



SH'BAM 48

MUSIC

01. WARM-UP

02. TWERK

03. SASS

04. HYPE

05. BURN

06. GROOVE

07. CLASSICAL

08. COMMERCIAL

09. LATIN

10. FOSSE JAZZ

11. PEAK

12. GROOVEDOWN

DECLARATION OF INTENT

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MUSIC

01

EXHALE (Hook N Sling Remix) (2:39)

kenzie feat. Sia
© 2020 Arista Records, a division of Sony Music Entertainment.
Written by: Smith, Lomax, Williams, Cubina

02

Jiggle It (2:50)

Atomic Showers
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Written by: Comstock, Henry

03

Woman Up (3:27)

Meghan Trainor
© 2016 Epic Records, a division of Sony Music Entertainment.
Written by: Frederic, Trainor, Parks, Nuri, G. Morales, Rodriguez, M. Morales, Overstreet, Stevens

04

Suéltate (4:18)

Artar
© 2022 Les Mills Music Licensing Ltd.
Written by: Keen, Landrau, de Marco, Speigel

05

SPICY (3:48)

An Impressive Roast
© 2022 Les Mills Music Licensing Ltd.
Written by: Baauer, Boniq, Mazur, Holly, Sokodomo

06

MONTERO (Call Me By Your Name)

(2:15)
Lil Nas X
© 2021 Columbia Records, a Division of Sony Music Entertainment.
Written by: Biral, Baptiste, Fedi, Hill, Lorenzo

MONTERO (Call Me By Your Name)

(1:39)
Lil Nas X
© 2021 Columbia Records, a Division of Sony Music Entertainment.
Written by: Biral, Baptiste, Fedi, Hill, Lorenzo

07

Reach (CLIQUES. Remix) (3:21)

Paper Dragon
© 2021 Our Space.
Written by: Savage, Turner, Royall, Burton

08

Break The Ice (3:15)

Britney Spears
© 2007 Zomba Recording LLC.
Written by: Beanz, Hills, Washington, Hilson, Araica

09

Baila (3:53)

Jennifer Lopez
© 2003 Sony Music Entertainment (France) S.A.
Written by: Estefan Jr., Noreiga, Secada, Barlow

10

Light Switch (3:06)

Charlie Puth
© 2022 Atlantic Records Group LLC.
Written by: Puth, Hindlin, Torrey

11

Tell It To My Heart (KREAM Remix)

(3:52)
MEDUZA feat. Hozier
Courtesy of the Universal Music Group.
Written by: Hozier-Byrne, De Gregorio, Vitale, Ormandy, Gray, Giani

12

Take My Breath (Extended Version)

(3:34)
The Weeknd
Courtesy of the Universal Music Group.
Written by: Tesfaye, Balshe, Di Ceglie, Tutolo, Martin, Caraglia, Holter

ALT
06

Weigh Me Down (3:54)

Blaeker feat. G. Curtis
Courtesy of Epidemic Sound.
Written by: Unknown



SH'BAM 48



L-R: Summer Bradley, Bianca Ikinofu, Cameron Holland, Yayoi Matches, Grace Stevens, Des Helu

Ask yourself this question – are you ready to party? You’d better be ready because this release is going to blow your socks off! There’s hype, sass, attitude, drama and much, much more!

The mixture of moves, music and styles brings a unique flavor to this release. You’re taken on a 45-minute journey through dance – taking in Latin, Fosse, Hip-Hop, Commercial amongst others.

SH'BAM 48 is an experience on every level. You’ll never have a more enjoyable, euphoric and elating time on a dance floor!

CREDITS

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Choreography – Bianca Ikinofu, Corrah Philips, Grace Stevens, Cameron Holland, Summer Bradley, Desmond Helu, Yayoi Matches, Kaylah-Blayr Fitzsimons-Nu’u

Production Coordinator – Anusha Kulal

PRESENTERS

Cameron Holland (New Zealand) is a dancer and performer in SH'BAM, BODYJAM™ 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.

Summer Bradley (New Zealand) is a LES MILLS BARRE™ Presenter, and lives in Auckland. She has 18 years of dance experience and trained full-time in Australia.

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.

Yayoi Matches (New Zealand) lives in Auckland and has worked as a professional Ballet dancer internationally for five years.

Des Helu (New Zealand) is a BODYPUMP™, LES MILLS BARRE, LES MILLS GRIT™ and BORN TO MOVE Presenter/Instructor and a LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor. He is based in Auckland.

Special thanks to **Kaylah-Blayr Fitzsimons-Nu’u**. Special thanks to **Melroy Oostra** and **Bertie Voigt** for music selection.



EXPRESS FORMAT

30-MINUTE FORMAT

Track 01	Warm-up
Track 02	Twerk
Track 03	Sass
Track 04	Hype
Track 05	Burn
Track 06	Groove
Track 07	Classical
Track 08	Commercial
Total Time	29:02

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

EXHALE (HOOK N SLING REMIX) 4:09mins

TRACK FOCUS

Warm up the entire body with simple, authentic dance moves. Set the scene for the dance party to come.

FEELS

Controlled, Authentic, Dramatic

	MUSIC	CTS		EXERCISE	REPS
0:09	Intro / Pressure	16	A	Side Lunge Pulsing Adductor Stretch L x4 [8cts] Repeat to R [8cts]	2x
0:24	V / You've been holding	4	B	Sway Wide Walk with Arm Sway L&R [4cts]	8x
0:39	C / _ You need to	16	B ¹	Sway + Tempo change (slow, slow, quick, quick, slow)	2x
0:56	/ Exhale _	32	C	Step & Slide Step Slide F L&R x2 [8cts] Wide Tap L&R x2 [8cts] Repeat to B [16cts]	1x
1:11	Br / Exhale _	16		Breath Sequence Roll down and up [16cts]	1x
1:19	V / _ Don't stop	32	D	Chest Chest Circle L x4 [16cts] Repeat to R [16cts]	1x
1:34	/ You've been holding	4	D ¹	Chest Chest F with arms B [2cts] Chest B with arms F [2cts]	8x
1:50	C / _ You need to	16	D ²	Chest + Tempo change (slow, slow, quick, quick, slow)	2x
2:05	/ Exhale _	32	C	Step & Slide 👁️ Arm combo on the last 8cts	1x
2:21	/ Exhale _	32	C ¹	Step & Slide + Both arms to shoulder height [4cts] Drag arms up to body and throw O/H [4cts]	1x
2:37	/ (Fade)	4		Freeze – Feet wide	1x
2:39	Instr /	16		Breath Sequence Roll down and up [16cts]	1x
2:47	V / _ Don't stop	32	E	Hips Hip Circle L x4 [16cts] Repeat to R [16cts]	1x
3:02	/ You've been holding	4	E ¹	Hips Hip Rock L&R [4cts]	8x
3:17	C / _ You need to	16	E ²	Hips + Tempo change (slow, slow, quick, quick, slow)	2x
3:33	/ Exhale _	32	C ¹	Step & Slide	2x



02. TWERK JIGGLE IT 2:50mins

TRACK FOCUS

Who knew that popping your booty would be such good leg conditioning? Seriously, you might be surprised at how much your legs hurt after this one!

FEELS

Twerk, Booty, Confident

MUSIC		CTS		EXERCISE	REPS
0:11	C / _ Jiggle like	4	A	Sway & Twerk Hip Sway L&R [4cts] 👁 Butt Pop on the last 8cts	16x
0:34	V / Jiggle it _ (Muffled)	16	A ¹	Sway & Twerk + 4x Slow Butt Pop to B, arms O/H [8cts] 👁 Fast Butt Pop on the last 8cts	4x
0:56	/ At the floor, they say _	16	A ²	Sway & Twerk + 8x Fast Butt Pop	4x
1:19	C / _ Jiggle like	32	B	Kick & Twerk Step L, kick R foot across, reset feet wide [8cts] 4x Slow Butt Pop [8cts] Repeat to R [16cts]	2x
1:41	V / _ I like the	32	B ¹	Kick & Twerk + 8x Fast Butt Pop	2x
2:04	C / _ Jiggle like	16	C	Bounce & Groove Squat Bounce [4cts] Step feet to L with Arm Groove [4cts] Repeat to R [8cts]	4x
2:27	Outro / At the floor, they say _	16	C ¹	Bounce & Groove + Knees turn out on Squat Bounce	4x



03. SASS

WOMAN UP 3:27mins

TRACK FOCUS

Juicy side dips – yes, you read that correctly: we are getting juicy with the hips! Time to Woman Up!

FEELS

Saucy, Sassy, 2022 Girl Power

	MUSIC	CTS		EXERCISE	REPS
0:00	Intro / Woman up	4	A	Juicy Hips Feet close, lean F, Hip Swing L&R [4cts]	10x
0:22	V / _ Put your favorite	32	B	Woman Up Face L, R, Hip Roll F x3 [12cts] Walk B, R, L x2 [4cts] Repeat to R [16cts]	1x
0:41	PC / So let’s go	32	B ¹	Woman Up + Fast Hip Roll + Walk B + Arm Wrap	2x
1:18	V / _ When you wear	16	C	Roll It, Flick It Hip Roll traveling L x4 [8cts] Repeat to R [8cts] 👁️ Wrist Flick on last 4cts	1x
1:27	PC / So let’s go	16	C ¹	Roll It, Flick It + Wrist Flick on Hip Roll 2&4	2x
1:45	C / All my girls	16	C ²	Roll It, Flick It + Chest Circle on Hip Roll 1&3	3x
2:12	QC / All my girls	4	A	Juicy Hips	8x
2:31	PC / So let’s go	32	B ²	Woman Up + Shoulder Flick + ‘Woman Up’ freestyle on 2nd rep	3x



04. HYPE

SUÉLTATE 4:18mins

TRACK FOCUS

Let’s go, let’s go, let’s go! Take your time to work through the options and allow everyone to find what works for them and unleash themselves!

FEELS

Cardio, Club Latin, Wild

MUSIC		CTS		EXERCISE	REPS
0:07	V / I’d rather be	16	A	4 Kicks Face L, tap R leg F, B&F [6cts] Slide R [2cts] Repeat to R [8cts]	2x
0:22	/ I , I feel like	16	A ¹	4 Kicks + Faster + Gallop	2x
0:37	PC / Each time	16	A ²	4 Kicks + Kick	2x
0:52	C / Sueltrate _	16	A ³	4 Kicks + Jump	2x
1:06	V / Mira , como yo	16	B	Squat & Lunge Squat Step R [4cts] R Mambo Lunge [4cts] Repeat to L [8cts]	2x
1:21	/ Anita _	16	B ¹	Squat & Lunge + Arms reach O/H + Sway arms side to side	5x
1:58	C / Sueltrate _	16	A ³	4 Kicks 👁 Jump Turn on last 4cts	1x
2:05	/ Sueltrate _	16	A ⁴	4 Kicks + Jump Turn	3x
2:28	Instr /	16	A ⁵	4 Kicks + Flick Kick	8x
3:27		8		Hold	1x
3:31	C / Sueltrate _	16	B ¹	Squat & Lunge	4x
4:01	/ Sueltrate _	16	A ⁴	4 Kicks	2x



05. BURN

SPICY 3:48mins

TRACK FOCUS

It burns, it burns! How hot is this track? Your legs will learn to love the swag, the sass and the spice. More hot sauce over here please!

FEELS

Spicy, Sassy, Girl Group

MUSIC	CTS		EXERCISE	REPS
0:09 Intro / Made in Korea _	32	A	Spicy Burn Squat, Hammer Fist L&R to hips and chest height [8cts] Chest Circle R [8cts] Repeat to R [16cts]	1x
0:20 Energy , power	16	A ¹	Spicy Burn + Faster	10x
1:13 C / _ She got the	16	B	Spicy Walk 3 walks to the L, feet together [8cts] Repeat to R [8cts]	2x
1:23 / _ She got the	16	B ¹	Spicy Walk + Arm Reach and Leg Flick	2x
1:34 V / _ Where we from	32	B ²	Spicy Walk + Feet wide, punch hands down [8cts] Hands lift to mouth	2x
1:55 PC / _ She got the	32	B ³	Spicy Walk + Faster arms + Hip Roll	4x
2:38 V / Energy , power	16	A ¹	Spicy Burn	1x
2:44 / Energy , power	16	A ²	Spicy Burn + Double Chest Circle	5x
3:10 C / Most fly Asians _	4		Hold	1x
3:12 V / Energy , power	32	B ³	Spicy Walk	3x

SMARTSTART

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



06. GROOVE

MONTERO (CALL ME BY YOUR NAME) 3:54mins

Please note this song contains explicit content. The Alternate song can be used in its place.

Please use *Weigh Me Down* with the same choreography.

TRACK FOCUS

The label on this track reads "Super stylish mixed with laid-back swagger" and it is super cool! Enjoy the contrasting feels of the Dive and the Roll.

FEELS

Smooth, Laid-back, Stylish

MUSIC		CTS		EXERCISE	REPS
0:05	Intro / <i>I caught it bad</i>	8	A	Dive & Ripple Facing L, lean body F, pull elbows B [4cts] Lean B, push hands up [4cts]	4x
0:16	V / Romantic talking	64	A ¹	Dive & Ripple + Travel F&B x4	1x
0:38	C / Call me when you want	8	A	Dive & Ripple Facing R, increase Ripple through body	4x
0:48	/ Mmm , mmm	64	A ¹	Dive & Ripple Facing R	1x
1:10	V / Oh , oh, oh	16	B	Roll & Swing Shoulder Roll, double shrug dropping into legs x2 [8cts] Hip and arms swing R&L [8cts]	4x
1:34	PC / Champagne and drinking	16	B ¹	Roll & Swing + Hip and Arm Swing x4	8x
2:14	C / Call me when you want	128	A ¹ +B ¹	Dive & Roll Combo Dive & Ripple front, facing L [32cts] Roll & Swing x2 [32cts] Dive & Ripple B, facing R [32cts] Roll & Swing x2 [32cts]	2¼x



07. CLASSICAL REACH (CLIQUE.S. REMIX) 3:21mins

TRACK FOCUS

Classical, elegant and uplifting; yes, Track 7 has it all! Find calm, cardio and classical moves all in one incredibly awesome track.

FEELS

Beautiful, Uplifting, Elegant

	MUSIC	CTS		EXERCISE	REPS
0:00	Intro / (Piano)	32	A	Reach Feet wide, reach to high diagonals L, R, L [16cts] Repeat to R [16cts] 👁️ Cross Jack on the last 4cts	2x
0:21	V / Reach up	32	B	Cross Jack Ripple Cross Jack traveling R x2 [8cts] Body Wave B [8cts] Repeat to R [16cts]	2x
0:44	C / We can fall _	16	B ¹	Cross Jack Ripple + Faster	4x
1:06	V / _ Reach up	64	C	Rond de Jambe Travel F, step on L foot, sweep R leg from B to front, 2 Walks [8cts] Repeat to R&L [16cts] Walk B [8cts] Repeat sequence to R [32cts]	1x
1:28	C / We can fall _	32	C ¹	Rond de Jambe + Faster	1x
1:39	/ We can fall _	32	C ²	Rond de Jambe + Arm Extension	1x
1:50	V / Reach up	32	A	Reach	1x
2:01	/ We can fall _	32	B	Cross Jack Ripple	1x
2:12	C / We can fall _	16	B ¹	Cross Jack Ripple	2x
2:23	/ We can fall _	16	B ²	Cross Jack Ripple + Double Wave	2x
2:34	Instr /	32	C ²	Rond de Jambe	2x
2:57	Outro /	32	A	Reach	2x



08. COMMERCIAL BREAK THE ICE 3:15mins

TRACK FOCUS

Use this track to find some calm after the peak and break the ice a little. It's Britney time SH'BAM fam!

FEELS

Music Video, Lyrical, Commercial

	MUSIC	CTS		EXERCISE	REPS
0:01	Intro / It's been a while _	16	A	Drag Sweep Sweep L leg front to B [4cts] 2x Walk to R [4cts] Repeat to R [8cts]	2x
0:18	V / It's been a while	8	A ¹	Drag Sweep + Faster	8x
0:50	C / Break the ice	32	B	Icebreaker Step L, cross R leg F [4cts] Repeat to R&L [8cts] Feet wide, Chest Pop x4 [4cts] Repeat sequence to R [16cts]	1½x
1:15	V / You got me hypnotized	8	A ²	Drag Sweep + Drag arms up body, flick open	8x
1:47	C / Break the ice	32	B ¹	Icebreaker + Reach and Pull arms + Alternating hands on chest	1x
2:04	Br / I like this part	4		Hold	1x
2:06	/ I like this part, ooh	16	C	Britney Strut 3x Walk to L, flick R heel [8cts] Repeat to R [8cts]	2x
2:22	C / Break the ice	8	C ¹	Britney Strut + Faster	2x
2:30	/ Break the ice	8	C ²	Britney Strut + Double Shoulder Flick	6x
2:55	/ Break the ice	32	B ¹	Icebreaker	1x



09. LATIN

BAILA 3:53mins

TRACK FOCUS

Time for your hips and chest to party! Bring the heat, the fun, the smiles and optional margaritas.

FEELS

Latin, Fiesta, Happy, Playful

MUSIC	CTS		EXERCISE	REPS
0:00 Intro / _ Let’s break all the rules	16		Freestyle Intro	1x
0:07 C / Baila, come on	8	A	Fiesta Mambo L Mambo F, Cha-Cha-Cha [4cts] Repeat to R [4cts]	6x
0:29 V / You took my love	16	B	Guacamole Shimmy Travel L, Hip Roll x3 [6cts] L Salsa to the front [2cts] Repeat to R [8cts]	2x
0:44 C / Baila, come on	16	B ¹	Guacamole Shimmy + Arm Pull (low, medium, high)	3x
1:07 / Baila, come on	16	B ²	Guacamole Shimmy + Replace Arm Pull with Shimmy	3x
1:29 V / Boy, you’re my destiny	16	C	Triple Tap Tap L foot B, side, B [6cts] Slide L [2cts] Repeat to R [8cts]	2x
1:43 C / Baila, come on	8	C ¹	Triple Tap + Faster 👁 Combo	6x
2:06 / Baila, come on	16	C ²	Triple Tap Triple Tap L&R [8cts] Hip Roll x4 [8cts] 👁 Thigh Slap on the last 4cts	2x
2:20 / Baila, come on	16	C ³	Triple Tap + Thigh Slap	2x
2:35 Instr /	8		Freestyle	1x
2:40 / (Trumpets)	8	A	Fiesta Mambo	6x
3:01 C / _ Fa, la, la,la, le, lo, la	16	B ¹	Guacamole Shimmy	3x
3:23 / Baila, come on	16	B ²	Guacamole Shimmy	4x



10. FOSSE JAZZ

LIGHT SWITCH 3:06mins

TRACK FOCUS

If it feels a little awkward at first, you are probably doing it correctly! Such a super fun dance style to play with, to a great modern song.

FEELS

Fosse, Jazz, Quirky

MUSIC	CTS	EXERCISE	REPS
0:01	8	Optional Fosse Intro Hip Swing, Sway Arms L&R [8cts]	4x
0:11 V / _ Why you callin'	4 A	The Fosse Step Tap L&R [4cts]	8x
0:22 / _ Why you always	4 A ¹	The Fosse + Soft-boiled-egg sway	16x
0:43 C / You turn me on	32 A ²	The Fosse Face L, lift R hip x4 [8cts] Step Tap R&L [4cts] Slide R [4cts] Repeat to R [16cts]	1x
0:54 / You turn me on	32 A ³	The Fosse + Soft-boiled-egg sway	1x
1:04 / Baby _	8	Hold	1x
1:07 V / Keep me guessin'	32 A ⁴	The Fosse + Slow Hip Lift x2 with soft-boiled-egg T-Rex Arms	2x
1:25 / All of a sudden	32 A ⁵	The Fosse + Fast Hip Lift x4 with soft-boiled-egg T-Rex Arms	3x
1:57 Br / Come on, come on	32 B	Run It Run F L&R x4 [8cts] Hip Rock L x4 [8cts] Repeat to B on R leg [16cts]	3x
2:27 / Make me want _	8	Hold	1x
2:31 C / You turn me on	32 A ⁵	The Fosse	3¼x



11. PEAK

TELL IT TO MY HEART (KREAM REMIX) 3:52mins

TRACK FOCUS

We finish the workout on a real high, tapping into some awesome cardio with a great combination that your class will lose themselves in.

FEELS

Euphoric, Uplifting, Dramatic

MUSIC		CTS		EXERCISE	REPS
0:08	V / I can work you out	16	A	Gallop Gallop to L corner [4cts] Walk B R&L x2 [4cts] Repeat to R [8cts]	2x
0:23	/ The only time	16	A ¹	Gallop + Upper body expansion/contraction	2x
0:38	C / Tell it to my heart	32	B	Arm Combo L Arm Reach to side, R Arm Punch to L (low/medium/high) [12cts] Reach O/H and drop [4cts] Repeat to R [16cts]	1x
0:54	/ Tell it to my _	32	A ¹ + B ¹	Gallop Combo Gallop to L [4cts] Walk B [4cts] Fast Arm Combo L [8cts] Repeat to R [16cts]	1x
1:09	/ My heart _	4		Hold	1x
1:11	Instr / (Drop)	32	A ¹ + B ¹	Gallop Combo	2x
1:42	V / Before a light goes	16	A	Gallop	2x
1:57	/ _ You move close to me	16	A ²	Gallop + Upper body expansion/contraction + Circle Turn	4x
2:28	PC / Tell it to my _	32	A ³ +B ¹	Gallop Combo + Jump Turn replacing Circle Turn	2x
2:58	/ (Fade)	8		Hold	1x
3:02	Outro / (Drop)	32	A ³ +B ¹	Gallop Combo	3x



12. GROOVEDOWN

TAKE MY BREATH (EXTENDED VERSION) 3:34mins

TRACK FOCUS

Find some groove to end the class – sexy panthers are of course optional!

FEELS

Groovy, Disco, Funk

MUSIC		CTS		EXERCISE	REPS
0:02	Intro / (Drum beat)	4	A	Reach & Snap Step Hip L&R with Arm Reach & Snap [4cts]	15x
0:32	C / Take my breath _	16	B	Groove It Step Tap F L&R x2 [8cts] Walk B L&R x4 [8cts]	2x
0:47	/ Take my breath _	16	B ¹	Groove It + Skipping Rope Arms + Wrist Swizzle	6x
1:35	V / In your eyes	96	C	Stretch 1 Sweep arms to L, R Hip Flexor Stretch [16cts] Add Pulse [16cts] Sweep into Warrior Stretch [16cts] Repeat to R [48cts] Roll up to standing on last 4cts	1x
2:22	C / Take my breath _	16	B ¹	Groove It	2x
2:38	V / Hold on to you tight	32	D	Stretch 2 Feet wide, inhale [8cts] Wide Adductor Stretch with alternating Double Shoulder Release x3 [24cts]	1x
2:54	/ Like a dream	32	E	Stretch 3 Double Hamstring Stretch [8cts] Add R&L Arm Reach [16cts] Roll up to standing [8cts]	1x
3:10	/ Baby says _	4		Freestyle	1x
3:12	C / Take my breath _	16	B ¹	Groove It	2½x



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.

