



# SH'BAM **50**

## MUSIC

**01. WARM-UP**

**02. SWAG**

**03. SASS**

**04. ENERGY**

**05. BURN**

**06. GROOVE**

**07. CABARET**

**08. THROWBACK JAZZ**

**09. SPICE**

**10. TUTTING**

**11. CONTEMPORARY**

**12. GROOVEDOWN**

**DECLARATION OF INTENT**

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# MUSIC

**01**      **Pretty Shining People (Jack Wins Remix)** (3:36)  
George Ezra  
© 2019 Sony Music Entertainment UK Limited.  
Written by: Barnett

**02**      **Bad Girls** (3:48)  
M.I.A.  
Courtesy of the Universal Music Group.  
Written by: Hills, Araica

**03**      **Boss Bitch** (3:34)  
Fine Gold  
© 2022 Les Mills Music Licensing Ltd.  
Written by: El-Amine, Adams, Casey, Dlamini

**04**      **Free Woman (Rina Sawayama & Clarence Clarity Remix)** (3:52)  
Lady Gaga  
Courtesy of the Universal Music Group.  
Written by: Hedfors, Klahr, Germanotta, Tucker

**05**      **Booty (Vice Remix)** (3:31)  
Jennifer Lopez feat. Iggy Izalea  
Courtesy of the Universal Music Group.  
Written by: Brown, Bryant, Gittus, Omerhodic, Pentz, Wilson, Lopez, Medina, Perez, Rooney

**06**      **On My Mind** (3:42)  
Sway Sashay  
© 2021 Les Mills Music Licensing Ltd.  
Written by: Kroeper, Stewart, Baskcomb, C. Williams-Lee, R. Williams-Lee

**07**      **Show Me How You Burlesque** (3:47)  
A Brilliant Storm  
© 2022 Les Mills Music Licensing Ltd.  
Written by: Kelly, Stewart, Aguilera

**08**      **Call Me** (3:24)  
Gabry Ponte x R3HAB x Timmy Trumpet  
© 2022 SpinninRecords.com.  
Written by: Morodor, Deborah

**09**      **Honest** (2:54)  
Peking Duk feat. Slayyyter  
© 2021 Sony Music Entertainment Australia Pty Ltd.  
Written by: Hyde, Styles-Richards, Peters

**Honest** (0:56)  
Peking Duk feat. Slayyyter  
© 2021 Sony Music Entertainment Australia Pty Ltd.  
Written by: Hyde, Styles-Richards, Peters

**10**      **Illuminate** (3:41)  
Scott Seabright  
Courtesy of Les Mills Music Licensing Ltd.  
Written by: Seabright, Navanua

**11**      **Peace (Kaivon Remix)** (3:29)  
Alison Wonderland  
Courtesy of the Universal Music Group.  
Written by: Khajadourian, Schwartz, Torrey, Emery, Heij, Pollack, Sholler

**12**      **Into You** (4:04)  
Ariana Grande  
Courtesy of the Universal Music Group.  
Written by: Grande, Kotecha, Salmanzadeh, Sandberg, Kronlund

**ALT 02**      **Drive Off** (3:48)  
Damma Beatz  
Courtesy of Epidemic Sound.  
Written by: Unknown

**ALT 03**      **Boss Bitch (Instrumental)** (3:34)  
Fine Gold  
© 2022 Les Mills Music Licensing Ltd.  
Written by: El-Amine, Adams, Casey, Dlamini

**ALT 05**      **Work, Work** (3:31)  
Reversus  
Courtesy of Epidemic Sound.  
Written by: Unknown

**ALT 07**      **Show Me How You Burlesque (Instrumental)** (3:47)  
A Brilliant Storm  
© 2022 Les Mills Music Licensing Ltd.  
Written by: Kelly, Stewart, Aguilera



# SH'BAM 50



L-R: Kaylah-Blayr Fitzsimons-Nu'u, Bianca Ikinofu, Cameron Holland, Des Helu, Summer Bradley and Yayoi Matches

Wow, SH'BAM has hit the big 50 and this release hits all the right beats in a joyous celebration of dance that is inclusive for all!

Whether you've been dancing with us since Release 1 or have joined the SH'BAM family recently, this workout has something for everyone and definitely brings the party to wherever you are dancing!

We've got Burlesque, Latin, Tutting, Contemporary styles (to name but a few) and you are going to feel all of the following emotions: joyful, empowered, saucy, bossy, beautiful plus many, many more.

Dance, smile and enjoy yourselves!

# CREDITS

**Chief Creative Officer** – Dr. Jackie Mills

**Creative Director** – Kylie Gates

**Choreography** – Bianca Ikinofu, Grace Stevens, Cameron Holland, Summer Bradley, Des Helu, Yayoi Matches, Kaylah-Blayr Fitzsimons-Nu'u

**Production Coordinator** – Anusha Kulal

# PRESENTERS

**Kaylah-Blayr Fitzsimons-Nu'u** (New Zealand) is a SH'BAM, LES MILLS TONE™, BODYPUMP™, BODYSTEP™, LES MILLS GRIT™, BORN TO MOVE™, LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor. She lives in Auckland.

**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.

**Cameron Holland** (New Zealand) is a dancer and performer in SH'BAM, BODYJAM and BORN TO MOVE filmings. He lives in Auckland.

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

**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.

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



# EXPRESS FORMAT

## 30-MINUTE FORMAT

|            |                |
|------------|----------------|
| Track 01   | Warm-up        |
| Track 02   | Swag           |
| Track 03   | Sass           |
| Track 04   | Energy         |
| Track 05   | Burn           |
| Track 06   | Groove         |
| Track 07   | Cabaret        |
| Track 08   | Throwback Jazz |
| Total Time | 29:14          |

Let op: deze lesformat van 30 minuten is speciaal voor deze release gemaakt.

## 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

Laat ons weten wat je van deze release vindt. Ga naar <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 de les van 45 minuten moet je altijd de Warmup en Cooldown geven. Tracks 4, 7 en 11 zijn de cardio tracks dus je moet ook deze tracks in je les opnemen.
- Track 5 is meestal een heup track, dus probeer deze Track 5 altijd zo aan te houden.

De rest van de les kun je zelf invullen, maar denk aan het volgende:

- Heb je een mix van stijlen? Bijvoorbeeld Latin, Jazz, Street.
- Is er een goede mix van muziek? Modern versus old-school, mannelijke en vrouwelijke zang etc.
- Is er een goede flow in de les? Zo moet je bijvoorbeeld vermijden om drie grote cardio tracks achter elkaar te zetten.

Denk aan de hoogtes en dieptes in de muziek, en het verloop van de playlist. Je kent je deelnemers het beste en weet dat sommige deelnemers een voorkeur hebben voor één stijl of genre boven een andere stijl; gebruik dus gewoon je gezonde verstand bij het samenstellen van je afspeellijst.



01. WARM-UP

PRETTY SHINING PEOPLE 3:36mins

TRACK FOCUS

SH'BAM 50 begint het feest met een opbeurend, inclusief nummer. Je zult het moeilijk vinden om niet mee te zingen bij het horen van "Alright together", "Pretty smiling people".

FEELS

Verwelkoming, vreugde, vieringn

| MUSIC |                               | CTS |                | EXERCISE                                                                                                       | REPS |
|-------|-------------------------------|-----|----------------|----------------------------------------------------------------------------------------------------------------|------|
| 0:07  | Intro / Alright               | 2   | A              | <b>Hip Rock</b><br>Hip Rock L&R                                                                                | 6x   |
| 0:13  | V / <b>Me</b> and Sam in the  | 16  | B              | <b>Stretch 1</b><br>Pulse Lunge L x2 [4cts]<br>Squat Pulse x2 [4cts]<br>Repeat to R [8cts]                     | 3x   |
| 0:35  | / Losing touch <b>now</b>     | 4   |                | Roll up to standing                                                                                            | 1x   |
| 0:37  | / Why, why what               | 16  | C              | <b>The Combo</b><br>Step Touch L&R x2 [8cts]<br>Hip Rock L&R x4 [8cts]                                         | 1x   |
| 0:45  | V/ Why, why what              | 16  | C <sup>1</sup> | <b>The Combo</b><br>+ Heel Flick                                                                               | 1x   |
| 0:53  | C / <b>Hey</b> pretty smiling | 16  | C <sup>2</sup> | <b>The Combo</b><br>+ Cross Snap                                                                               | 4x   |
| 1:23  | / Alright together hey        | 4   |                | Feet wide, open arms to sides                                                                                  | 1x   |
| 1:25  | V / Took it in turns          | 32  | D              | <b>Stretch 2</b><br>Pulsing Lat Stretch R x4 [8cts]<br>Drop and sweep upper body [8cts]<br>Repeat to L [16cts] | 1x   |
| 1:41  | / Are we losing touch         | 12  | D <sup>1</sup> | Lat Stretch R&L [8cts]<br>Roll up to standing [4cts]                                                           | 1x   |
| 1:48  | / Why, why what               | 16  | C              | <b>The Combo</b>                                                                                               | 1x   |
| 1:54  | / Why, why what               | 16  | C <sup>1</sup> | <b>The Combo</b>                                                                                               | 1x   |
| 2:02  | C / <b>Hey</b> pretty smiling | 16  | C <sup>2</sup> | <b>The Combo</b><br>👁 Arm Swing                                                                                | 2x   |
| 2:17  | / Alright together _          | 32  | C <sup>3</sup> | <b>The Combo</b><br>+ Arm Swing<br>+ Travel F&B                                                                | 1x   |
| 2:33  | Br / Don't we all             | 16  |                | Feet wide. Inhale, roll down and back to standing [16cts]                                                      | 2x   |
| 2:48  | C / <b>Hey</b> pretty smiling | 16  | C              | <b>The Combo</b>                                                                                               | 1x   |
| 2:56  | / <b>Hey</b> pretty smiling   | 16  | C <sup>2</sup> | <b>The Combo</b>                                                                                               | 1x   |
| 3:03  | / Alright together _          | 32  | C <sup>3</sup> | <b>The Combo</b><br><br>Finish – Open Arms                                                                     | 2x   |



# 02. SWAG

## BAD GIRLS 3:48mins

Dit lied bevat expliciete inhoud. Het alternatieve nummer kan in de plaats gebruikt worden. Gebruik alsjeblieft Drive Off met dezelfde choreografie.

### TRACK FOCUS

Deze is voor al mijn slechte mensen! Pak je kettingen, zoek je branie en dans als een super coole 'baddy'!

### FEELS

Bad Girl, Swagger, Cool

|      | MUSIC                     | CTS |                | EXERCISE                                                                                                                                       | REPS |
|------|---------------------------|-----|----------------|------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 0:07 | C / Live fast, die young  | 32  | A              | <b>The Chain</b><br>Face L, Lean F&B with Cross/Open Arms x3½ [4cts]<br>Step together [2cts]<br>Repeat to R [16cts]                            | 1x   |
| 0:20 | / My chain hits           | 16  | A <sup>1</sup> | <b>The Chain</b><br>+ Faster<br>(👁️ next move)                                                                                                 | 7x   |
| 1:07 | / My chain hits           | 16  | B              | <b>Bad Girl</b><br>Figure 8 Hips L&R [4cts]<br>Wide Walk L&R x2 F [4cts]<br>Figure 8 Hips L&R [4cts]<br>Wide Walk L&R x2 B [4cts]<br>(👁️ arms) | 3x   |
| 1:27 | / Live fast, die young    | 16  | B <sup>1</sup> | <b>Bad Girl</b><br>+ Double Punch, Elbow Pump Arms                                                                                             | 4x   |
| 1:54 | Br / Get <b>back</b>      | 16  | C              | <b>The Snake</b><br>R leg across L, slow Hip Rock F&B [4cts]<br>Fast Hips F&B x2 [4cts]<br>Repeat to R [8cts]                                  | 2x   |
| 2:07 | V / <b>Going</b> ought to | 16  | C <sup>1</sup> | <b>The Snake</b><br>+ Drag hands up and push out                                                                                               | 4x   |
| 2:34 | Br / Get <b>back</b>      | 16  | A <sup>1</sup> | <b>The Chain</b>                                                                                                                               | 6x   |
| 3:14 | C / My chain hits         | 16  | B <sup>1</sup> | <b>Bad Girl</b>                                                                                                                                | 2x   |
| 3:27 | / (Distorted lyrics)      | 16  | C <sup>1</sup> | <b>The Snake</b>                                                                                                                               | 3x   |



03. SASS

BOSS BITCH 3:34mins

Dit nummer bevat expliciete inhoud. Het alternatieve nummer kan in de plaats gebruikt worden.  
Gebruik alsjeblieft Drive Off met dezelfde choreografie.

TRACK FOCUS

Tijd om je innerlijke Baas los te laten en deze dansvloer op te gaan!

FEELS

Bouncy, Bossy, Sassy

| MUSIC |                              | CTS |                | EXERCISE                                                                                                                           | REPS |
|-------|------------------------------|-----|----------------|------------------------------------------------------------------------------------------------------------------------------------|------|
| 0:08  | V / Ain't tryin' to be       | 16  | A              | <b>Strut</b><br>Walk F L&R [4cts]<br>Walk F L&R x2 [4cts]<br>Repeat to B [8cts]                                                    | 2x   |
| 0:23  | / You ain't even             | 16  | A <sup>1</sup> | <b>Strut</b><br>+ Fingertips to elbows and shoulders                                                                               | 2x   |
| 0:38  | C / I'm a bitch              | 8   | B              | <b>I'm A Boss</b><br>Wide Walk L&R, L then R Arm Reach out to sides [4cts]<br>Wide Walk L&R x2, arms reach high and drop x2 [4cts] | 4x   |
| 0:53  | V / I'm the after            | 16  | C              | <b>Jump Jump</b><br>Jump L&R x4 [8cts]<br>Figure 8 Hips L&R x4 [8cts]                                                              | 2x   |
| 1:09  | / I took it                  | 16  | C <sup>1</sup> | <b>Jump Jump</b><br>+ Bicep Curl and Circle Arms                                                                                   | 2x   |
| 1:24  | C / I'm a bitch              | 8   | B <sup>1</sup> | <b>I'm A Boss</b><br>+ Wrist Flick on reach                                                                                        | 4x   |
| 1:39  | Br / Shine like gloss _      | 16  | A <sup>1</sup> | <b>Strut</b>                                                                                                                       | 2x   |
| 1:54  | C / I'm a bitch              | 8   | B <sup>1</sup> | <b>I'm A Boss</b>                                                                                                                  | 4x   |
| 2:09  | Br / Shine like <b>gloss</b> | 8   |                | Hold – Freestyle opportunity                                                                                                       | 1x   |
| 2:14  | V / You've been the          | 16  | C              | <b>Jump Jump</b>                                                                                                                   | 2x   |
| 2:29  | / I took it                  | 16  | C <sup>1</sup> | <b>Jump Jump</b>                                                                                                                   | 2x   |
| 2:44  | C / I'm a bitch              | 8   | B <sup>1</sup> | <b>I'm A Boss</b>                                                                                                                  | 4x   |
| 2:59  | Br / Shine like gloss _      | 16  | A <sup>1</sup> | <b>Strut</b>                                                                                                                       | 2x   |
| 3:14  | C / I'm a bitch              | 8   | B <sup>1</sup> | <b>I'm A Boss</b><br><br>Freestyle to finish                                                                                       | 4x   |



# 04. ENERGY

## FREE WOMAN 3:52mins

### TRACK FOCUS

Zoveel emotie en kracht in dit nummer. Kanaliseer de tekst en de gevoelens terwijl je beweegt en wees vrij!

### FEELS

Emotioneel, Versterkend, Vrij

| MUSIC |                                 | CTS |                | EXERCISE                                                                                                               | REPS |
|-------|---------------------------------|-----|----------------|------------------------------------------------------------------------------------------------------------------------|------|
| 0:01  | Intro / (Guitar)                | 32  | A              | <b>Sweep</b><br>Sweep L leg to B [8cts]<br>Step Tap F&B [8cts]<br>Repeat to R [16cts]                                  | 1x   |
| 0:17  | V / <b>I'm</b> walking downtown | 16  | A <sup>1</sup> | <b>Sweep</b><br>+ Faster<br>(👁️ Head Drop and Arm Reach)                                                               | 2x   |
| 0:33  | / But if I'm                    | 16  | A <sup>2</sup> | <b>Sweep</b><br>+ Arm Reach and Head Drop<br>(👁️ Arm Cross)                                                            | 2x   |
| 0:49  | PC / I see that I               | 16  | A <sup>3</sup> | <b>Sweep</b><br>+ Arm Cross                                                                                            | 2x   |
| 1:05  | C / <b>I'm</b> not nothing      | 16  | B              | <b>Jump &amp; Pump</b><br>Jump OTS with L Fist Pump x4 [4cts]<br>Body Rock R&L x2 [4cts]<br>Repeat to R [8cts]         | 4x   |
| 1:38  | V / Stand tall                  | 32  | C              | <b>I'm Free</b><br>Step Touch L x4 [8cts]<br>Bounce wide R&L x4 [8cts]<br>Repeat to R [16cts]<br>(👁️ arms on last rep) | 2x   |
| 2:09  | PC / I see that                 | 32  | C <sup>1</sup> | <b>I'm Free</b><br>+ Wave and Reach Arms<br>+ Rock It Arms                                                             | 4x   |
| 3:14  | C / I'm free                    | 16  | B              | <b>Jump &amp; Pump</b>                                                                                                 | 4x   |





# 05. BURN

## BOOTY 3:31mins

Dit nummer bevat expliciete inhoud. Het alternatieve nummer kan in de plaats gebruikt worden. Gebruik Work, Work met dezelfde choreografie.

### TRACK FOCUS

Dit nummer gaat helemaal over zelfvertrouwen. Tijd om sexy te worden en die booty over de dansvloer te gooien.

### FEELS

Leg Burn, Saucy, Juicy

| MUSIC |                          | CTS |                | EXERCISE                                                                                                   | REPS |
|-------|--------------------------|-----|----------------|------------------------------------------------------------------------------------------------------------|------|
| 0:03  | C / <b>Big</b> big booty | 8   | A              | <b>Double Knees</b><br>Step on L foot, open knees x2 [4cts]<br>Repeat to R [4cts]<br>(👁 hands on last rep) | 7x   |
| 0:24  | V / _ They begging me to | 8   | A <sup>1</sup> | <b>Double Knees</b><br>+ Hands down body                                                                   | 8x   |
| 0:47  | PC / All the sexy girls  | 64  | B              | <b>Hip Pop</b><br>Face L, lift R hip, twist R hip to front x8 [4cts]<br>Repeat to R [32cts]                | 1x   |
| 1:10  | C / (Drop)               | 32  | B <sup>1</sup> | <b>Hip Pop</b><br>+ Cut in half                                                                            | 2x   |
| 1:34  | V / Have you seen her    | 16  | C              | <b>Juicy Roll</b><br>Face L, Body Roll x3 [6cts]<br>Hop Tap [2cts]<br>Repeat to R [8cts]                   | 4x   |
| 1:57  | PC / All the sexy girls  | 16  | C <sup>1</sup> | <b>Juicy Roll</b><br>+ Open & Close Arms                                                                   | 4x   |
| 2:20  | C / Throw up your        | 32  | B <sup>1</sup> | <b>Hip Pop</b>                                                                                             | 2x   |
| 2:44  | / Throw up your          | 16  | C <sup>1</sup> | <b>Juicy Roll</b>                                                                                          | 4x   |
| 3:07  | / Big, big booty         | 8   | A <sup>1</sup> | <b>Double Knees</b><br><br>Booty pose to finish                                                            | 8x   |

## SMARTSTART

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



# 05. BURN WORK, WORK 3:31mins

Gebruik dit nummer in plaats van Booty bij het geven van Track 05.

TRACK FOCUS

Dit nummer gaat helemaal over zelfvertrouwen.  
Tijd om sexy te worden en die booty over de dansvloer te gooien.

FEELS

Leg Burn, Saucy, Juicy

| MUSIC                | CTS |    | EXERCISE                                                                                                   | REPS |
|----------------------|-----|----|------------------------------------------------------------------------------------------------------------|------|
| 0:03 Intro / (Beats) | 8   | A  | <b>Double Knees</b><br>Step on L foot, open knees x2 [4cts]<br>Repeat to R [4cts]<br>(👁 hands on last rep) | 7x   |
| 0:24 Instr / drop    | 8   | A¹ | <b>Double Knees</b><br>+ Hands down body                                                                   | 8x   |
| 0:47 V / Ah ah ahhh  | 64  | B  | <b>Hip Pop</b><br>Face L, lift R hip, twist R hip to front x8 [4cts]<br>Repeat to R [32cts]                | 1x   |
| 1:10 / drop          | 32  | B¹ | <b>Hip Pop</b><br>+ Cut in half                                                                            | 2x   |
| 1:34 / drop          | 16  | C  | <b>Juicy Roll</b><br>Face L, Body Roll x3 [6cts]<br>Hop Tap [2cts]<br>Repeat to R [8cts]                   | 4x   |
| 1:57 / drop          | 16  | C¹ | <b>Juicy Roll</b><br>+ Open & Close Arms                                                                   | 4x   |
| 2:20 C / Work, work  | 32  | B¹ | <b>Hip Pop</b>                                                                                             | 2x   |
| 2:44 / drop          | 16  | C¹ | <b>Juicy Roll</b>                                                                                          | 4x   |
| 3:07 C / Work, work  | 8   | A¹ | <b>Double Knees</b><br><br>Booty pose to finish                                                            | 8x   |

## SMARTSTART

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



# 06. GROOVE ON MY MIND 3:42mins

## TRACK FOCUS

Wat een episch clubnummer. Stel je dit nummer voor terwijl je in de club bent met al je vrienden en de zaal gaat gewoon 'los'!

## FEELS

Party, Jumping, Cool and Crazy

| MUSIC                          | CTS |                | EXERCISE                                                                                | REPS |
|--------------------------------|-----|----------------|-----------------------------------------------------------------------------------------|------|
| 0:00 Intro / Ooh, ooh          | 8   | A              | <b>Step &amp; Throw</b><br>Step Touch L&R with Arm Throw to side and up [8cts]          | 4x   |
| 0:15 PC / (Beat)               | 4   | A <sup>1</sup> | <b>Step &amp; Throw</b><br>+ Faster                                                     | 8x   |
| 0:31 C / <b>You</b> stay on my | 16  | B              | <b>The Combo</b><br>Double Jump L&R [4cts]<br>Ripple Up L&R [4cts]<br>V-Step L&R [8cts] | 2x   |
| 0:47 / <b>You</b> stay on my   | 16  | B <sup>1</sup> | <b>The Combo</b><br>+ Arm Throw<br>+ Arm Ripple to head                                 | 8x   |
| 1:49 Br / Ooh, ooh             | 8   | A              | <b>Step &amp; Throw</b>                                                                 | 4x   |
| 2:05 PC / (Build)              | 4   | A <sup>1</sup> | <b>Step &amp; Throw</b><br>(Bigger step after 8 reps)                                   | 16x  |
| 2:36 C / (Distorted synth)     | 16  | B <sup>1</sup> | <b>The Combo</b><br>(👁️ arms on last rep)                                               | 2x   |
| 2:52 / <b>You</b> stay on my   | 16  | B <sup>2</sup> | <b>The Combo</b><br>+ Cross, Open & Throw Arms                                          | 2x   |
| 3:07 Br / (Quiet)              | 4   |                | Hold                                                                                    | 1x   |
| 3:09 C / (Drop)                | 16  | B <sup>2</sup> | <b>The Combo</b><br>Arm Throw to finish                                                 | 4x   |



# 07. CABARET

## SHOW ME HOW YOU BURLESQUE 3:47mins

Dit nummer bevat expliciete inhoud. Gebruik de instrumentale versie met dezelfde choreografie als alternatief.

### TRACK FOCUS

Oh ja, we gaan volledig in Musical Theater Cabaret stijl. Visnetten zijn niet verplicht voor dit nummer, maar als het je helpt om in je karakter te komen, dan 'go for it'!

### FEELS

Burlesque, Theatrical, Performance

|      | MUSIC                       | CTS |                | EXERCISE                                                                                           | REPS |
|------|-----------------------------|-----|----------------|----------------------------------------------------------------------------------------------------|------|
| 0:00 | Intro / Underneath the city |     |                | Burlesque Pose                                                                                     |      |
| 0:17 | / (Horns)                   | 8   | A              | <b>Snap It</b><br>Tap L, drag L leg in, Snap [4cts]<br>Repeat to R [4cts]                          | 1x   |
| 0:22 | / (Fingers snapping)        | 8   | A <sup>1</sup> | <b>Snap It</b><br>+ Finger Snaps                                                                   | 4x   |
| 0:40 | V / Hey, hey <b>yeah</b>    | 8   | B              | <b>Kick Cross Step</b><br>Kick L, L leg Cross Step Cross [4cts]<br>Repeat to R [4cts]              | 4½x  |
| 1:01 | C / Hit it up               | 8   | B <sup>1</sup> | <b>Kick Cross Step</b><br>+ Arm Reach and Shoulder Roll                                            | 5x   |
| 1:23 | V / <b>A</b> little bit of  | 8   | B <sup>2</sup> | <b>Kick Cross Step</b><br>+ Faster feet                                                            | 4x   |
| 1:42 | PC / Hey hey                | 8   | B <sup>3</sup> | <b>Kick Cross Step</b><br>+ Jump                                                                   | 6x   |
| 2:09 | Br / _ OK girls             | 8   | A <sup>1</sup> | <b>Snap It</b>                                                                                     | 2½x  |
| 2:21 | / Let me hear you say _     | 8   | C              | <b>Run &amp; Tap</b><br>Double Step L [2cts]<br>Tap R foot out and in [2cts]<br>Repeat to R [4cts] | 4x   |
| 2:38 | C / Hit it up               | 8   | C <sup>1</sup> | <b>Run &amp; Tap</b><br>+ Circle & Reach Arms                                                      | 4x   |
| 2:57 | Br / _ OK girls             | 8   | A <sup>1</sup> | <b>Snap It</b>                                                                                     | 2½x  |
| 3:08 | / Let me hear you say _     | 8   | C <sup>1</sup> | <b>Run &amp; Tap</b><br><br>Dramatic pose to finish                                                | 8x   |



# 08. THROWBACK JAZZ

## CALL ME 3:24mins

TRACK FOCUS

Welkom in de jaren 80 toen er nog geen smartphones waren, alleen vaste telefoons die je met je hele familie moest delen. #callme

FEELS

Throwback, Fun, Cardio

|      | MUSIC                   | CTS |    | EXERCISE                                                                                                                    | REPS |
|------|-------------------------|-----|----|-----------------------------------------------------------------------------------------------------------------------------|------|
| 0:01 | V / Color me your       | 16  | A  | <b>Slide &amp; Squat</b><br>Slide L, drag hands up body [4cts]<br>Squat, slide hands down body [4cts]<br>Repeat to R [8cts] | 3½x  |
| 0:25 | C / Call me             | 16  | B  | <b>Gallop</b><br>Gallop R, back replace [4cts]<br>Repeat to L [4cts]<br>Wide Tap R&L x2 [8cts]                              | 5x   |
| 0:59 | V / Color me your       | 16  | C  | <b>March</b><br>March OTS L&R x2 with Pec Dec Arms [8cts]<br>Slide & Squat L&R [8cts]                                       | 3½x  |
| 1:22 | C / Call me             | 16  | B  | <b>Gallop</b>                                                                                                               | 1x   |
| 1:29 | / Call me               | 16  | B¹ | <b>Gallop</b><br>+ Double Push and Cross Throw Arms                                                                         | 3½x  |
| 1:53 | Br / (Distorted vocals) | 16  | C  | <b>March</b>                                                                                                                | 5x   |
| 2:26 | C / Call me             | 16  | B¹ | <b>Gallop</b>                                                                                                               | 4x   |
| 2:53 | / Call me               | 16  | B² | <b>Gallop</b><br>Gallop R, back replace [4cts]<br>Repeat to L [4cts]<br>Jump R&L x4 with Phone Hands [8cts]                 | 4x   |



09. SPICE

HONEST 3:50mins

TRACK FOCUS

Niet alle kruiden zijn vurig! Dit nummer heeft subtiliteit, terwijl het toch vol zit met smaak waar iedereen van kan genieten.

FEELS

Latin, Smooth, Groove

|      | MUSIC                          | CTS |    | EXERCISE                                                                                                                            | REPS |
|------|--------------------------------|-----|----|-------------------------------------------------------------------------------------------------------------------------------------|------|
| 0:04 | V / <b>Running</b> and running | 16  | A  | <b>Snap &amp; Bend</b><br>March OTS R&L x2 [4cts]<br>Pose R forearm to front, L arm O/H [2cts]<br>Melt [2cts]<br>Repeat to L [8cts] | 4x   |
| 0:36 | PC / We <b>one</b> and two     | 8   | B  | <b>Mambo Cha-Cha-Cha</b><br>L Mambo to front, Cha-Cha-Cha [4cts]<br>Repeat to R [4cts]                                              | 4½x  |
| 0:54 | C / Oh, eh-oh                  | 16  | C  | <b>Side Step</b><br>Double Step L [4cts]<br>Weight Shift R&L x2, Tapping R leg side and B [4cts]<br>Repeat to R [8cts]              | 2x   |
| 1:10 | / (Quiet)                      | 4   |    | Hold                                                                                                                                | 1x   |
| 1:12 | V / <b>Running</b> and running | 16  | A  | <b>Snap &amp; Bend</b>                                                                                                              | 4x   |
| 1:45 | PC / (Quiet vocals)            | 8   | B  | <b>Mambo Cha-Cha-Cha</b><br>(👁️ arms on last 4cts)                                                                                  | 2x   |
| 1:53 | / I <b>follow</b> , I follow   | 8   | B¹ | <b>Mambo Cha-Cha-Cha</b><br>+ Reach Arms F and O/H                                                                                  | 2x   |
| 2:01 | / We <b>one</b> and two        | 8   | B² | <b>Mambo Cha-Cha-Cha</b><br>+ Turn to B&F                                                                                           | 5x   |
| 2:21 | C / Oh, eh-oh                  | 16  | C  | <b>Side Step</b><br>(👁️ arms on last 4cts)                                                                                          | 1x   |
| 2:29 | / Oh, eh-oh                    | 16  | C¹ | <b>Side Step</b><br>+ Partner Dancing Arms                                                                                          | 3x   |
| 2:53 | / (Quiet)                      | 4   |    | Hold                                                                                                                                | 1x   |
| 2:55 | PC / We <b>one</b> and two     | 8   | B¹ | <b>Mambo Cha-Cha-Cha</b>                                                                                                            | 2x   |
| 3:03 | / May be <b>wild</b>           | 8   | B² | <b>Mambo Cha-Cha-Cha</b>                                                                                                            | 3x   |
| 3:15 | C / Oh, eh-oh                  | 16  | C¹ | <b>Side Step</b><br><br>Latin Dance Pose to finish                                                                                  | 4x   |



# 10. TUTTING

## ILLUMINATE 3:41mins

TRACK FOCUS

Welkom bij Tutting - een verbazingwekkende dansstijl waarbij je je polsen en ellebogen kunt draaien om geweldige vormen te creëren!

FEEL

Tut, Tut, Tutting

| MUSIC |                                  | CTS |                | EXERCISE                                                                                                                | REPS |
|-------|----------------------------------|-----|----------------|-------------------------------------------------------------------------------------------------------------------------|------|
| 0:08  | Intro / Meow _                   | 16  | A              | <b>Tutting Combo</b><br>Slow Squat, Tutting Arms L&R, O/H & F [8cts]<br>Figure 8 Hips L&R x2 [8cts]                     | 3x   |
| 0:31  | V / So <b>stop</b> with          | 8   | A <sup>1</sup> | <b>Tutting Combo</b><br>+ Faster                                                                                        | 8x   |
| 1:03  | C / <b>OK</b> , since you begged | 16  | B              | <b>Strut &amp; Tut</b><br>Walk F L&R x4 with O/H Tutting Arms [8cts]<br>Walk B L&R x4, hand to cheek and to side [8cts] | 2x   |
| 1:19  | V / No big <b>spender</b>        | 16  | A              | <b>Tutting Combo</b>                                                                                                    | 2x   |
| 1:34  | / So <b>stop</b> with            | 16  | A <sup>2</sup> | <b>Tutting Combo</b><br>+ Knee Turn in                                                                                  | 2x   |
| 1:50  | PC / To show <b>off</b>          | 8   | A <sup>3</sup> | <b>Tutting Combo</b><br>+ Faster with Knee Turn                                                                         | 4x   |
| 2:06  | C / <b>OK</b> , since you begged | 16  | B              | <b>Strut &amp; Tut</b>                                                                                                  | 2x   |
| 2:21  | Br / Work, work, work            | 8   | C              | <b>Tut &amp; Switch</b><br>3 Walks L, feet together [4cts]<br>Repeat to R [4cts]                                        | 2x   |
| 2:29  | / What's your <b>first</b> name  | 8   | C <sup>1</sup> | <b>Tut &amp; Switch</b><br>+ High & Low Tutting Arms                                                                    | 6x   |
| 2:53  | PC / To show <b>off</b>          | 16  | A              | <b>Tutting Combo</b>                                                                                                    | 2x   |
| 3:09  | C / <b>OK</b> , since you begged | 8   | A <sup>3</sup> | <b>Tutting Combo</b>                                                                                                    | 4x   |
| 3:25  | Outro / If <b>pussycats</b> work | 16  | B              | <b>Strut &amp; Tut</b><br><br>Tut Pose to finish                                                                        | 2x   |



# 11. CONTEMPORARY

## PEACE 3:29mins

TRACK FOCUS

Een mooie mix van moderne hedendaagse bewegingen om je hartslag aan het einde van de groep te verhogen en euforisch te eindigen!

FEELS

Eigentijds, Mooi, Cardio

| MUSIC                            | CTS |                | EXERCISE                                                                                                                             | REPS |
|----------------------------------|-----|----------------|--------------------------------------------------------------------------------------------------------------------------------------|------|
| 0:06 V / Nights are numb         | 16  | A              | <b>Arm Push</b><br>Arm Push R across body L&R to front, L, across body [8cts]<br>Scoop torso low L&R x2 [8cts]                       | 1x   |
| 0:17 PC / _ Wish I, I could      | 8   | A <sup>1</sup> | <b>Arm Push</b><br>+ Faster                                                                                                          | 2x   |
| 0:30 C / _ Someday I'll be       | 8   | B              | <b>Scoop &amp; Gallop</b><br>Scoop torso low L&R [2cts]<br>Gallop L [2cts]<br>Repeat to R [4cts]                                     | 2x   |
| 0:42 / _ Right now               | 8   | B <sup>1</sup> | <b>Scoop &amp; Gallop</b><br>+ Single, single, double arm float                                                                      | 2x   |
| 0:54 Instr / (Video game sounds) | 8   | C              | <b>Jump &amp; Tap</b><br>Tap R foot, Jump OTS [1ct]<br>Side Tap L&R x3½ with Shoulder Sway [7cts]<br>(Sway arms higher after 4 reps) | 8x   |
| 1:42 V / <b>What's</b> it like   | 8   | A <sup>1</sup> | <b>Arm Push</b>                                                                                                                      | 2x   |
| 1:54 PC / _ Wish I, I could      | 8   | B <sup>2</sup> | <b>Scoop &amp; Gallop</b>                                                                                                            | 2x   |
| 2:06 C / _ Someday I'll be       | 8   | B <sup>3</sup> | <b>Scoop &amp; Gallop</b><br>+ Low Jump                                                                                              | 4x   |
| 2:30 Instr /                     | 8   | C              | <b>Jump &amp; Tap</b>                                                                                                                | 5x   |
| 3:00 Outro / (Quiet lyrics)      | 8   | B <sup>1</sup> | <b>Scoop &amp; Gallop</b><br><br>Breathe pose to finish                                                                              | 3x   |





# 12. GROOVEDOWN INTO YOU 4:04mins

TRACK FOCUS

Wat een prachtige track om een geweldige workout mee af te sluiten! Geniet van de builds, drops en misschien zelfs van het meezingen!

FEELS

Krachtig, Soulful, Herstel

| MUSIC |                                          | CTS |   | EXERCISE                                                                                                                                                             | REPS |
|-------|------------------------------------------|-----|---|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| 0:02  | V / <i>I'm so into you</i>               | 16  | A | <b>Inner Thigh Stretch</b><br>Side Lunge to L x2 [4cts]<br>Center Squat Pulse x2 [4cts]<br>Repeat to R [8cts]                                                        | 4x   |
| 0:37  | PC / <i><b>Look</b> what you started</i> | 32  | B | <b>Side Body 1</b><br>Feet wide, inhale and lift arms O/H [8cts]<br>R Lat Stretch [8cts]<br>L Lat Stretch [8cts]<br>Reset [4cts]<br>Roll down and up [4cts]          | 1x   |
| 0:55  | C / So <i><b>baby</b> come</i>           | 16  | C | <b>Cross Tap</b><br>Cross Tap F L&R x2 [8cts]<br>Double Step B R&L [8cts]<br>(Add Reach Arms after 1st rep)                                                          | 4x   |
| 1:31  | V / _ <i>This could take</i>             | 64  | D | <b>Hip Flexor Stretches</b><br>Face L, R Hip Flexor Stretch<br>Pulsing [8cts]<br>Reach Arms O/H [8cts]<br>No Pulse [8cts]<br>Open Arms [8cts]<br>Repeat to R [32cts] | 1x   |
| 2:06  | C / So <i><b>baby</b> come</i>           | 16  | C | <b>Cross Tap</b><br>(Add your own style after 2 reps)                                                                                                                | 4x   |
| 2:42  | Br / _ <i>Tell me what</i>               | 38  | E | <b>Side Body 2</b><br>R Lat Stretch [8cts]<br>Drop and sweep upper body [8cts]<br>Repeat to L [16cts]<br>R Lat Stretch [6cts]                                        | 1x   |
| 3:03  | C / So <i><b>baby</b> come</i>           | 16  | C | <b>Cross Tap</b><br>(Anywhere after 4 reps)                                                                                                                          | 6x   |



# WE ZIJN EEN WERELDWIJDE FAMILIE

We zijn één wereldwijde familie van leiders, gepassioneerd toegewijd aan het creëren van een fittere planeet. We inspireren anderen onbevreesd om hun ware potentieel te ontdekken door een passie te krijgen voor fitness. Fitness is onze wereldwijde beweging. We oordelen niet en stellen alle mensen in staat om te genieten van de unieke voordelen van lichaamsbeweging.

Miljoenen van ons binden verbinden zich dagelijks met elkaar door middel van het zweet. Muziek zit in onze ziel. We hebben passie voor muziek. Het geeft ons drive en focus. We zetten koers naar de toekomst om te inspireren, te innoveren en te ontwikkelen. We zijn gek genoeg om te geloven dat we de wereld kunnen veranderen.

We are united.

## ONZE GEDRAGSCODE

De Les Mills familie bestaat uit fitnessclubs, instructeurs en miljoenen deelnemers uit de hele wereld.

We kunnen verschillen in locatie, religie, ras, kleur en taal, maar we verenigen ons in onze liefde voor beweging, muziek en het streven naar een gezond leven, voor elke persoon op onze planeet.

Bij Les Mills geloven we in de waardigheid van elk individu binnen onze community en streven we naar gelijkheid voor iedereen.

We vieren en tonen alle culturen door onze keuze van rolmodellen, muziek en bewegingen, met als doel het culturele bewustzijn te verbreden.

We weten dat wat in sommige culturen als gepast wordt beschouwd, in andere culturen als ongepast kan worden beschouwd, en we streven ernaar deze delicate situaties met het grootste respect voor iedereen te behandelen.

Het kiezen en matchen van de choreografie met de juiste muziek is een enorme uitdaging! We screenen alle muziek en proberen elke taal of verwijzing te vermijden die een belediging kan veroorzaken. Soms zal er een alternatieve track (onderaan de tracklijst) beschikbaar zijn.

We omarmen een open communicatie met onze wereldwijde familie, zodat meningsverschillen kunnen worden geuit, We hebben een open houding om te luisteren en te leren.

Bovenal zijn we gepassioneerd door het leveren van levensveranderende fitness ervaringen, elke keer, overal, voor iedereen.

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