



SH'BAM **44**

MUSIC

01. WARM-UP

02. STRUT

03. FLOW

04. ELEVATE

05. GROOVE

06. K-POP

07. POWER

08. DISCO

09. COMMERCIAL

10. SWING

11. PEAK

12. GROOVEDOWN

DECLARATION OF INTENT

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MUSIC

- 01

No New Friends (2:59)

LSD feat. Sia, Diplo & Labrinth

© 2019 2019 RECORDS, LLC/Columbia.

Written by: McKenzie, Furler, Pentz
- 02

Strut (3:59)

DITA

© 2020 Position Music.

Written by: Lake
- 03

Tick Tock (2:57)

Clean Bandit & Mabel feat. 24kGoldn

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Written by: Patterson, Chatto, McVey, Kamilie, Von Jones
- 04

Loco (Extended Mix) (4:27)

SWACQ x Willy William

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Written by: William, Perez, Thonen, Dirne
- 05

Cola (3:37)

The Fizznets

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Written by: Puri, Vivas Padilla, Westra
- 06

What Is Love? (3:27)

TWICE

Courtesy of the Universal Music Group.

Written by: Park
- 07

Tell Me You Love Me (Matrix & Futurebound Remix) (3:18)

Demi Lovato

Courtesy of the Universal Music Group.

Written by: Bhattacharyya, Hill, Lauryen
- 08

Everybody Dance (3:09)

Cedric Gervais & Franklin feat. Nile Rodgers

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Written by: Rodgers, Edwards
- 09

Toxic (3:19)

Britney Spears

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Written by: Dennis, Bloodshy, Avant

- 10

Feeling Alive (3:11)

Earl St. Clair

Courtesy of the Universal Music Group.

Written by: Chila, Johnson, Eckerd
- 11

Tun Up (4:20)

Dita Mclean

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Written by: Patrick
- 12

Officially Missing You (Midi Mafia Mix aka Radio Man) (3:24)

Tamia feat. Alex Spanador Mosley & Bruce Wayne

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Written by: Aurelius



SH'BAM 44



Back row (L-R): Jester Attygale, Leon Baylon, Jai Jamali, Bonnie Hunter, Amy Campbell, Ellen Riddolls, Rhys Finlayson, Diemmi Nguyen, Rochelle McIntyre

Front row (L-R): Cameron Holland, Gandalf Archer Mills, Grace Stevens, Maddie Gilbert

Wow, wow, wow! Live classes have returned and SH'BAM 44 comes to you fresh from the studio, the rooftop and your living rooms at the 2021 Les Mills Global Summit! It was the ultimate dance party with everyone around the world dancing, smiling and sweating together. The party didn't end when the cameras stopped rolling, though; the party has only just begun as it continues into your clubs and to your members.

What's in store with SH'BAM 44? Dance moves that look and feel awesome but are simple to do; music that inspires, motivates and uplifts; infectious energy; and a community that is welcoming, friendly and inclusive.

We love it, you will love it and your members will love it too.

We all adore SH'BAM 44!

CREDITS

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

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

Production Coordinator – Anusha Kulal

PRESENTERS

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.

Cameron Holland (New Zealand) is a dancer and performer in BORN TO MOVE™ filmings. He lives in Auckland.

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	Strut
Track 3	Flow
Track 4	Elevate
Track 5	Groove
Track 6	K-Pop
Track 7	Power
Track 8	Disco
Total Time	28:23

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
HOH	Hands On Hips	O/H	Over Head
	Preview		

RELEASE FEEDBACK

Tell us what you think of this release.
Visit <http://www.lesmills.com/release-feedback>

GUIDELINES FOR TRACK SELECTION

- In the 45-minute class, you must always teach the Warm-up and Groovedown. 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

NO NEW FRIENDS 2:59mins

TRACK FOCUS

Create lots of new friends as you welcome the class to dance, sing along and sweat together for 45 minutes of fun!

FEEL

Welcoming, Playful, Friendly

	MUSIC	CTS		EXERCISE	REPS
0:07	Intro /	4	A	Side Tap Tap out and in, L, R [4cts]	3x
0:13	V / Oh , you're the queen	4	A ¹	Side Tap + Arm Push	8x
0:32	PC / I got all I need	16	B	Cross Tap Cross Tap F L, R, L [6cts] Run B L, R x2 [2cts] Cross Tap F R, L, R [6cts] Run B R, L x2 [2cts]	4x
1:08	V / Hey , follow me	4	A ²	Side Tap + Upper Body Groove	8x
1:26	PC / I got all I need	16	B	Cross Tap Cross Tap F L, R, L [6cts] Run B L, R x2 [2cts] Cross Tap F R, L, R [6cts] Run B R, L x2 [2cts]	2x
1:44	C / La-la-la-la	16	B ¹	Cross Tap + Hop	2x
2:02	V / When the sun	8	C	Breathe Sequence Feet wide	2x
2:20	PC / I got all I need	4	A ²	Side Tap	8x
2:39	C / La-la-la-la	16	B ¹	Cross Tap	2x



02. STRUT

STRUT 3:59mins

TRACK FOCUS

Shoulders back, cos you are definitely worth it.
Own it, work it and rock the house with your
spectacular sass and swagger.

FEEL

Drama, Fabulous, Jazz

MUSIC		CTS	EXERCISE	REPS
0:08	Intro / Oh-oh, oh-oh	16 A	Strut & Sweep Walk F L, R x2 [8cts] Sweep B R, L x2 [8cts]	3x
0:30	PC / _ I'm a Strut	16 A ¹	Strut & Sweep + Arms Reach Up R, Wrap L x2 [8cts] Sway Arms R, L x2 [8cts]	2x
0:44	C / Gonna rock this	8 B	Step Flick Step Touch L, R with L, R Flick O/H [4cts] Step Touch L, R with Double Flick F [4cts]	4x
0:59	My night	8 B ¹	Step Flick + Face R, L on Double Flick	4x
1:14	V / _ I'm the boss	16 A ¹	Strut & Sweep	2x
1:28	PC / _ I'm a Strut	16 C	Strut & Pivot Walk F L, R x2 [4cts], Pivot to B [4cts] Walk B R, L x2 [4cts], Pivot to F [4cts]	2x
1:43	C / Gonna rock this	32 B ¹ +C	Flick the Strut & Pivot	2x
2:13	V / _ I'm the boss	16 A ¹	Strut & Sweep	2x
2:28	PC / _ I'm a Strut	16 C	Strut & Pivot	2x
2:42	C / Gonna rock this	32 B ¹ +C	Flick the Strut & Pivot	3x
3:27	C / Gonna rock this	16 A ¹	Strut & Sweep	2x
3:41	My night	32 B ¹ +C	Flick the Strut & Pivot	



03. FLOW

TICK TOCK 2:57mins

TRACK FOCUS

You’re in Ibiza, dancing in a chill-out bar as the sun comes up and you find your soulmate.

FEELS

Latin, Casual, Chilled

	MUSIC	CTS		EXERCISE	REPS
0:10	V / I don’t need	8	A	Mambo R leg step F&B [2cts] Cha-Cha-Cha OTS [2cts] Repeat to L [4cts]	4x
0:29	PC / Every minute	16	B	Quick Step Travel L, Cross L F&B x3 [6cts] Step feet together, Double Clap [2cts] Repeat to R [8cts]	
0:38	C / Twenty-four seven	16	B ¹	Quick Step + Ascending Floating Arms	3x
1:06	Br /	4	A	Mambo (Slow L Mambo, preview arms)	
1:08	V / _ Twenty-four seven	8	A ¹	Mambo + Arms	4x
1:28	C / Twenty-four seven	16	B	Quick Step	
1:38	Twenty-four seven	16	B ¹	Quick Step	3x
2:06	Instr /	8	A ¹	Mambo	2x
2:15	C / Twenty-four seven	8	A ²	Mambo + Face F & B	6x
2:34	La-la-la	16	B ¹	Quick Step	2x



04. ELEVATE

LOCO 4:27mins

TRACK FOCUS

Elevate your heart rate to new levels of Loco and enjoy your Hot Potatoes.

FEELS

Cardio, Loco, Club Banger

MUSIC	CTS	EXERCISE	REPS
0:02 Intro /	2 A	Loco Run Run L, R OTS [2cts]	6x
0:09 (Drums)	8 A ¹	Loco Run + Single, single, double, L, R	4x
0:28 V / Bebiendo es-puma	16 B	Loco Arms Hands together, Elbow L, R [4cts] Wrap head [4cts] Repeat to R [8cts]	
0:36 PC / La rumba sigue	8 B ¹	Loco Arms + Faster	2x
0:46 C / Boom digi digi _	8 A ¹ +B ¹	Loco Combo Loco Run with Loco Arms [2cts]	4x
1:04 V / When me a kick	2 C	Hot Potato Feet wide, turn knees in R, L [2cts]	8x
1:13 Mi nah wanna	8 C ¹	Hot Potato + Grab fist L, R, ascending x2 [4cts] Roll forearms, descending [4cts]	6x
1:41 C / Boom digi digi _	8 A ¹ +B ¹	Loco Combo	4x
1:59 Br / Tarjeta negra	32 D	Big Swing Face R, travel F, Step Together L, R x4, L Arm Swing [16cts] Repeat to B [16cts]	
2:17 C / (distorted lyrics)	16 D ¹	Big Swing + Faster	3x
2:45 V / When me a kick	2 C	Hot Potato	8x
2:54 Mi nah wanna	8 C ¹	Hot Potato	6x
3:21 C / Boom digi digi _	8 A ¹ +B ¹	Loco Combo	4x
3:40 Br / Tarjeta negra	32 D	Big Swing	
3:58 C / (distorted lyrics)	16 D ¹	Big Swing	3x



05. GROOVE

COLA 3:37mins

TRACK FOCUS

Dance like you’re trying to create business for your brand-new bar that only sells one type of drink.

FEELS

Mysterious, Sexy, Hot

MUSIC	CTS	EXERCISE	REPS
0:12 / <i>puri on the beat</i> _	4 A	Swivel Hips 'Figure 8' hips L, R [4cts]	4x
0:17 C / Cola <i>cola</i>	4 A ¹	Swivel + Arm Swing	8x
0:29 Cola <i>cola</i>	4 A ²	Swivel + Arms crossed	4x
0:35 Cola <i>cola</i>	4 A ³	Swivel + Hands on head	4x
0:41 V / Coca <i>cola</i>	8 B	The Snake Feet wide, Snake Arms L, F, R [6cts] Jump, Stab to F, high and low [2cts]	12x
1:16	32 C	Shake Step Face R, Wide Walk B L, R with Shake & Swing [6cts] Step Together, face L [2cts] Repeat to R [8cts]	3x
1:50 <i>Instr</i> /	16 D	Cross Tap L Cross Tap to R x2 [8cts] Repeat to R [8cts]	4x
2:14 V /	32 C	Shake Step	3x
2:49 <i>Instr</i> /	8 B	The Snake	8x
3:12 C / Cola <i>cola</i>	4 A ¹	Swivel	8x
3:24	4 A ²	Swivel	4x
3:30	4 A ³	Swivel	4x



06. K-POP

WHAT IS LOVE 3:27mins

TRACK FOCUS

Pop princess time! Unleash your inner child, have fun, and dance around like you’ve had lots of sugar!

FEELS

Happy, Highly caffeinated, Playful

	MUSIC	CTS		EXERCISE	REPS
0:12	V / Maeilgati yeonghwa	32	A	Heel-Toe-Twist Feet together, travel L – twisting on toes [12cts] Feet together, Pose Arms, Wrap Head [4cts] Repeat to R [16cts]	2x
0:33	PC / Ooh eonjengan	32	B	K-Pop Combo Feet together, Double Heel Lift L, R x2 [16cts] Triple Hand Push and Freeze L, R [8cts] Run in circle to B over R shoulder [8cts]	3x
1:08	V / Jigeum ireon	32	A	Heel-Toe-Twist	2x
1:31	PC / Ooh eonjengan	32	B	K-Pop Combo	3x
2:04	V / Jigeum sesang	32	A	Heel-Toe-Twist	2x
2:27	Br / Eodi isseulkka	32	C	Wide Walk Travel L, Slow Wide Walk with Pose Arms [16cts] Repeat to R [16cts]	
2:38	V / Satangcheo-reom	16	C ¹	Wide Walk + Faster	4x
3:01	C / I wanna know	32	B	K-Pop Combo	2x



07. POWER

TELL ME YOU LOVE ME 3:18mins

TRACK FOCUS

Oh no, here comes the jumping! Enjoy the ups and downs, stick around and you'll love how this song makes you feel!

FEELS

Emotional, Powerful, Relief

MUSIC		CTS		EXERCISE	REPS
0:11	V / Oh no here	16	A	Bounce Tap Bounce Tap L, R, L [6cts] Lift L knee up, down [2cts] Repeat to R [8cts]	6x
0:43	PC / Love me	32	B	Lift-Off Run F L, R, Jump – lifting L knee [4cts] Land wide, rise slowly [4cts] Run B R, L x4 [8cts] Repeat to R [16cts]	4x
1:26	V / Everything that I	16	A	Bounce Tap	4x
1:47	PC / Love me	16	C	Release Face R; inhale, lift arms O/H [4cts] Slide L [4cts] Repeat to L [8cts]	4x
2:08	(Build)	32	B	Lift-Off	4x
2:51		16	A	Bounce Tap	4x
3:12	Outro / Yeah	4	C	Release	



08. DISCO

EVERYBODY DANCE 3:09mins

TRACK FOCUS

The song title says it all: Everybody Dance! Pull out your best sequins, flares and heels, and make your way to the dance floor!

FEELS

Disco, Fun, Party

	MUSIC	CTS		EXERCISE	REPS
0:07	QC / Everybody	4	A	Scoop Scoop Hips L, R	4x
0:15	C / Everybody	16	A ¹	Scoop + Hands on hips [8cts] Stutter Step L, R [8cts]	4x
0:46	QC / Everybody dance	16	B	Disco Point Point high and low L, R x2 [8cts] Walk L, R, L, clap [4cts] Walk R, L, R, clap [4cts]	4x
1:17	(Build)	16	B ¹	Disco Point + Turn L&R	5x
1:56	QC / Everybody dance	32	A ²	Scoop + Travel F&B on Stutter Step	2x
2:26	C / Everybody dance	16	B ¹	Disco Point	5x



09. COMMERCIAL

TOXIC 3:19mins

TRACK FOCUS

It's Britney B-T-H!

FEELS

Jazz, Cardio, Flirtatious

MUSIC	CTS		EXERCISE	REPS
0:01 (Violins)	4	A	Slide It Step Touch L, R with R, L Kitty Arms [4cts]	3½x
0:13 V / _ Baby can't you	16	B	Arm Combo Hip Rock L, R x2, fingers in front of face [4cts] Hip Rock L, R x2, hands O/H [4cts] Hip Rock L, R x2, arms to sides [4cts] Hip Rock L, R x2, arms slap thighs [4cts]	4x
0:40 PC / _ Too hot	8	B¹	Arm Combo + Faster	4x
0:53 (Distortion)	4	A	Slide It	2x
0:56 C / The taste of	16	C	Toxic Combo Hip Rock L, R x2, hands to face, O/H, sides, thighs [4cts] Jump, clap feet, land wide [4cts] Slide It L, R x2 [8cts]	2x
1:10 _ you're toxic	16	C¹	Toxic Combo + Reach O/H on Jump	2x
1:24 V / _ it's getting late	8	D	Intoxicating Step 2 steps L with R Swizzle Wrist x2 [4cts] Repeat to R [4cts]	4x
1:38 PC / _ Too hot	4	E	Snake Charmer Feet together, shift hips L, R, Swizzle Wrists down and up [4cts]	8x
1:51 (Distortion)	4	A	Slide It	2x
1:53 C / The taste of	16	C¹	Toxic Combo	4x
2:20 (Haunting vocals)	4	E	Snake Charmer	8x
2:34	4	A	Slide It	2x
2:38 C / The taste of	16	C¹	Toxic Combo	4x
3:04 Intoxicate me now	8	D	Intoxicating Step	4x



10. SWING

FEELING ALIVE 3:11mins

TRACK FOCUS

Feel ‘alive’ with this Nu-School take on Swing Dance. Let go and don’t be afraid to sing along!

FEELS

Swing, Free, Social

	MUSIC	CTS		EXERCISE	REPS
0:07	Intro / Feel cool on	8	A	Box Step Step Wide to F L, R [4cts] Step B together [4cts]	6x
0:23	V / _ They give me	8	A ¹	Box Step + Lean B	4x
0:33	PC / I’m afraid	8	A ²	Box Step + High and low claps L, R	4x
0:45	C / feeling alive	16	B	Twist It Wide Twist L, R [8cts] Double L kick to R [4cts] Double R kick to L [4cts]	4x
1:06	V / I’m afraid	8	A ¹	Box Step	10x
1:33	PC / Don’t be afraid	8	A ²	Box Step	4x
1:43	C / feeling alive	16	B	Twist It	4x
2:04	/ Oh-oh oh	8	A ²	Box Step	4x
2:15	/ Oh-oh oh	4	C	The Jerk March feet OTS L, R, Single Arm Swing up and down [4cts]	8x
2:26	C / feeling alive	16	B	Twist It	4x
2:48	/ Oh-oh oh	8	A ²	Box Step	2x
2:52	/ Oh-oh oh	4	C	The Jerk	4x
2:58	/ Oh-oh oh	8	A ²	Box Step	2x
3:03	/ Oh-oh oh	4	C	The Jerk	4x



11. PEAK

TUN UP 4:20mins

TRACK FOCUS

Let rip with this absolute banger! Take advantage of the drops in the music to pull back physically, build up energy and go absolutely huge!

FEELS

Dancehall, Cardio, Massive, Raw

MUSIC		CTS	EXERCISE	REPS
0:00	(Intro)	32 A	Wind It L leg to F, Rock F, B, Shuffle F [4cts] Repeat to R and L [8cts] Walk B R, L x2 [4cts] Repeat to R [16cts]	2x
0:32	/ _ Tun up, tun up	32 A ¹	Wind It + Body Wave on Rock F, B	
0:48	(Driving beat)	32 A ²	Wind It + High and low arms on Shuffle	
1:04	/ Crazy	4 B	Push It Wide Tap and R, Low Arm Circle R to L [4cts]	8x
1:20	/ _ Tun up, tun up	4 B ¹	Push It + Step Knee and Arm Circle at shoulder height	8x
1:36	/ _ Tun up, tun up	32 A ²	Wind It	
1:52	(Driving beat)	4 B ¹	Push It	8x
2:08	/ _ Tun up, tun up	32 A ²	Wind It	
2:24	/ Crazy	8 C	Drop It Hands on thighs, Wide Hip Swing L, R, L [6cts] Wave Arms O/H [2cts]	8x
2:56	/ _ crazy	4 B	Push It	8x
3:12	/ _ Tun up, tun up	4 B ¹	Push It	8x
3:28	(Driving beat)	32 A ²	Wind It	
3:44	/ _ Tun up, tun up	4 B ²	Push It + Arms anywhere	8x
4:00	/ _ Tun up, tun up	32 A ²	Wind It	



12. GROOVEDOWN

OFFICIALLY MISSING YOU 3:24mins

TRACK FOCUS

Pretend that you’re a national skipping champion, dancing outside in the sun at the barbecue to this chilled-out tune.

FEELS

Casual, chilled-out vibe plus Skipping

MUSIC	CTS	EXERCISE	REPS
0:02 Intro / (Drum roll)	32	Freestyle Shake	
0:10 V / Raindrops	16 A	Scoop It Up Face L, feet together, Scoop Arms down and up x4 [8cts] Repeat to R [8cts]	2x
0:29 _I thought	16 A ¹	Scoop It Up + Travel L&R	2x
0:47 C / ooh , can’t nobody	16 B	Skipping Champion Face L corner, fast weight change B, F with Skipping Arms [8cts] Repeat to R [8cts]	2x
1:05 V / Lay around	32	Lat Stretch L, R	
1:24 I wish	16 A ¹	Scoop It Up	2x
1:42 C / ooh , can’t nobody	16 B	Skipping Champion	2x
2:00 V / I thought I	36	Hamstring Stretch R, L [32cts], Roll up [4cts]	
2:21 C / ooh , can’t nobody	16 A ¹	Scoop It Up	2x
2:40 Outro / It’s official	16 B ²	Skipping Champion + Anywhere	2x
2:57 / (Guitar)		Freestyle and congratulate class	



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.

