



SH'BAM **45**

MUSIC

01. WARM-UP

02. ELEVATE

03. PARTY

04. OLD-SCHOOL

05. HIPS

06. POP

07. THRASH

08. BREAK

09. ELEMENTS

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12. GROOVEDOWN

DECLARATION OF INTENT

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MUSIC

01 **Nice For What** (3:25)
Drake
Courtesy of the Universal Music Group.
Written by: Hill, A. Bergman, M. Bergman, Hamlish, Graham, Diggs, Woods, Hunter, Smith, Hawkins, Coles, Grice, Jones, Williams, Thomas, Hall, Price, Cosey, Lindstrom, Shebib, Pigott

02 **Way Up** (2:33)
Jaden
Courtesy of the Universal Music Group.
Written by: Winfrey, Smith, Rambert

03 **Bongo Cha Cha Cha** (1:50)
Goodboys
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Written by: Arnie, Bader, Mueller

04 **Bongo Cha Cha Cha** (1:34)
Goodboys
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Written by: Arnie, Bader, Mueller

05 **Boom! Shake the Room** (3:46)
DJ Jazzy Jeff & The Fresh Prince
© 1993 Zomba Recording LLC.
Written by: Collins, Smith, Haggard, Mayberry, Williams, Bonner, Jones, Middlebrooks, Nappier, Pierce, Noland, Webster, Morrison Jr., Jacobs, Clinton Jr., Easter, Gluckstein, Noronha, Hayden

06 **Bang!** (3:34)
AJR
© 2020 AJR Productions / Liberator Music.
Written by: A. Met, J. Met, R. Met

07 **Pop** (2:56)
*NSYNC
© 2005 Zomba Recording LLC.
Written by: Robson, Timberlake

08 **Pop** (1:38)
*NSYNC
© 2005 Zomba Recording LLC.
Written by: Robson, Timberlake

09 **good 4 u** (2:57)
Olivia Rodrigo
Courtesy of the Universal Music Group.
Written by: Nigro, Rodrigo

10 **Beggin' (Radio Edit)** (3:34)
Madcon
© 2007 Cosmos - a division of Cosmos Music.
Written by: Gaudio, Farina

11 **Move With The Bounce (Archer M_**
lls Remix) (4:27)
Fas Fash
Courtesy of Les Mills Music Licensing Ltd.
Written by: McCarthy

12 **Don't Say It** (3:35)
Lee Mvtthews feat. PRINS
© 2020 Dark Machine Recs.
Written by: Lee, Matthews

13 **Oh Nah Yeah** (3:57)
CHAI! feat. Party Favor
© 2021 Black Lotus Records under exclusive license to BMG Rights Management (Australia) Pty Ltd.
Written by: Ragland, Sanei, Eliesa, McElwain

14 **Disco Inferno** (3:30)
50 Cent
Courtesy of the Universal Music Group.
Written by: Crawford, Pitts



SH'BAM 45



L-R: Cameron Holland, Gandalf Archer Mills, Grace Stevens, Bianca Ikinofu, Maddie Gilbert

SH'BAM 45 has arrived and let me tell you, it has most definitely arrived in style! Our journey starts with the iconic *'Nice For What'* and includes more epic tunes such as *'Boom! Shake The Room'*, *'Pop'*, *'Beggins'*, *'Don't Say It'* and the party ends with *'Disco Inferno'*.

The moves are simple, stylish, seriously cool and most importantly – FUN! Grab your friends, hit the dance floor, turn up the music and just Dance!

CREDITS

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Choreography – Diana Archer Mills, Gandalf Archer Mills, Bianca Ikinofu 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 SH'BAM and 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.

Maddie Gilbert (New Zealand) is a dancer and performer in SH'BAM and BORN TO MOVE filmings. She is currently in her final year of studies in Auckland and works at SkyCity in the recruitment team.

Bianca Ikinofu (New Zealand) is an award-winning Urban/Hip Hop dancer who has a wealth of experience and has performed 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.



EXPRESS FORMATS

30-MINUTE FORMAT

Track 01	Warm-up
Track 02	Elevate
Track 03	Party
Track 04	Old-School
Track 05	Hips
Track 06	Pop
Track 07	Thrash
Track 08	Break
Total Time	27:29

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

NICE FOR WHAT 3:25mins

TRACK FOCUS

Get the party started with this modern anthem, with simple but seriously cool moves to get you warm and bring the heat to the dance floor.

FEELS

Nu School, Beautiful, Lyrical

	MUSIC	CTS		EXERCISE	REPS
0:05	Intro / I wanna know...			Intro	
0:20	C / Care for me	16	A	Grape Roll Grapevine L, feet together [8cts] Bounce knees and roll arms [8cts] Repeat to R [16cts]	2x
0:41	V / Roll on	8	A ¹	Grape Roll + Faster	6x
1:12	C / Care for me	4	B	Hands Up Wide Walk L&R x2 Hands high and clap	8x
1:32	V / _ Work at 8am	2	C	Shoulder Bounce Wide Walk L&R, shrugging shoulders	8x
1:42	/ _ Doin’ overtime	1	D	Hip Bounce Hip Rock L&R	16x
2:03	/ _ Angles	4	B	Hands Up	4x
2:13	Br / Uh-huh!	16	E	Kriss Kross Travel L, Cross Jump x3 [12cts] Heel Tap [4cts] Repeat to R [16cts]	1x
2:24	C / Care for me	8	E ¹	Kriss Kross + Faster	6x
2:55	V / That’s a real one	8	A ¹	Grape Roll	4x
3:14	Outro / Gotta hit the...	4	B	Hands Up	4x



02. ELEVATE

WAY UP 2:33mins

TRACK FOCUS

Picture yourself in your favorite ‘Step Up’ movie practicing to win the big prize.

FEELS

Street, Gritty, Powerful

MUSIC		CTS		EXERCISE	REPS
0:00	Intro /	4	A	Kick It Hop L, Double R Kick [2cts] Repeat to R [2cts]	8x
0:16	C / _ Yeah yeah	16	A ¹	Kick It Hop Kick L&R x2 [8cts] Hop Kick L&R x2, lift arms O/H and throw down [8cts]	2x
0:31	V / _ I went from boy	8	B	Pop & Roll Wide Squat, Chest Pop, R Hamstring Curl and Body Wave [4cts] Repeat to R [4cts]	8x
1:01	C / _ Yeah, yeah	16	A ¹	Kick It	2x
1:15	V / _ We had to fight	8	B	Pop & Roll	8x
1:45	C / _ Yeah, yeah	16	A ¹	Kick It	4x
2:14	Instr /	8	B	Pop & Roll	4x



03. PARTY

BONGO CHA CHA CHA 3:24mins

TRACK FOCUS

Get your bongos out for this super happy and fun track!

FEELS

Latin, Mambo, Bongos

	MUSIC	CTS		EXERCISE	REPS
0:04	C / Bongo La	16	A	Bongo Mambo L Mambo F, B, F Cha-Cha-Cha [8cts] Repeat to R [8cts]	2x
0:20	Instr /	16	A ¹	Bongo Mambo + Starburst Arms	4x
0:50	/ (Build)	32	B	Jumpy Fun Time Jump L&R x4 [8cts] Travel L, crossing R leg B&F x2 [8cts] Repeat to R [16cts]	1x
1:05	C / Bongo La	16	B ¹	Jumpy Fun Time + Cut in half/faster	4x
1:36	/ Bongo La	16	A ¹	Bongo Mambo	2x
1:51	Instr /	16	A ²	Bongo Mambo + Pivot Turn	4x
2:21	/ (Build)	16	B ¹	Jumpy Fun Time	4x
2:52	Instr /	16	A ²	Bongo Mambo	4x



04. OLD-SCHOOL

BOOM! SHAKE THE ROOM 3:46mins

TRACK FOCUS

Dance like it’s 1993 and you’re at the biggest House party in your neighborhood.

FEELS

Hip Hop, Old-School, ‘90s

MUSIC		CTS		EXERCISE	REPS
0:00	Intro /			Intro – Freestyle	
0:10	V / Yo back up	32	A	Kick Boom L leg step F and R Swing Kick, Step B, Tap x3½ [14cts] Run R&L, Tap B, R [2cts] Repeat to R [16cts]	2x
0:48	C / Boom shake shake	8	B	Shake The Room Jump L, Ripple up body, Wave Hands high [4cts] Repeat to R [4cts]	2x
0:58	PC / Well yo are you ready	8	C	Grind It Kriss Kross Jump L, Hip Tipple [4cts] Repeat to R [4cts]	2x
1:08	V / Dance in the aisles	32	A	Kick Boom	2x
1:46	C / Boom shake shake	8	B	Shake The Room	4x
2:05	Br / Pump it up	8	C	Grind It	4x
2:25	C / Boom shake shake	8	B	Shake The Room	2x
2:34	V / The fresh prince	32	A	Kick Boom	2x
3:13	C / Boom shake shake	8	B	Shake The Room	4x
3:32	Outro / Boom shake shake	8	C	Grind It	2x



05. HIPS

BANG! 3:34mins

TRACK FOCUS

Swing the hips, enjoy the kicks, wind it up and dance with a Bang!

FEELS

Street, Playful, Sassy

MUSIC	CTS		EXERCISE	REPS
0:06 V / I get up _	2	A	Step Drop Step L, Drop R knee [1ct] Repeat to R [1ct]	8x
0:19 / Got an apartment	2	A ¹	Step Drop + Jump Drop	8x
0:32 C / So put your best	32	B	Kick Step Kick Jump L&R x2 [8cts] Wide Squat, Stomp, face R and circle L arm x5 [5cts] Jump OTS, throw hand up [3cts] Repeat to R [16cts]	1x
0:58 V / Feel like I'm gonna	2	C	Metronome Swing Hips L&R [2cts]	8x
1:11 / Man I'm up to	2	C ¹	Metronome + L hand to hip, R hand on face	8x
1:24 C / So put your best	32	B	Kick Step	1x
1:51 V / Feel like I'm gonna	2	C	Metronome	8x
2:04 / Man I'm up to	2	C ¹	Metronome	8x
2:17 C / So put your best	32	B	Kick Step	1x
2:43 Instr /	2	C	Metronome	8x
2:53 C / So put your best	2	C ¹	Metronome	8x
3:06 / So put your best	32	B	Kick Step	1x

SMARTSTART

Acknowledge your new participants and let them know they can leave now if they choose to.



06. POP

POP 4:34mins

TRACK FOCUS

Taking it back to the start of the millennium for this boy band classic – double denim purely optional.

FEELS

Poptastic, Boy Band

MUSIC		CTS		EXERCISE	REPS
0:04	V / Sick and tired	16	A	In Sync Wave Body Wave to L [4cts] L Heel Pump x4 [4cts] Repeat to R [8cts]	2x
0:20	PC / it doesn't matter	16	A ¹	In Sync Wave + Body Wave x2	2x
0:36	C / ever wonder why	16	B	Boy-Band Strut 3 Walks L, Step Knee with O/H Arm Throw x3 [8cts] Repeat to R [8cts]	2x
0:52	Br / _ dirty pop	16	C	Tick Tick Tick Swing L&R x2 [4cts] Grab & Pull to L x2 [4cts] Repeat to R [8cts]	3x
1:16	PC / it doesn't matter	16	C ¹	Tick Tick + Hands up, up, down and down	2x
1:32	C / ever wonder why	16	B	Boy-Band Strut	2x
1:48	Br / _ tired of singing	12		Hold (Pre-cue combo)	
1:54	Instr / (Record scratch)	32	A ¹ & C ¹	Dirty Pop Combo	2x
2:26	/ (Drumbeats)	4		Hold/Performance opportunity	
2:28	C / ever wonder why	16	B	Boy-Band Strut	4x
3:00	Br / _ tired of singing	12		Hold	
3:07	Instr / (Record scratch)	32	A ¹ & C ¹	Dirty Pop Combo	2x
3:38	/ (Drumbeats)	4		Hold/Performance opportunity	
3:40	C / ever wonder why		B	Boy-Band Strut	4x
4:12	/ ever wonder why	32	A ¹ & C ¹	Dirty Pop Combo	1x



07. THRASH

GOOD 4 U 2:57mins

TRACK FOCUS

Get your air guitars out and unleash your inner Pop-Rock superstar with full hair-ography and attitude.

FEELS

Free, Emotional, Air Guitar

MUSIC	CTS	EXERCISE	REPS
0:05 V / _ Good for you	16	A Tap It Down Hip Circle L, tap hands on thighs [8cts] Repeat to R [8cts]	4x
0:28 C / _ Good for you	32	B Guitar Thrash Reach L hand up and down x4 [8cts] Arm Swing L, R, L [4cts] Arm Swing R, L, R [4cts] Repeat to R [16cts]	2x
0:51 / For you	16	C Throw It Away Throw hands O/H [8cts] Thrash arms L&R x4 [8cts]	1x
0:56 V / _ Good for you	16	A Tap It Down	4x
1:20 C / _ Good for you	32	B Guitar Thrash	2x
1:43 Instr / (Guitar)	16	C Throw It Away	1x
1:49 / (Guitar)	32	B Guitar Thrash	1x
2:00 V / Maybe I'm too	16	A Tap It Down (to R)	4x
2:23 C / _ Good for you	32	B Guitar Thrash	2x
2:47 / For you	16	C Throw It Away	1x
2:53 / _ Good for you	10	A Finish – Hip Circle L [8cts] Guitar Arms [2cts]	



08. BREAK

BEGGIN' (RADIO EDIT) 3:34mins

TRACK FOCUS

Old-School flavors coming out of every pore – own the dance floor with each and every move.

FEELS

Funk, Casual, Old-School Grooves

MUSIC		CTS		EXERCISE	REPS
0:00	Intro /			Freestyle Intro/Breathe	
0:21	C / Beggin' _	16	A	Slide & Groove Slide L, Diagonal Arm Push [4cts] Step Tap R&L, Groove Arms [4cts] Repeat to R [8cts]	3x
0:43	V / Ridin' high	8	B	Kick & Tap L kick to F, R tap to R [4cts] Repeat to R [4cts]	4x
0:58	/ So why anytime	4	B ¹	Kick & Tap + Faster/Arm Swing	8x
1:13	C / _ Beggin'	16	A	Slide & Groove	2x
1:27	PC / _ I need you	4	B ¹	Kick & Tap	8x
1:43	V / _ An empty shell	16	C	Click It Walk F, L&R x2, L arm click fingers [8cts] Circle Walk to B, R&L x4 [8cts]	5x
2:20	C / _ Beggin'	16	A	Slide & Groove	2x
2:35	I'm fightin' hard	16	C	Click It	2x
2:50	Br / (Quiet lyrics)	4	B ¹	Kick & Tap	6x
3:01	C / _ Beggin'	16	A	Slide & Groove	2x
3:16	/ _ Beggin'	16	C	Click It	2x
3:30	Outro / Darling			Finish – Freestyle	



09. ELEMENTS

MOVE WITH THE BOUNCE 4:27mins

TRACK FOCUS

Dance like you are on a lit up dance floor wearing your hottest new outfit.

FEELS

Club, Dance, Cardio

MUSIC		CTS		EXERCISE	REPS
0:01	Intro /	8	A	Whack Roll R arm behind head, return to side [4cts] Repeat to L [4cts]	3.5x
0:14	V / (Big beat)	16	A ¹	Whack + Step Touch L&R x2 [8cts] Wide Rock L&R x2 with Arm Pump [8cts]	4x
0:45	C / Uh, Uh	16	B	Slide Slide to F, L&R x2 [8cts] Walk B, L&R x4 [8cts]	2x
1:00	/ Move, move	16	B ¹	Slide + Arm Throw side and up	1x
1:07	/ (Building)	16	B ²	Slide + Vogue & Explode	9x
2:15	(Distorted siren)	32	C	Wave Body Wave L x4 [16cts] Repeat to R [16cts]	2x
2:45	Br / Move with the	32	D	Step Touch L&R [4cts] (Note – Pre-cue Full Combo)	8x
3:01	C / (Drop)	32	A ¹ & B ²	Full Combo (Whack and Slide)	5x
4:17	Outro / (Fade)			Finish – Body Wave L	



10. INTENSE

DON'T SAY IT 3:35mins

TRACK FOCUS

You'll never want this track to be over! A beautiful blend of gorgeous extension and crazy cardio that brings the hype for real!

FEELS

Beautiful, Uplifting, Euphoric

	MUSIC	CTS		EXERCISE	REPS
0:00	Intro /	32	A	Stretch & Release L arm reach high, R arm stretch to side [8cts] Swing L arm, circle chest down and up [8cts] Repeat to R [16cts]	3x
0:32	PC / Getting older	8	B	Tap It Tap L foot F&L x2 [4cts] Bounce L&R x2 [4cts]	4x
0:54	C / Say it's over	8	B ¹	Tap It + Lift arms O/H	4x
1:16	/ It's over	16	C	Kriss Kross Travel L, Cross Jump x3 [6cts] Tap heel [2cts] Repeat to R [8cts]	4x
1:39	V / _ I thought	32	A	Stretch & Release	2x
2:00	PC / Getting older	8	B	Tap It – R side	4x
2:23	C / Say it's over	8	B ¹	Tap It – R side	4x
2:45	/ It's over	16	C	Kriss Kross	4x
3:07	/ It's over	32	A	Stretch & Release	2x
3:29	Outro /			Finish – Stretch L	



11. BOUNCE

OH NAH YEAH 3:57mins

TRACK FOCUS

Work the drama into the Hip Rolls, the power into the Chest Pops and the sass into the hips!

FEELS

Assertive, Sassy, Dramatic, Cheeky

	MUSIC	CTS		EXERCISE	REPS
0:07	Intro / Oh nah yeah _	16	A	Hip Roll Hip Circle L x4, arms shoulder height [8cts] Hip Circle R x4, arms O/H [8cts]	3x
0:30	C / Oh nah yeah _	8	B	Chest Pop Chest Pop, elbows wide x4 [4cts] Wide Walk L&R x2 with opposite Shoulder Roll [4cts]	4x
0:46	/ Oh nah yeah _	8	B ¹	Chest Pop + Travel B	4x
1:01	V / _ Hands up	16	C	Hip The Sass Hit hip to L x4, arms high/medium/low/medium [8cts] Repeat to R [8cts]	2x
1:17	PC / _ Tell me what	8	D	Jump Drag Face L, jump feet wide, slide together x2 [4cts] Repeat to R [4cts]	4x
1:32	/ _ Tell me what	8	D ¹	Jump Drag + Travel F, Relaxed Arms	4x
1:48	C / Oh nah yeah_	8	B ¹	Chest Pop	8x
2:18	V / _ Hands up	16	C	Hip The Sass	2x
2:34	PC / _ Tell me what	8	D	Jump Drag	4x
2:50	/ _ Tell me what	8	D ¹	Jump Drag	4x
3:05	C / Oh nah yeah _	8	B ¹	Chest Pop	8x
3:36	Outro / _ Hands up	16	A	Hip Roll	2x



12. GROOVEDOWN

DISCO INFERNO 3:30mins

TRACK FOCUS

Oh yes! Groovedown to this epic Hip Hop track. Shake it, stretch it and smile all the way through till the music stops.

FEELS

Hip Hop, Anthem – definitely not your 1970s Disco Inferno

MUSIC		CTS		EXERCISE	REPS
0:02	Intro / Let's go _	8	A	Back It Up Feet together, Walk L&R L, R, L [4cts] Repeat to R [4cts]	4x
0:21	V / Go, go, go	8	B	Bounce That L leg step F, Hip Pop B x4 [4cts] Repeat to R [4cts])	4x
0:41	/ _ So gutter	8		Breathe 1 Lift arms O/H, return to sides [8cts]	2x
0:51	C / _ Lil mama	8	A	Back It Up	4x
1:11	V / _ Let's party	16		Upper Body Stretch Wide Walk L&R x2 with high Arm Reach [8cts] Wide Walk L&R x2 with Arm Sweep across front [8cts]	2x
1:31	/ _ Homie I don't	32		Adductor Stretch Rib Shift L&R x4 Rib Shift L&R x8 in Adductor Stretch Rib Shift L&R x4	1x
1:50	C / _ Lil mama	8	B	Bounce That	4x
2:10	V / _ See me shining	16		Breathe 2 Lift arms O/H, return to sides [8cts] Roll down and return to standing [8cts]	2x
2:30	/ _ Next level	8	A	Back it up	2x
2:40	C / _ Lil mama	8	B	Bounce That	4x
3:00	Outro / Girl _			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.

