



SH'BAM 43

MUSIC

01. WARM-UP

02. BURN

03. STRUT

04. ELEVATE

05. GROOVE

06. RAVE

07. FLOW

08. DISCO

09. COMMERCIAL

10. POWER

11. PEAK

12. GROOVEDOWN

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MUSIC

- 01

Pretty Savage (3:20)

BLACKPINK

Courtesy of the Universal Music Group.
Written by: Johnson, Chung, J. S. Lee, S. J. Lee, Park, Unknown
- 02

Pretty Savage (0:15)

BLACKPINK

Courtesy of the Universal Music Group.
Written by: Johnson, Chung, J. S. Lee, S. J. Lee, Park, Unknown
- 03

Hot (Remix) (3:24)

Pia Mia & Flo Milli feat. Sean Paul

Courtesy of the Universal Music Group.
Written by: Henriques, Emenike, Foutz, Perez, Coney, Andrews, Wiener, Homaee, Diehl, Carter
- 04

God Is A Dancer (2:47)

Tiësto & Mabel

Courtesy of the Universal Music Group.
Written by: Skies, Wilkinson
- 05

Head & Heart (3:17)

Joel Corry feat. MNEK

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Written by: Corry, Applebaum, Thompson, Emenike, Kaylan, Courtidis, Dare, Harvey
- 06

Levitating (3:23)

Dua Lipa feat. DaBaby

© 2020 Dua Lipa Limited, under exclusive license to Warner Records UK, a division of Warner Music UK Limited.
Written by: Lipa, Kirk, Coffee, Hudson, Koz
- 07

Fiesta! (4:02)

Mashd N Kutcher

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Written by: Low, Morris, Ough
- 08

Rain On Me (2:56)

Lady Gaga & Ariana Grande

Courtesy of the Universal Music Group.
Written by: Burden, Williams, Unknown, Wright
- 09

Rain On Me (0:56)

Lady Gaga & Ariana Grande

Courtesy of the Universal Music Group.
Written by: Burden, Williams, Unknown, Wright

- 10

Hot Stuff (3:04)

Kygo & Donna Summer

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Written by: Bellotte, Faltermeyer, Forsey
- 11

Hot Stuff (1:20)

Kygo & Donna Summer

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Written by: Bellotte, Faltermeyer, Forsey
- 12

Don't Call Me Angel (3:08)

Ariana Grande, Miley Cyrus & Lana Del Rey

Courtesy of the Universal Music Group.
Written by: Ilya, Cyrus, Grande, Grant, Kotecha, Martin, Miettinen
- 13

Feel It (4:06)

Friction

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Written by: Keeley, Royall
- 14

Post Malone (GATTÜSO Remix) (3:27)

Sam Feldt feat. RANI

© 2019 Spinnin' Remixes / SpinninRecords.com.
Written by: Hilversum, Kröper, Fetelle, Renders, Lyttle
- 15

Creep (4:29)

TLC

© 1994 LaFace Records LLC.
Written by: Austin
- ALT 04

Pink Clouds And Fairy Dust (3:17)

Aiyo feat. G Curtis

Courtesy of Epidemic Sound.
Written by: Unknown



SH'BAM 43



L-R Gandalf Archer Mills, Jace Ago, Grace Stevens & Bianca Ikinofu

How to describe SH'BAM 43; tune after tune after tune! This release is a non-stop thrill ride of amazing music that takes you on a journey through dance. It's simple, sweaty, social and fun, all the things you want from your SH'BAM party!

The party starts '*Pretty Savage*', it gets '*Hot*' before the '*Fiesta*!' really starts, then '*Hot Stuff*' takes over and '*Creep*' takes us to the finish. All in all you have a 45-minute treat for your ears and for your body #ShBam43!

CREDITS

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Choreography – Diana Archer Mills, Bianca Ikinofu, Grace Stevens & Corrah Philips

Technical Consultant – Andrew Newmarch

Production Coordinator – Amber Pountney

PRESENTERS

Bianca Ikinofu (New Zealand) is an award-winning urban/hip-hop dancer who has performed – and has a wealth of experience – all around the globe. She has worked on a TV show and commercials and is a choreographer for SH'BAM and BODYJAM. She is based in Auckland.

Gandalf "G" Archer Mills (New Zealand) is Program Director for BODYJAM. He is based in Auckland and has dedicated his life to dance, performance and teaching.

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.

Jace Ago (Philippines) is a SH'BAM, BODYJAM and BODYBALANCE/BODYFLOW Trainer/Instructor/Presenter. He lives in Auckland.



EXPRESS FORMATS

30-MINUTE FORMAT

Track 1	Warm-Up
Track 2	Burn
Track 3	Strut
Track 4	Elevate
Track 5	Groove
Track 6	Rave
Track 7	Flow
Track 8	Disco
Total Time	28:44

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, Strut, Groove, Flow.
- 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

PRETTY SAVAGE 3:35mins

TRACK FOCUS

We dial up the sass and swagger right from the start this 45-minute SH’BAM extravaganza. Get warm, let go and get pretty savage!

FEEL

Stylish, playful

	MUSIC	CTS		EXERCISE	REPS
0:05	Intro / Piano	4	A	Slow Hips HOH, Dip Hips R&L [4cts]	8x
0:17	_Black Pink in your	8	B	Bounce It Travel F, small hops, lift L&R knees, straight Arm Bounce [4cts] Travel B, small hops, lift L&R knees, elbows in Bounce [4cts]	4x
0:30	V / Biseuthan geot	16	C	Wide Walk Walk OTS L, R Lift elbows, roll opposite shoulder B - L, R, L, [8cts] Repeat R [8cts]	2x
0:43	Ingireul nonhajamyeon	32	C ¹	Wide Walk + Travel F&B	1x
0:56	PC / Oh , oh, oh	8	D	Wave & Pop Feet wide, low Body Wave [4cts] Chest Pop F&B x4 [4cts]	5x
1:11	C / savage__	8	B	Bounce It	4x
1:24	V / _All my diamonds	16	C	Wide Walk	2x
1:36	Biseuthan geol	32	C ¹	Wide Walk + Travel F&B	1x
1:50	PC / Oh , oh, oh	8	D	Wave & Pop	5x
2:04	C / savage__	8	B	Bounce It	4x
2:18	V / _All my diamonds	32	C ¹	Wide Walk + Travel F&B	1x
2:31	Br / Pretty girl	8	A	Slow Hips HOH, Dip Hips L&R [4cts]	8x
2:42	I got nothin’	32	A ¹	Hip Circles Feet wide, circle hips L x4 [16cts] Repeat R [16cts]	1x
2:56	Savage	64	E	Chest Circles Feet wide circle chest R to L x8 [32cts] Repeat L [32cts]	1x
3:20	C / pretty__	8	B	Bounce It	4x



02. BURN HOT (REMIX) 3:24mins

TRACK FOCUS

Bring the focus to the hips because it's time to get Hot!

FEEL

Sing-along, cool, socially acceptable twerking styles

MUSIC		CTS		EXERCISE	REPS
0:02	Intro	4	A	Swivel Feet wide, Swivel on balls of feet, turning knees in L&R [4cts]	22x
0:30	PC / Gimme gimme	16	A ¹	Swivel + Lean B, arms lifted at chest-height [8cts] + Lean F, hand on hand palms down [8cts]	8x
1:10	V / _gyal	64	B	Stomp Feet wide, travel F, triple Stomp, Jump together L, R, L [24cts], Walk R in circle to B [8cts] Repeat R [32cts]	1x
1:30	PC / Gimme gimme	64	B ¹	Stomp + Hip Circles	1 ½x
2:00	V / Maybe you	16	C	2 Steps Step wide to F R, L [4cts] Step B feet together R, L [4cts] Repeat L [8cts]	4x
2:20	PC / Gimme gimme	16	C ¹	2 Steps + Helicopter Arms	6x
2:50	C / _keep it burning	16	A ¹	Swivel	6x



03. STRUT

GOD IS A DANCER 2:47mins

TRACK FOCUS

Check the rhythm changes and enjoy the extra drama that it brings to the track. You are a dancer and you are fabulous!

FEEL

Flamboyant, diva, attitude

	MUSIC	CTS		EXERCISE	REPS
0:02	V / <i>_God is a dancer</i>	16	A	Dip Dip and circle hip to L [4cts], Stretch arm and tap shoulder x3 [4cts] Repeat R [8cts]	2x
0:17	<i>_Are you feeling</i>	16	A ¹	Dip + Quick, quick, slow arms	2x
0:33	C / Step <i>by step</i>	16	B	Strut Walk F L, R x2 [4cts], Tap R&L with quick shoulder taps [4cts] Repeat to B [8cts]	2x
0:50	V / Body <i>that's rockin</i>	4	C	Fast Hips Fast Hip Circle L&R, HOH, contract chest [4cts]	8x
1:06	C / Step <i>by step</i>	16	B ¹	Strut + Frame Arms	4x
1:37	Won't <i>you give me</i>	4	C	Fast Hips	8x
1:53	<i>_God is a dancer</i>	16	A ¹	Dip	2x
2:10	C / Step <i>by step</i>	16	B ¹	Strut Freestyle Arm Combo to finish	4x



04. ELEVATE

HEAD & HEART 3:17mins

Please note this song contains explicit content. The Alternate song can be used in its place. Please use *Pink Clouds And Fairy Dust* with the same choreography.

TRACK FOCUS

Turn off your head and let the music into your heart. Feel all the feelings as you dance your way into your first big peak track.

FEEL

Party, sing-along new school anthem

MUSIC		CTS		EXERCISE	REPS
0:02	Intro / <i>ba-ba-ba</i>	4	A	Heel Dig Heel Dig L&R [4cts]	11x
0:23	PC / Feeling <i>feelings</i>	16	B	Sweep & Jump Step L slide R foot together, Jump OTS [8cts] Repeat R [8cts]	1x
0:31	C / <i>Ba-ba-ba</i>	8	B ¹	Sweep & Jump Step L slide R foot together, jump OTS [4cts] Repeat R [4cts]	2x
0:39	C / <i>Ba-ba-ba</i>	16	A ¹ +B ¹	Heel Dig & Sweep Combo Heel Dig L&R x4 [8cts], Sweep & Jump L [4cts] Sweep & Jump R [4cts]	2x
0:54	V / <i>Oh my god</i>	16	C	Step Knee Travel F, Step Knee L&R x2 [8cts] Repeat to B [8cts]	2x
1:10	PC / Feeling <i>feelings</i>	16	C ¹	Step Knee + Hands on chest [8cts] + Throwaway Arms [8cts]	2x
1:26	C / <i>But my heart goes</i>	32	A ¹ +B ¹ +C ¹	Full Combo + Heel Dig & Sweep & Step Knee	2x
1:57	Br / <i>Head and my heart</i>	8	D	Breathe Slow Wide Walk, push arms away [4cts], contract arms to prayer position [4cts]	4x
2:13	C / <i>Ba-ba-ba</i>	32	A ¹ +B ¹ +C ¹	Full Combo	4x



04. ELEVATE

PINK CLOUDS AND FAIRY DUST 3:17mins

Please use this song in place of *Head & Heart* when teaching Track 04.

	MUSIC	CTS		EXERCISE	REPS
0:02	Intro / Just one shot	4	A	Heel Dig Heel Dig L&R [4cts]	11x
0:23	PC / I can't control	16	B	Sweep & Jump Step L slide R foot together, Jump OTS [8cts] Repeat R [8cts]	1x
0:31	PC / I can't control	8	B ¹	Sweep & Jump Step L slide R foot together, jump OTS [4cts] Repeat R [4cts]	2x
0:39	C / I can't control	16	A ¹ +B ¹	Heel Dig & Sweep Combo Heel Dig L&R x4 [8cts], Sweep & Jump L [4cts] Sweep & Jump R [4cts]	2x
0:54	V / _we were	16	C	Step Knee Travel F, Step Knee L&R x2 [8cts] Repeat to B [8cts]	2x
1:10	PC / I can't control	16	C ¹	Step Knee + Hands on chest [8cts] + Throwaway Arms [8cts]	2x
1:26	C / I can't control	32	A ¹ +B ¹ +C ¹	Full Combo + Heel Dig & Sweep & Step Knee	2x
1:57	PC / _I can't control	8	D	Breathe Slow Wide Walk, push arms away [4cts], contract arms to prayer position [4cts]	4x
2:13	Bridge / I, I can't	32	A ¹ +B ¹ +C ¹	Full Combo	4x



05. GROOVE

LEVITATING 3:23mins

TRACK FOCUS

Nu school disco drama! Enjoy the contrast feelings of the hips in the Grapevine and the catwalk in the Double Step.

FEEL

Modern disco, diva, assertive

MUSIC	CTS		EXERCISE	REPS
0:05 V / If you wanna	16	A	Grapevine Grapevine L [4cts], Figure 8 Hips L&R x2, Squat hands on hips [2cts], Arms Up [2cts] Repeat R [8cts]	2x
0:24 PC / You want me	16	B	Double Step Double Step F L&R x3 [12cts], Walk B L&R x2 [4cts]	1x
0:32 C / I got you	16	B ¹	Double Step + Opposite Arm Point O/H to F	2x
0:52 V / _I'm one of	16	A	Grapevine	4x
1:29 PC / You want me	16	B ¹	Double Step	3x
1:57 Br / You can fly	16	A	Grapevine	2x
2:16 My love is I	16	C	Rodeo Hips Stomp L foot, circle chest & hips, R arm circling O/H [6cts], Step L Jump feet together [2cts] Repeat R [8cts]	2x
2:34 PC / You want me	16	B ²	Double Step + Replace Double Step with Single Step	2x
2:53 C / You can fly	16	B ¹	Double Step	3x



06. RAVE

FIESTA! 4:02mins

TRACK FOCUS

Become an air marshal at a busy airport during a party and direct all the planes into land!

FEEL

Fiesta!, Party, Latin House

	MUSIC	CTS		EXERCISE	REPS
0:02	Intro / [Trumpets)	8	A	Arm Combo Punch L&R to F & out to sides [4cts], Slap thighs, lift arms O/H [4cts]	8x
0:28	C / Fiesta!_	8	A ¹	Arm Combo + Twist and Bounce	8x
0:55	[Quiet)	16	B	2 Steps 2 Steps to L [4cts], L leg to F circle hips [4cts] Repeat R [8cts]	2x
1:07	[Build)	16	B ¹	2 Steps + Wrist Swivel [4cts] + Sweep across F [4cts]	2x
1:21	_I'm gonna get up	8	C	Freeze Step Step F L&R [4cts], Step B L&R with O/H Arm Circles [4cts]	4x
1:34	[Building)	8	C ¹	Freeze Step + Shoulder taps	4x
1:48	C / Fiesta!_	8	A ¹	Arm Combo	8x
2:14	_I'm gonna get up	8	C ¹	Freeze Step	8x
2:40	C / Fiesta!_	8	A ¹	Arm Combo	8x
3:07	_I'm gonna get up	16	B ¹	2 Steps	4x
3:34	C / Fiesta!_	8	A ¹	Arm Combo	8x



07. FLOW

RAIN ON ME 3:52mins

TRACK FOCUS

Dial up the gorgeous arm-lines as you combine grace and strength to an epic pop soundtrack.

FEEL

Pop queens, beautiful, not afraid of the rain

MUSIC		CTS		EXERCISE	REPS
0:02	Intro / <i>I didn't ask</i>	16	A	Knee Rock Step L lift R knee [2cts], Step R & Drop [2cts] Step L lift R knee [2cts], Walk R&L [2cts] Repeat R [8cts]	2x
0:17	PC / <i>_it's coming down</i>	16	A ¹	Knee Rock Chest expansion and contraction	2x
0:32	C / <i>I'd rather be dry</i>	16	A ²	Knee Rock + Arm extension and Wrap	2x
0:47	C / Me	16	A ³	Knee Rock + Jump	2x
1:02	V / Livin' in a world	16	B	Circle Turn Circle turn to L [2cts], feet wide low Arm Sway L, R, L [6cts] Repeat R [8cts]	2x
1:17	<i>I can feel it</i>	16	B ¹	Circle Turn + Jump Turn + Pony (replacing last two Sways)	2x
1:33	C / <i>I'd rather be dry</i>	16	A ²	Knee Rock	2x
1:48	C / Me	16	A ³	Knee Rock	2x
2:03	<i>Rain on me</i>	16	B	Circle Turn	3x
2:26	C / <i>I'd rather be dry</i>	16	B ¹	Circle Turn	2x
2:41	C / <i>I hear the thunder</i>	16	A ³	Knee Rock	2x
2:56	<i>Rain on me</i>	16	B	Circle Turn	3x
3:19	C / <i>I'd rather be dry</i>	16	B ¹	Circle Turn	2x
3:34	C / <i>I hear the thunder</i>	16	A ³	Knee Rock	2x



08. DISCO

HOT STUFF 4:24mins

TRACK FOCUS

Time to go full on disco with this remixed classic anthem. Embrace the joy of the Disco Fingers and the serious hotness of the Hot Squat.

FEEL

Hot stuff, Disco vibes, 80's remixed

MUSIC		CTS		EXERCISE	REPS
0:15	(Synthesizer)	4	A	Disco Shuffle Shuffle L&R with Disco Fingers [4cts]	8x
0:30	V / Sitting here	16	B	Hot Squat Low Hip Circle L [4cts], Fast Hip Circle R&L [4cts] Repeat R [8cts]	4x
1:01	C / Hot stuff	16	C	Hot Stuff Step Knee F L, R, L [6cts], Step Drop to F [2cts], Swing legs to B [8cts]	2x
1:16	Baby, baby tonight	16	C ¹	Hot Stuff + Arms to F, Side, Up & Down	2x
1:32	(Synthesizer)	4	A	Disco Shuffle	8x
1:47	V / Looking for a	16	B	Hot Squat	4x
2:17	C / Hot stuff	16	C	Hot Stuff	2x
2:32	Baby, baby tonight	16	C ¹	Hot Stuff	2x
2:48	(Synthesizer)	4	A	Disco Shuffle	8x
3:03		4		Freeze	
3:05	V / Looking for a	16	B	Hot Squat	4x
3:36	C / Hot stuff	16	C	Hot Stuff	2x
3:51	Baby, baby tonight	16	C ¹	Hot Stuff	2x
4:06	(Synthesizer)	4	A	Disco Shuffle	8x



09. COMMERCIAL

DON'T CALL ME ANGEL 3:08mins

TRACK FOCUS

Are you an Angel? Work the Wings and drop into the hips to fully commit to the journey of the song.

FEEL

Attitude, Twerking, Independent

	MUSIC	CTS		EXERCISE	REPS
0:05	C / Boy , don't call	8	A	Wings Shoulder Taps & Flick x2 [4cts], Wide step F L&R [2cts], Step B together [2cts]	4x
0:23	V / _Don't call me	4	B	Booty Burn Step L&R, Arm Pull and Butt Lift [4cts]	4x
0:32	V / Boy _	2	B ¹	Booty Burn + Faster	8x
0:42	V / Do I really needl	2	B ²	Booty Burn + Drop lower	8x
0:51	C / Boy , don't call	32	A + B ²	Wings & Booty Combo Cross Flick Combo x2 [16cts] Booty Burn x8 [16cts]	1x
1:10	V / _See you here with somebody	16	C	Windmill Step L, Windmill Arms into Lunge [4cts], Open R knee x2 [4cts] Repeat R [8cts]	3x
1:38	C / Boy , don't call	32	A + B ²	Wings & Booty Combo	1x
1:56	Bridge / I appreciate the way	16	C ¹	Windmill + More booty!	4x
2:34	/ Angel, angel	4		Roll up	
2:36	C / Boy , don't call	32	A + B ²	Wings & Booty Combo	1½x



10. POWER

FEEL IT 4:06mins

TRACK FOCUS

Ballerina at a Rave! Let the power build gradually and when the beat drops take off like a rocket blasting off.

FEEL

Big room, Festival, Hands Up

MUSIC		CTS		EXERCISE	REPS
0:03	Intro /	8	A	Step Touch Step Touch L&R [8cts]	3x
0:11		16	B	Flying Combo Step L, lift R leg [4cts] Walk R&L [4cts] Repeat R [8cts]	2x
0:21	V / Come stay close	16	B ¹	Flying Combo + Knee & Contract	2x
0:33	Fall back	16	B ²	Flying Combo + Arm Lift and Throw	2x
0:43	PC / I wanna go	16	B ³	Flying Combo + Run	4x
1:06	C / I wanna go	16	B ⁴	Flying Combo + Jump	4x
1:28		4	C	Side to Side Double Jump L&R with Arm Throwdown [4cts]	16x
1:50	PC / I wanna go	32	D	Three Steps Three steps F L&R x2 with Pec Deck Arms [16cts] Three steps B L&R x2 with Pec Deck Arms [16cts]	1x
2:01	I wanna go	32	D ¹	Three Steps + Drop deeper into legs	1x
2:12	V / Come stay close	32		Breath Sequence Feet wide, cross and lift arms O/H [8cts] Lower arms and roll down [8cts] Roll up to standing [16cts]	1x
2:23	Fall back	16	B ¹	Flying Combo	2x
2:34	PC / I wanna go	16	B ²	Flying Combo	2x
2:45	I wanna go	16	B ³	Flying Combo	2x
2:56	C / I wanna go	16	B ⁴	Flying Combo	4x
3:18		4	C	Side to Side	16x
3:40	PC / I wanna	32	D ¹	Three Steps	2x



11. PEAK

POST MALONE (GATTÜSO REMIX) 3:27mins

TRACK FOCUS

Don't hold back the cardio rush, dance big and catch your breath as you create beautiful shapes on the dance floor.

FEEL

Club banger, Euphoric, End of the night anthem

	MUSIC	CTS		EXERCISE	REPS
0:07	V / One more drink	16	A	Slow Motion Feet together, fold F, drag hands up body [4cts] Step L, Arms Sweep O/H to side [4cts] Repeat R [8cts]	3x
0:30	PC / Home alone	8	B	The Bounce Face L, jump wide, closer, close, together [4cts] Repeat R [4cts]	4x
0:45	Home	8	B ¹	The Bounce + Arms	4x
1:00	C / Tonight we go	16	C	Cross Kick Hop Kick L&R x3 [12cts], jump OTS [4cts]	6x
1:45	V / See the ocean	16	A	Slow Motion	3x
2:08	PC / Home alone	8	B ¹	The Bounce	4x
2:21	C / Home alone	32	C + B ¹	Full Combo Cross Kick [16cts] The Bounce L&R x2 [16cts] (Note – Travel F&B after rep 1)	4x



12. GROOVEDOWN

CREEP 4:29mins

TRACK FOCUS

Cooldown and stretch whilst you ‘Creep’ along the dance floor and end the party with a big dance finish.

FEEL

Old School, R ‘n’ B, Throwback

	MUSIC	CTS		EXERCISE	REPS
0:10	PC / (Creep), Oh I	16	A	The Creep Travel L, elbows up, Step Drop x3, Step Ball Change [8cts] Repeat R [8cts]	2x
0:31	V / (Creep), The 22nd	32		Lat Stretch R&L [32cts]	
0:52	I look him	16		Upper Back Stretch	
1:02	I’ll never leave	16		Chest Stretch	
1:12	C / Creep , yeah	16	A	The Creep	2x
1:33	V / (Creep), The 23rd	16		Quad Stretch L	
1:43	Now it seems	16		Glute & Ankle Stretch L	
1:54	I’ll keep giving	16		Quad Stretch R	
2:04	If he knew the	16		Glute & Ankle Stretch R	
2:14	C / Creep , yeah	16	A	The Creep	4x
2:56	PC / (Creep), Oh I			Congratulate class and freestyle to finish	



WE ARE ONE GLOBAL FAMILY

We are one global family of leaders, passionately devoted to creating a fitter planet.

We fearlessly inspire others to discover their true potential by falling in love with exercise.

Exercise is our global movement.

Our movement shakes the world. We remove the boundaries of judgment and empower all people to enjoy the unique benefits of movement.

Millions of us bind together every day to unite through sweat. Music is in our soul. We are passionate about it. It gives us drive and focus.

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 United.

OUR DECLARATION OF INTENT

The Les Mills family is made up of fitness clubs, Instructors, and millions of participants from around the globe.

We may differ in location, religion, race, color and language, but we unite in our love of movement, music, and the pursuit of healthy living, for every single person on our planet.

At Les Mills, we believe in the dignity of each individual within our community, and we strive towards equality for all.

We celebrate and showcase all cultures through our choice of role models, music, and movements, with the aim of broadening cultural awareness.

We know that what is considered appropriate in some contexts can be seen as inappropriate

in others, and we aim to traverse these delicate situations with the utmost respect to everyone.

Choosing, licensing and matching choreography to the right music is a huge challenge! We screen all music and try to avoid any language or references that may cause offense. 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 that differences of opinion can be expressed, and education will always continue. We are here, doors open, ready to listen and learn.

Above all, we are passionate about delivering life-changing fitness experiences, every time, everywhere, for everybody.

