



SH'BAM **49**

MUSIC

01. WARM-UP

02. SWAG

03. JAZZ

04. ENERGY

05. BURN

06. SHAPES

07. HYPE

08. GROOVE

09. OLD-SCHOOL

10. CELEBRATE

11. CLASSIC THROWBACK

12. GROOVEDOWN

DECLARATION OF INTENT

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MUSIC

01	No (Galantis Remix) (3:11) Little Mix © 2021 Sony Music Entertainment UK Limited. Written by: Emenike, Edwards, Jean-Marie, Purcell, Pinnock, Thirlwall	10	My Universe (3:44) Pennsylvania's Ghost © 2022 Les Mills Music Licensing Ltd. Written by: Holter, Berryman, Buckland, Champion, Jung Ho, C. Martin, M. Martin, Min, Nam-Joon, Rahko
02	Boyz (2:58) Jesy Nelson feat. Nicki Minaj Courtesy of the Universal Music Group. Written by: Wesley, Maraj, Fisher, Ibrahim, Jordan-Patrikios, Nelson, Atoui, Keen, Margulies, Olatunji, Ross, Curry, Goss	11	How Will I Know (3:32) Whitney Houston & Clean Bandit © 2021 RCA Records, a division of Sony Music Entertainment. Written by: Walden, Merrill, Rubican
03	Like A Prayer (4:05) Madism, Masove & Brendan Mills feat. Tess Burrstone © 2021 Soave Records. Written by: Ciccone, Leonard	12	Body Loose (2:32) Dizzee Rascal feat. Ella Eyre Courtesy of the Universal Music Group. Written by: A. Akabah, P. Akabah, Asante, Fagan, Mills
04	Mr. Saxobeat (2:48) Dance Fruits Music, Steve Void & DMNDS © 2021 Strange Fruits. Written by: Prodan, Nemirschi	ALT 02	Boom Boom Boom (2:58) Waykap feat. Mia Pfirman Courtesy of Epidemic Sound. Written by: Unknown
05	Move (2:49) Stefflon Don Courtesy of the Universal Music Group. Written by: Allen, Hinds, Scott	ALT 05	Dice Roll (2:49) Ball Point Courtesy of Epidemic Sound. Written by: Unknown
06	Move Ya Body (2:46) Ku De Ta feat. Nikki Ambers © 2018 SPRS / SpinninRecords.com. Written by: P. George, Charles, L. George, B. George, Clarke, Bedeau, Natalie Albino, Nicole Albino, Diaz, Burrell, Bermingham, Wells	ALT 06	Wait Down (2:46) Shoulder B Courtesy of Epidemic Sound. Written by: Unknown
07	THAT'S WHAT I WANT (2:21) Lil Nas X © 2021 Columbia Records, a Division of Sony Music Entertainment. Written by: Bach, Fedi, Hill, Slatkin, Tedder	ALT 12	Again (2:32) Amaroo Courtesy of Epidemic Sound. Written by: Unknown
	THAT'S WHAT I WANT (1:23) Lil Nas X © 2021 Columbia Records, a Division of Sony Music Entertainment. Written by: Bach, Fedi, Hill, Slatkin, Tedder		
08	SexyBack (2:30) Dance Fruits Music & DMNDS © 2020 Strange Fruits. Written by: Mosley, Timberlake, Hills		
09	Come Get It Bae (3:21) Pharrell Williams © 2014 Columbia Records, a Division of Sony Music Entertainment. Written by: Williams		



SH'BAM 49



L-R: Dannielle Lally, Summer Bradley, Grace Stevens, Bianca Ikinofu

Imagine the best party you've ever been to (you're picturing it, right?). There's great music playing and amazing people around you sharing the experience. Well, you've just described SH'BAM 49!

This release is beyond awesome and stacked with amazing songs and moves right from the start. There's throwbacks, remixes as well as new and current epic tracks that will have you itching to get up and dance!

P.S. You're not going to be able to stop yourself from singing along!

CREDITS

- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Choreography** – Bianca Ikinofu, Grace Stevens, Cameron Holland, Summer Bradley, Desmond Helu, Yayoi Matches, Kaylah-Blayr Fitzsimons-Nu'u
- Production Coordinator** – Anusha Kulal

PRESENTERS

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.

Dannielle Lally (New Zealand) is a BODYJAM and BORN TO MOVE Presenter/Instructor and a BODYATTACK™ and SPRINT™ Instructor. She is based in Auckland.



EXPRESS FORMAT

30-MINUTE FORMAT

Track 01	Warm-up
Track 02	Swag
Track 03	Jazz
Track 04	Energy
Track 05	Burn
Track 06	Shapes
Track 07	Hype
Track 08	Groove
Total Time	24:51

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>

TEACHING THIS RELEASE

How long should I teach the new release for?

Teach the entire new release for a minimum of two weeks and a maximum of four weeks and then start to integrate other tracks. Then you will not only ensure variety in exercise sequencing and music but participants will also experience the magic, excitement and training effect of the new launch tracks.

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 (GALANTIS REMIX) 3:11mins

TRACK FOCUS

Say no to boring workouts and say yes to awesome, fun workouts where you get to dance and be yourself! Welcome to SH'BAM 49!

FEELS

Pop, Lyrical, Empowering

	MUSIC	CTS		EXERCISE	REPS
0:13	V / Pushed me	16	A	4 Steps Step Touch L x4 [8cts] Repeat to R [8cts] Hands to torso on last 4cts	1x
0:21	/ And I know	16	A ¹	4 Steps + Hands on torso, open and close chest	2x
0:36	C / No , no, no	16	B	The No More Double step F, L x2 [4cts] Repeat to R [4cts] Step Tap B, L&R x2 [8cts]	2x
0:52	/ No , no, no	16	B ¹	The No More + Finger Wag + Chest Pop with Up & Down Arms	2x
1:08	V / I was sick	16	C	Hip Roll Hip Roll traveling L x4 [8cts] Repeat to R x4 [8cts] Add more Hip Lift and Body Sway from 3rd rep	5x
1:47	C / No , no, no	16	B ¹	The No More	5x
2:03	/ No , no, no	8	B ²	The No More + Double time + Cut in half	2x
2:19	Br / _ It's a shame	32	D	Chest Roll Chest Roll L x4 [16cts] Repeat to R [16cts]	4x
2:34	/ (Music fades)	8		Roll down and up [8cts]	1x
2:38	C / No , no, no	8	B ²	The No More	8x
3:10	Outro / I said no	4		Pose to Finish	1x



02. SWAG BOYZ

2:58mins

Please note this song contains explicit content. The Alternate song can be used in its place.
Please use *Boom Boom Boom* with the same choreography.

TRACK FOCUS

Wave goodbye to the bad boys and say hello to the bad girls! Dance this track like the boss you are!

FEELS

Swag, Attitude, Hip-Hop

	MUSIC	CTS		EXERCISE	REPS
0:05	V / A little bitter	16	A	Knee Knock Jump wide, turn knee in L&R, Wide Walk F, R&L x2 [4cts] Repeat x2 [8cts] Walk B, R&L x2 with Shoot The Ball Arms [4cts]	3x
0:37	C / _ I like a bad	16	A ¹	Knee Knock + Pull arms to hips and push O/H	2x
0:58	V / Got a little	4	B	Double Slide Tap L foot, slide L, hand sweep across to R [2cts] Repeat to R [2cts]	8x
1:20	PC / The hole that	2	C	Butterfly Both knees turn in and out, relax upper body [2cts]	8x
1:31	C / _ I like a bad	16	A ¹	Knee Knock	2x
1:52	Br / _ As we proceed	4	B	Double Slide	10x
2:19	PC / Jessy	2	C	Butterfly	8x
2:29	C / _ I like a bad	16	A ¹	Knee Knock	2x
2:50	Outro / Impress me _	2	C	Butterfly	4x



02. SWAG

BOOM BOOM BOOM 2:58mins

Please use this song in place of *Boyz* when teaching Track 02.

TRACK FOCUS

Wave goodbye to the bad boys and say hello to the bad girls! Dance this track like the boss you are!

FEELS

Swag, Attitude, Hip-Hop

MUSIC		CTS		EXERCISE	REPS
0:05	V / <i>Yeah, I don't let...</i>	16	A	Knee Knock Jump wide, turn knee in L&R, Wide Walk F, R&L x2 [4cts] Repeat x2 [8cts] Walk B, R&L x2 with Shoot The Ball Arms [4cts]	3x
0:37	C / <i>Boom, boom</i>	16	A ¹	Knee Knock + Pull arms to hips and push O/H	2x
0:58	/ _ <i>I bring the thunder</i>	4	B	Double Slide Tap L foot, slide L, hand sweep across to R [2cts] Repeat to R [2cts]	8x
1:20	V / _ <i>care, but you hate</i>	2	C	Butterfly Both knees turn in and out, relax upper body [2cts]	8x
1:31	C / <i>Boom, boom</i>	16	A ¹	Knee Knock	2x
1:52	/ (beats)	4	B	Double Slide	10x
2:19	V / _ <i>care, but you hate</i>	2	C	Butterfly	8x
2:29	C / <i>Boom, boom</i>	16	A ¹	Knee Knock	2x
2:50	Outro / (beats)	2	C	Butterfly	4x



03. JAZZ

LIKE A PRAYER 4:05mins

TRACK FOCUS

Time to throw it back to some late '80s Pop
Queen Jazz dance party moves!

FEELS

Jazz, Pop, '80s

	MUSIC	CTS		EXERCISE	REPS
0:00	V / _ Life is a	16	A	Triple Tap Tap L foot F, L [4cts] Step Ball Change L, R, L [4cts] Repeat to R [8cts]	2x
0:15	Br / Like _	4		Hold	1x
0:17	C / Home _	8	A ¹	Triple Tap + Double time	2x
0:25	/ _ When you call	8	A ²	Triple Tap + Stretch arms	4x
0:40	C / Take you there	8	A ³	Triple Tap + More groove	4x
0:56	V / _ I hear your	16	B	Step Knee Combo Walk F, L&R x2 [8cts] Repeat to B [8cts]	2x
1:11	/ _ I close my eyes	16	B ¹	Step Knee Combo + Curl and Snap Arms + Swish Arms	2x
1:27	C / _ When you call	16	B ²	Step Knee Combo + Showgirl Knees	4x
1:58	V / _ Like a child	16	A	Triple Tap	1x
2:06	/ _ You're in control	16	A ⁴	Triple Tap + Stretch arms + Prayer Hands	3x
2:29	C / (Saxophone)	8	A ⁵	Triple Tap + Faster	4x
2:44	/ (Saxophone)	16	B ²	Step Knee Combo	2x
3:00	V / _ Like a child	16	A	Triple Tap	1x
3:07	/ _ You're in control	16	A ⁴	Triple Tap	3x
3:31	C / (Saxophone)	8	A ⁵	Triple Tap	4x
3:46	/ (Saxophone)	16	B ²	Step Knee Combo	2x
4:01	Outro /			Lower arms slowly to finish	



04. ENERGY

MR. SAXOBEAT 2:48mins

TRACK FOCUS

Set yourself free in this track – have fun, play around with the lyrics and how the music makes you feel.

FEELS

Street Jazz, Club Anthem, Funky

MUSIC	CTS		EXERCISE	REPS
0:11 C / You make me	8	A	Slide Tap Slide L [2cts] Tap R toe F, drag B with Calf Raise [2cts] Repeat to R [4cts] Note: Turn chest inwards from 3rd rep	4x
0:26 Br / Mr. Saxobeat	1	B	Knee Bounce OTS	4x
0:28 V / _ Hey sexy boy	8	A ¹	Slide Tap + Pull arm from shoulder to shoulder + Lower arms to sides	4x
0:44 PC / Oh yeah	32	C	Saxobeat Step Touch F to L corner, slow then quick x2 [4cts] Repeat [4cts] Step Hop B, R&L x2 [8cts] Repeat combo to R [16cts]	1x
0:59 Br / Mr. Saxobeat	1	B	Knee Bounce OTS	4x
1:01 C / You make me	32	C ¹	Saxobeat + Pause and push arms + Wrap and release arms	1x
1:16 Br / Mr. Saxobeat	1	B	Knee Bounce OTS	4x
1:18 V / _ Hey sexy boy	8	A ¹	Slide Tap	6x
1:41 Br / One I need	1	B	Knee Bounce OTS	4x
1:43 C / You make me	32	C ¹	Saxobeat	4x
2:45			Throw hands O/H to finish	



05. BURN

MOVE 2:49mins

Please note this song contains explicit content. The Alternate song can be used in its place.
Please use *Dice Roll* with the same choreography.

TRACK FOCUS

Time to get grimy and dangerous with this one.
Hit the combos hard then show off your best
grimy face and arms in the 3-Step Jump!

FEELS

Grimy, Strong

MUSIC		CTS		EXERCISE	REPS
0:00	Intro /	16	A	Grimy Combo Cross and open arms at L side [2cts] Pull hands up, knee turns in [2cts] Lower arms [4cts] Repeat to R [8cts]	3x
0:29	V / Move	8	A ¹	Grimy Combo + Faster	4x
0:48	/ I'm bad	8	B	3-Step Jump Step Touch L x3 [3cts] Jump OTS, kick low to the R [1ct] Repeat to R [4cts]	7x
1:22	/ _ All the	16	C	Combo 2 Raise and lower R&L arm [4cts] Extend L arm, pull R arm [2cts] Hammer R fist to L with knee turn [2cts] Repeat to L [8cts]	1x
1:31	/ On top like	8	C ¹	Combo 2 + Faster	6x
2:00	C / To me though _	8	B	3-Step Jump	4x
2:19	/ Ever look good _	8	A ¹	Grimy Combo	2x
2:29		8	B	3-Step Jump	2x
2:38	/ _ Get up and	8	C ¹	Combo 2	2x
2:47				Lower arms to finish	

SMARTSTART

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



06. SHAPES

MOVE YA BODY 2:46mins

Please note this song contains explicit content. The Alternate song can be used in its place.
Please use *Wait Down* with the same choreography.

TRACK FOCUS

With great combos comes great responsibility.
Use this combo wisely; in the supermarket,
walking down the street or in the studio.
Wherever you do it, you’ve got to be fierce!

FEELS

New-School Vogueing, Fierce, Sassy

MUSIC		CTS		EXERCISE	REPS
0:00	C / Move ya body	16	A	Scoop The Body Squat and turn to face L [4cts] Pulse down and up x2 [4cts] Repeat to R [8cts]	2x
0:15	V / All up in	16	A ¹	Scoop The Body + Forearm twist	2x
0:30	/ Hold my hips	16	A ²	Scoop The Body + Faster pulse/twist	3x
0:54	/ Whoa!	32	B	The Box March OTS L&R x2, draw box with hands [8cts] March OTS L&R x2, circle arms outwards finishing in front of chest [8cts] March OTS L&R x4, Whack Arms F&B [16cts]	1x
1:09	PC / Making me hot _	16	B ¹	The Box + Faster	2x
1:25	C / _ Move ya body	16	B ²	The Box + Travel F&B	2x
1:41	Br / _ Can you feel	16	A ¹	Scoop The Body	1x
1:48	/ _ Can you feel	16	A ²	Scoop The Body	2x
2:04	Br / In my heart	8		Freestyle	1x
2:08	C / _ Move ya body	16	B ²	The Box	4x
2:39	Outro /			Pose to finish	



07. HYPE

THAT'S WHAT I WANT 3:44mins

TRACK FOCUS

Did you know that cardio can be fun? This track brings all the happy fun that you could ever need plus heaps of cardio too!

FEELS

Cardio, Bouncy, Floaty, Happy

	MUSIC	CTS		EXERCISE	REPS
0:05	V / _ Need a boy	32	A	Single Single Double Jump feet out and in L&R [4cts] Jump out L x2 [4cts] Repeat to R [8cts]	1x
0:16	/ _ An afro	16	A ¹	Single Single Double + Faster	2x
0:27	PC / _ These days	16	A ²	Single Single Double + Arm Pull and Throw It Away	2x
0:38	C / I want _	32	B	Floaty Run Run F, L&R x2 with Floating Arms [8cts] Feet wide, clap anywhere x4 [8cts] Repeat to B [16cts]	2x
1:00	Br / I really want _	8		Hold [8cts]	1x
1:03	V / _ Look, you know	32	A	Single Single Double Note: Option to add slow arms	1x
1:14	/ _ Tell me	16	A ¹	Single Single Double	2x
1:25	PC / _ These days	32	A	Single Single Double	1x
1:35	C / I want _	32	B	Floaty Run	2x
1:57	Br / I really want _	4		Hold [4cts]	1x
1:59	C / I want _	16		Breathe arms up [8cts] Roll down and up [8cts]	2x
2:10	/ 'Cause it don't	16	A ¹	Single Single Double	2x
2:20	Br / I really want _	8		Hold [8cts]	1x
2:23	V / _ Look, you know	32	A	Single Single Double	1x
2:34	/ _ Tell me	16	A ¹	Single Single Double	2x
2:45	PC / _ These days	32	A	Single Single Double	1x
2:56	C / I want _	32	B	Floaty Run	2x
3:18	Br / I really want _	4		Hold [4cts]	1x
3:20	C / I want _	16		Breathe arms up [8cts] Roll down and up [8cts]	2x
3:30	/ 'Cause it don't	32	B	Floaty Run	1x



08. GROOVE SEXYBACK 2:30mins

TRACK FOCUS

We’re bringing sexy back – yes, we are! Sexy V-steps that is! Enjoy singing and dancing along to this remixed sexy anthem.

FEELS

Sexy, Self-Love, Cool

	MUSIC	CTS		EXERCISE	REPS
0:01	Intro / I’m bringing sexy	8	A	Out Out, In In Wide Step F, L&R [2cts] Step B, L&R [2cts] Repeat to R [4cts]	6x
0:24	PC / Come on girl	8	A ¹	Out Out, In In + Hands wrap to butt	4x
0:39	C / I’m bringing sexy	32	B	Pony Pony F, L&R x2 [8cts] Double Knee Drop R&L [8cts] Repeat to B [16cts]	2x
1:10	PC / Come on girl	32	B ¹	Pony + Double Diagonal Throw R&L + Lawnmower Arms	1x
1:25	C / I’m bringing sexy	8	A ¹	Out Out, In In 👁️ arms on last 2cts	2x
1:33	/ I’m bringing sexy	8	A ²	Out Out, In In + Roll arms and flick O/H	8x
2:04	/ I’m bringing sexy	32	B ¹	Pony	1.5x
2:27	Outro / (Phone ringing)			Sexyback pose to finish	



09. OLD-SCHOOL

COME GET IT BAE 3:21mins

TRACK FOCUS

Come get it – that’s right, come and get it! Old-School funky sounds and moves for your listening and dancing pleasure.

FEELS

Old-School, Carlton, Jazz Funk

	MUSIC	CTS		EXERCISE	REPS
0:08	Intro / Can’t take it _	16	A	4 Steps Step Touch L with Knee Pop x4 [8cts] Repeat to R [8cts]	2x
0:24	V / _ I can do	16	A ¹	4 Steps + Diagonal Flick Arms	2x
0:40	PC / _ I know you	16	B	Carlton Step L&R with Arm Swing [4cts] Double Swing L [4cts] Repeat to R [8cts]	1x
0:47	C / Come get it	8	B ¹	Carlton + Faster	2x
0:56	/ You want to ride	8	C	Slide & Kick Slide B, L, Flick Kick R&L [4cts] Repeat to R [4cts]	4x
1:12	V / _ I can see	16	A ¹	4 Steps	2x
1:28	PC / _ I know you	16	B	Carlton	1x
1:36	C / Come get it	8	B ¹	Carlton	2x
1:44	/ You want to ride	8	C	Slide & Kick	2x
1:52	/ Gonna pop a	8	C ¹	Slide & Kick + Diagonal Push + Kitten Paws	2x
2:00	V / _ There comes a	16	A	4 Steps	2x
2:16	PC / Girl	16	A ¹	4 Steps	2x
2:32	C / Come get it	16	B	Carlton	1x
2:40	/ Come get it	8	B ¹	Carlton	2
2:48	/ You want to ride	8	C ¹	Slide & Kick	4x
3:04	Outro / _ Wait man	16	A ¹	4 Steps Optional freestyle on last 16cts	2x



10. CELEBRATE MY UNIVERSE 3:44mins

TRACK FOCUS

SH'BAM is our universe! We love dancing, moving and making people smile. Let your happiness shine through!

FEELS

Pop, K-Pop, Laid-back Vibes

	MUSIC	CTS		EXERCISE	REPS
0:04	Intro /	16	A	The Vines Figure 8 Hips L&R x2 [8cts] Jump L, Knee Bounce OTS [4cts] Jump R, Knee Bounce OTS [4cts]	2x
0:19	V / watch you rise _	16	A ¹	The Vines + Weave arms in and out + Pump arms O/H	1x
0:27	PC / Maeil bam nega	8	A ²	The Vines + Faster	10x
1:08	C / My universe _	16	A ³	The Vines + Step Touch L&R x2	4x
1:40	V / My universe _	16	B	Windmill Slide L, circle arms L [4cts] Repeat to R [4cts] Knee Bounce x4, rotate torso L&R [8cts]	3x
2:03	C / _ You, you are	8	B ¹	Windmill + Faster	8x
2:36	/ My universe _	16	A ³	The Vines	4x
3:08	Br / Naleul balghyeojuneun	32	C	Bring It Forward Walk F, Single Single Double L&R x2 with Arm Pump [16cts] Repeat to B [16cts]	1x
3:24	PC / Neowa hamkke	8	D	Drive The Car Tap L foot, slide L, R hand circles at chest height [4cts] Repeat to R [4cts]	4x
3:38	Outro /			Walk away to finish	



11. CLASSIC THROWBACK

HOW WILL I KNOW 3:32mins

TRACK FOCUS

Don't be afraid to sing your heart out in this track!
Hit the high notes, feel all the emotions and dance!

FEELS

Sing-along, Pop Classic, Euphoric

MUSIC		CTS		EXERCISE	REPS
0:08	V / <i>There's a boy</i>	16	A	Corner To Corner Step L, flick L leg [2cts] Step Together [2cts] Step Touch R&L [4cts] Repeat to R [8cts]	2x
0:24	/ <i>I lose</i>	16	A ¹	Corner To Corner + Replace Step Touch with Pony B	2x
0:40	PC / _ <i>How will I</i>	16	A ²	Corner To Corner + Arm Throw O/H + Arm Pull in	2x
0:56	C / _ <i>How will I</i>	16	A ³	Corner To Corner + Body Drop	3x
1:21	V / <i>Oh, wake me</i>	16	B	Flick Your Leg Step on L leg, lift R knee [3cts] Step across to L, Figure 8 Hips L&R [5cts] Repeat to R [8cts]	2x
1:37	PC / <i>Ooh, tell me</i>	16	B ¹	Flick Your Leg + Slide hands down body + Float arms to shoulder height	2x
1:53	C / _ <i>How will I</i>	16	A ³	Corner To Corner	2x
2:09	/ _ <i>How will I</i>	16	A ⁴	Corner To Corner + Add turn	2x
2:25	Br / <i>If he loves me</i>	16	B ¹	Flick Your Leg	4x
2:57	C / _ <i>How will I</i>	16	A ⁴	Corner To Corner	4x
3:28	/ <i>(Saxophone)</i>			Arm Throw O/H to finish	



12. GROOVEDOWN

BODY LOOSE 2:32mins

Please note this song contains explicit content. The Alternate song can be used in its place.
Please use *Again* with the same choreography.

TRACK FOCUS

Let your body move, let your body groove – that’s basically what SH’BAM is all about! Enjoy this great funky stretch track to finish an awesome class!

FEELS

Old-School Garage Remix, Free, Cool

MUSIC		CTS		EXERCISE	REPS
0:08	C / _ Make your body	8	A	Body Groove Wave torso L, R&L, low Kick R [4cts] Repeat to R [4cts]	4x
0:25	V / _ Yeah, East boy	64	B	Stretch 1 R Pulsing Adductor Stretch [16cts] R Pulsing Hip Flexor Stretch [16cts] Repeat to L [32cts]	1x
0:58	C / _ Make your body	8	A	Body Groove	4x
1:15	V / _ Yeah, and just wine		C	Stretch 2 Breathe arms up, roll down into Double Hamstring Stretch [16cts] Reach L arm O/H [16cts] Reach R arm O/H [16cts] Head to L knee [8cts] Head to R knee [8cts] Roll up [2cts]	1x
1:48	C / _ Get your body	8	A	Body Groove	4x
2:05	/ _ Get your body	32	D	Stretch 3 Rock hips R&L, stretch wrists/forearms L&R [32cts]	1x
2:22	Outro / _ Get loose	8	A	Body Groove	2x



12. GROOVEDOWN AGAIN 2:32mins

Please use this song in place of *Body Loose* when teaching Track 12.

TRACK FOCUS

Let your body move, let your body groove – that’s basically what SH’BAM is all about! Enjoy this great funky stretch track to finish an awesome class!

FEELS

Old-School Garage Remix, Free, Cool

MUSIC		CTS		EXERCISE	REPS
0:08	V / 'cause every time	8	A	Body Groove Wave torso L, R&L, low Kick R [4cts] Repeat to R [4cts]	4x
0:25	/ _ lovin' how you	64	B	Stretch 1 R Pulsing Adductor Stretch [16cts] R Pulsing Hip Flexor Stretch [16cts] Repeat to L [32cts]	1x
0:58	/ 'cause every time	8	A	Body Groove	4x
1:15	/ the way that you move _		C	Stretch 2 Breathe arms up, roll down into Double Hamstring Stretch [16cts] Reach L arm O/H [16cts] Reach R arm O/H [16cts] Head to L knee [8cts] Head to R knee [8cts] Roll up [2cts]	1x
1:48	/ 'cause every time	8	A	Body Groove	4x
2:05	C / in love again	32	D	Stretch 3 Rock hips R&L, stretch wrists/forearms L&R [32cts]	1x
2:22	/ in love again	8	A	Body Groove	2x



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.

