me Combo	2x
1:39	C / Don't show up,	8x8	C	Pushaway Walk	8x
2:10	PC / So, if you don't	4x8	B	See Me Combo	2x
2:26	C / Don't show up,	4x8	C	Pushaway Walk	4x
2:41	Outro / (Beat & vocals)	4x8	A	Slice & Whack	4x



09. DON'T START NOW 3:02mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SLICE & WHACK

- Walk forward forward, back back – keeping it narrow – then Step-Touch side to side.
- Arms go out in blades to the sides, then back across the chest, parallel to the floor – corner, corner, chest, chest
- On the Step-Touch we have whacking hands, loose wrists and elevated elbows. Float the hands over and rebound off the back and the front
- Slight inside turn of the body



SEE ME COMBO

- Feet wide, and throw the hands up – open hand facing forward
- Let the hands slide down to about head height, then let everything fall. Knees buckle, and we roll down, leading with the chest. Arms drape behind the body
- Roll up, and sweep the hands down and out to the sides of the body, one at a time, and the hips scoop too
- Face the left corner, wrap the arms around, with the outside arm on top, grasping the shoulder. Front knee bent, back knee dropping in. Turn the head to the front. Wrap head!



PUSHAWAY WALK

- Walk across the room, walk, walk, walk together. As the foot steps in, turn the body to face the other corner, ready to walk the other way
- Sweep the arm across and away with a flexed, open hand. As the foot taps in, the other arm sweeps around and we 'catch' it in a fist with the elbow lifted. Then it's ready to push out and away as we go the other direction!
- As the track progresses, make the walk bigger, pick up the feet more, and add more style to the arms



COACHING THE VIBES

- Clear Feet cues to set up the moves and introduce the whack
- The See Me Combo is more a watch and follow... once your class has done it a few times they'll be working it like they're in a music video!
- Allow freedom for your participants to work it the way they want to in the Walk
- Check out the lyrics for some Feel inspiration

"I love to strut – anyone else?"

"Nothing's gonna stop us, not now!"

CREATING THE WOW

- Create your superstar moment in the See Me Combo – this is full-on Dance phase; go for a gold performance moment! Own it!



10. DANCEHALL / REGGAETON

TRACK FOCUS

The slow set-up of the Side Walks needs very clear and repetitive cues with space for the class to listen and do. The second time around it's best to repeat this again, with the second time a good opportunity to highlight the toe – heel action that the foot is getting.

FEEL

This is the song that gets everyone up on the dance floor to, because there is something very appealing about the moves and the direction of the moves in this track. It has a catchy “RITMO”.

MUSIC			EXERCISE		REPS
0:05	Intro / This is the	4x8	A	Bounce Bounce L&R [4cts]	4x
0:14	V / Toda la noche	8x8	A ¹	Bounce Combo Bounce L&R x3 with Arm Swing and Grab [12cts], slow rock L&R with R Aarm Wave O/H [4cts]	4x
0:50	Instr / RITMO _	2x8	B	Slow Hip Bump L Face R, step B toe – heel L&R x3 [12cts], jump feet together facing F [2cts], jump wide to face L [2cts]	1x
1:00	V / _ No son ni	4x8	B ¹	Hip Bump R&L Face L, step B toe – heel R&L x3 [6cts], jump feet together facing F, jump wide to face R [2cts]	2x
1:18	Hakuna Matata	3x8	B ²	+ Arms	1½x
1:32	C / of the night _	8x8	A ¹	Bounce Combo	4x
2:08	Instr / RITMO _	2x8	B	Slow Hip Bump L	1x
2:17	V / _ The rhythm, the	4x8	B ¹	Hip Bump R	2x
2:35	_ The rhythm, the	5x8	B ²	+ Arms	2½x
2:59	C / of the night _	8x8	A ¹	Bounce Combo	4x



10. RITMO 3:39mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

BOUNCE COMBO

- Feet wide, step and tap the toes, in a Squat pattern – dip and tap!
- Scoop the arm through and as you tap the toes, the elbow comes to the hip. Squeeze and contract to pump/bounce the elbow
- Hips lift and drop
- Corner to corner with the body/chest
- 6 Squat Taps, then we pop up and wave the hand over head, like we're waving a flag at a racecourse. Try to keep the sass out of this move to keep the feel of the music
- Add a little lateral hop across the floor in Dance phase



HIP BUMP

- Face the side of the room, feet slightly wider than hips
- Wide-walk toes backwards, heel leading with the front foot, tipping forward from the hips and sticking the booty out
- Jump the feet together, then jump to face the other wall, ready to go back again
- The first one is on a flat foot, as participants see the move, and then it becomes a toe – heel movement



- Pelvis needs to be lifted to allow the toe – heel movement. Soft knees
- In Strut phase, the hands push upwards as you walk back, and as the feet jump together they come in, then drop down as you jump to face the other way



- In the dance phase, bend the knees more and stick the booty out the back to get more movement
- Try looking over your shoulder to add some style

COACHING THE VIBES

- Super 'chilled' Afro vibes!
- Get the Feet cues out so they know how many taps or walks there are
- Use a phonetic cue for toe – heel so they can see that
- Encourage them to work what their mamas gave them and stick it out a little further
- Keep some cardio in the mix by making the hop across the floor bigger – how far can they travel?

"Make it bounce! Maybe tonight's like Fuego!"

CREATING THE WOW

- Get the class to sing Oh Yeah! with you!



11. JAZZ

TRACK FOCUS

The House Heel-Dig is a basic House move, so do it slowly and keep the range small if you want success; then when it speeds up, your class will know they don't have far to go.

FEEL

OK, so the party ends on a 90's note and no-one ever complained about that because by then there are no bystanders left and everyone loves to boogie to samples of DON'T GO as they see their friends ghosting the party

MUSIC		EXERCISE		REPS
0:08	V / Living life all wrong	4x8 A	Slow Jazz Tap & Pas De Bourrée Face R, tap L F, B [4cts], step L behind, step R, step L [4cts] L, repeat R [8cts]	2x
0:23	And just give me	2x8 A ¹	Jazz Tap & Pas De Bourrée Face R, tap L F, B [2cts], step L behind, step R, step L [2cts] L, repeat R [2cts]	2x
0:30	Dr. prescribe me	2x8 A ²	+ Optional Kick (replaces Taps)	2x
0:38	PC / turn me on, turn	2x8 B	Slow House Heel-Dig Heel-Dig L&R [2cts], Heel-Dig L&R with Hand Drizzle over head [4cts]	2x
0:46	turn me on, turn	2x8 B ¹	+ Shoulder Tap (cross and open x2)	2x
0:54	Instr / (Heavy beat)	6x8 B	House Heel-Dig Heel-Dig L&R x2 with Shoulder Tap (cross and open x2) [4cts], heel dig L&R x2 with Hand Drizzle over head [4cts]	6x
1:17	V / Living life in	1x8 A ¹	Jazz Tap & Pas De Bourrée	1x
1:21	to navigate through	1x8 A ²	+ Optional Kick (replaces Taps) 👁 Double Arm Sweep O/H and down	1x
1:25	since I met someone	6x8 A ³	+ Double Arm Sweep O/H and down	6x
1:48	PC / turn me on, turn	4x8 C	Slow House Skate Slide-squat L with Arm Sweep out [2cts], slide R knee in with R heel lifted, Palm Sweep in and up [2cts], repeat R, L, R, L, R [20cts], slide with arms wide and lift R knee with arms O/H [4cts], repeat R [4cts]	1x
2:04	Instr / (Heavy beat)	6x8 C ¹	House Skate Slide-squat L with Arm Sweep out, slide R knee in with R heel lifted, Palm Sweep in and up [2cts], repeat R, L, R, L, R [10cts], slide and lift R knee with arms O/H [2cts], repeat R [2cts]	3x
2:27	B up / And just give me	4x8	Step Touch L&R [4cts]	8x
2:42	PC / turn me on, turn	4x8 A ³	Jazz Tap & Pas De Bourrée	4x
2:58	Outro / (Heavy beat)	6x8 C ¹	House Skate	3x



11. TURN ME ON 3:27mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

JAZZ TAP & PAS DE BOURRÉE

- Tap the left foot to the corner and back, on the balls of the feet
- Pas de Bourrée: step the feet behind, side, front and with an up-up-down movement. Up on the balls of the feet, then drop to a flat foot with the knee soft



- Body counteracts the footwork. So as you tap forward, lean back, then as you tap back, lean forward. And drop the body slightly forward as you land the Pas De Bourrée
- The tap turns into a kick, keeping the body lean for balance. Natural arms
- Pas de Bourrée arms are initially soft, 'jogging' arms, then they extend with flexed palms, about shoulder-distance apart, and circle over the top



HOUSE HEEL-DIG

- Heel-Dig in front of the body – butt swings side to side, which gets the shoulders moving – lean back slightly to get the House feel
- Cross the hands to tap the shoulders, and uncross again twice, then sweep the hands up and back through your hair, drizzling down the body



HOUSE SKATE

- Low Step Touch side to side. Bend the knees and slide the moving leg across and out (turn the knees out) into a Plié Squat. Body stays upright. Slide the other foot in to face the corner, with bent knees, tucked in
- Hands In Prayer position to begin with, and as you step out, scoop the hands out to the sides of the body, so that the palms face the front with soft elbows
- The hands/forearms mimic the position of the thighs – parallel with them
- As you slide the foot in, the elbows come up and the hands wave up then dive down – the elbows come up and flare to reset in prayer
- Up-down movement with the body, sliding
- Hands go – down, together, out together
- Similar to the Reggaeton step, but more 'slidey'



- When the combo comes in, we add a Slide Knee – the body turns to the corner with the inside knee up, and the arms come up to frame the face with soft fists





11. TURN ME ON 3:27mins

COACHING THE VIBES

- Clear Feet cues – try a phonetic cue like *“Tap, Tap, behind, side, front”* to help people get it
- Clear countdown of the Slides into the Step-Knee
- There’s a bit of a trend across the release of clear set-ups to enable connection and this is no exception
- Some cool lyrics to tap into for Feel cues
- Can you get your participants to sing *“Dr. Love”* with you?

“A little heel... a whole lot of feel!”

“Prescribe me that drug! It’s dance, and it’s right here!”

CREATING THE WOW

- Tension in the slow House Skate is a really cool moment to draw your participants in – it’s simple, and intense!



12. COOLDOWN

TRACK FOCUS

Stretching is good to do... but so is clapping, ha ha! It's a good blend of both for this Cooldown. You can really close the workout with some lovely comments to invite them to come back and bring a friend next time!

FEEL

I feel like the best way to wrap things up is a full-on '90s throwback sample that keeps people's feet moving and grooving and finger-snapping as they leave

MUSIC			EXERCISE		REPS
0:08	Intro / (Keyboard & xylo)	2x8		Feet wide, arms wide to O/H and down [8cts], roll down and up [8cts]	1x
0:15	C / That's just the	4x8	A	Adductor Stretch L&R Adductor Stretch with hand on thighs L, R [4cts], L [4cts]; repeat R [8cts]	2x
0:31	B up / (Synth & drums)	4x8	B	Stretch Combo R Kneeling Lunge R [16cts], sit B to Hamstring Stretch [8cts], bend knees to Squat [4cts], roll up [4cts]	1x
0:46	Instr / (Keyboard & beat)	4x8	C	Double Slide Slide L with R tap behind, out, behind with clap [4cts]; repeat R [4cts]	4x
1:01	Instr / (way it is _)	4x8	C	+ Anywhere!	4x
1:16	B up / (Synth blast)	4x8		Feet wide, arms wide to O/H and down [8cts], roll down and up [8cts]	2x
1:31	C / That's just the	4x8	A	Adductor Stretch R&L	2x
1:47	B up / (Synth & drums)	4x8	B	Stretch Combo L	1x
2:02	Instr / (Keyboard & beat)	4x8	C	Double Slide	4x
2:17	Outro / (way it is _)	4x8	C	+ Anywhere!	4x



12. NEVER CHANGE 2:50mins

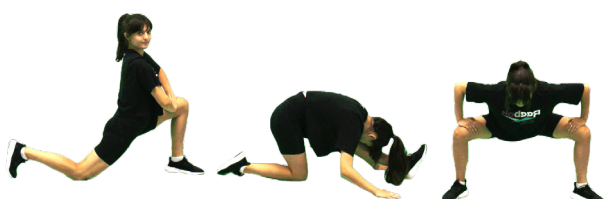
MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

ADDUCTOR STRETCH



STRETCH COMBO



DOUBLE SLIDE

- Slide across and tap the foot 3 times: behind, to the side, behind
- Loose arms, and then a clap on the third tap



COACHING THE VIBES

- Upbeat, simple, groovy way to wrap up the workout
- Praise and acknowledge the class and their efforts
- Take some time to really look and see everyone in the room

"How is it that SH'BAM sessions seem to go so quickly?!"

"Inhale, roll down, let that stress go"

"The most fun is when you mingle, right? It's always good to have fun with someone else when you're dancing!"

CREATING THE WOW

- Connection moments to travel around the room and 'chill' with your participants – mix and mingle!



BONUS

03. JAZZ

TRACK FOCUS

There is ZERO difficulty in this track – It’s designed to make people feel their dance success FAST! Use the simple cues Grace uses and you will be sweet. OR make up your own – even better!

FEEL

This is a catch-all Bonus 3 track for anyone who suffers from ‘reluctdance’. This. Is. The. Cure. All reluctant dancers have been cured from exposure to this track. NOTE: not all facts are true in the previous statement!

MUSIC				EXERCISE	REPS
0:00	Intro / (Piano)	6x8	A	Step-Touch L&R	12x
0:24	PC / Don’t wanna dance	4x8	A ¹	Don’t Wanna Set-up Step-Touch L&R with Hand Flick O/H [4cts], Step-Touch L&R with Palm Push out [4cts], Step-Touch L&R x2 with palms down and Shoulder Circle [8cts]	2x
0:40	Instr / (Horns & beat)	8x8	A ²	Don’t Wanna Combo Step-Tap behind L with Hand Flick O/H [2cts], Step-Tap behind R with Palm Push out [2cts], Step-Tap behind L&R with palms down and Shoulder Circle [4cts]	8x
1:11	(Hi-hat & cowbell)	4x8	B	Walk & Flick Walk B L, R, L with Shoulder Rolls [3cts], flick arms across to L with R foot flick behind [1ct]; repeat R [4cts]	4x
1:26	V / _ Please don’t try	4x8	A	Step-Touch L&R [4cts]	8x
1:42	PC / Don’t wanna dance	4x8	A ¹	Don’t Wanna Set-up	2x
1:58	Instr / (Horns & beat)	8x8	A ²	Don’t Wanna Combo	8x
2:29	Outro / (Beat & vocals))	4x8	B	Walk & Flick	4x



BONUS

03. DON'T WANNA DANCE 2:49mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

DON'T WANNA COMBO

- Step-Touch

Flick the hands out at forehead height twice

- Push at chest height, soft elbows and flexed palms, with a little Chest Pop
- Polish the bumper at hip height. Straight arms, flexed wrists, like you're polishing a car! Slight inward turn of the body (watch Rach). Arms stay quite close to the body



WALK & FLICK

- Walk backwards laterally, facing the opposite corner. 3 steps and a tap behind.
- Roll the shoulders forward 3 times: with hands in fists at shoulder height, close to the body
- Very loose body position – like you're in a hurry to get your jacket off to get onto the dance floor!
- Then throw the hands to the side of the room as you tap behind – outside hand high, open hands



COACHING THE VIBES

- All you need in this track is *"Flick flick, push push and polish!"*
- So much opportunity to chat and connect with your class in this one!

"It's like the guy at the office Xmas party... he's in the corner all shy until his song comes on!"

"Umm... I think we're in the wrong program. I definitely think we should dance!"

CREATING THE WOW

- The Wow comes from the connection with your participants in this track! Can you get them to have a singalong moment 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.

