



SH'BAM **51**

MUSIC

01. WARM-UP

02. JUMP

03. PARTY GROOVES

04. LINEAR JAZZ

05. PUNCH

06. ARM LINES

07. HEAVY

08. COMMERCIAL

09. BOUNCE

10. LATIN

11. PEAK

12. GROOVEDOWN

DECLARATION OF INTENT

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MUSIC

01

**Ape Drumz (Happy Colors & Ash
Remix)** (4:46)

FIGHT CLVB feat. Stush

© 2018 Barong Family.
Written by: Vasquez, McAlphin

02

Push And Pull (3:17)

NIIKO x SWAE

Courtesy of Armada Music B.V.
Written by: Manchester, Becker, Lassner, Emery, Harwood,
Kröper

03

Drag Me Out (2:17)

Kah-Lo

© 2022 Epic Records, a division of Sony Music
Entertainment.
Written by: Hamlin, Jacobs, Demola, Hintze

Drag Me Out (0:59)

Kah-Lo

© 2022 Epic Records, a division of Sony Music
Entertainment.
Written by: Hamlin, Jacobs, Demola, Hintze

04

Redlight (3:43)

Swedish House Mafia & Sting

Courtesy of the Universal Music Group.
Written by: Hedfors, Angello, Ingrosso, Nordstrom,
Sumner

Redlight (1:36)

Swedish House Mafia & Sting

Courtesy of the Universal Music Group.
Written by: Hedfors, Angello, Ingrosso, Nordstrom,
Sumner

05

Jus Watch (3:14)

INF

Courtesy of Les Mills Music Licensing Ltd.
Written by: Tyson

06

Hot In It (Tiësto's Hotter Remix)
(3:05)

Tiësto & Charlie XCX

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Atlantic Recording Corporation for the world.
Written by: Verwest, Charli XCX, HIGHT, KIDDO, Nobel,
Nordstrom

07

Detox (4:45)

Duke & Jones

© 2020 Deadbeats.
Written by: Conibear, McKelvey

08

CTRL + ALT + DEL (2:33)

Reve

Courtesy of the Universal Music Group.
Written by: Raymond, Rastogi, Donolo

09

Do It (3:39)

Nice Enough

Courtesy of Les Mills Music Licensing Ltd.
Written by: Blackwood

10

Soy Yo (2:39)

Terraformica

© 2023 Les Mills Music Licensing Ltd.
Written by: Frederic, Saumet, Mejia, Spargur

11

Cavernicola (Makla Remix) (2:35)

King Doudou & Zairah

© 2021 Deke Soto Music Group.
Written by: Passaquin, Chamora, Ciccomascolo

12

2 Be Loved (Am I Ready) (3:06)

Lizzo

© 2022 Nice Life Recording Company and Atlantic
Recording Corporation.
Written by: Jefferson, Martin, Salmanzadeh, Kotecha,
Svensson

ALT
03

Fizzed (3:16)

Cushy

Courtesy of Epidemic Sound.
Written by: Unknown

ALT
06

Ring (3:05)

STRLGHT

Courtesy of Epidemic Sound.
Written by: Unknown

ALT
11

Bang (2:35)

Lawd Ito

Courtesy of Epidemic Sound.
Written by: Unknown



SH’BAM 51



Top row (L–R): Yayoi Matches, Niklas Bohlin, Summer Bradley, Billy Magg, Grace Stevens
Bottom row (L–R): Des Helu, Kaylah-Blayr Fitzsimons-Nu'u

It’s time to bring the heat to your feet when you feel the beat! Welcome to SH’BAM 51 – the seriously cool dance workout that anyone and everyone can do. Whether it's Jazz, Hip-Hop, Latin or Commercial music/dance that's your favorite, there is something here that will excite and motivate everyone.

Dance is joy: dance is freedom. So, for the next 45 minutes, let go of your worries, embrace the music, release your inner pop star/dancer and join the workout that has everybody sweating and smiling throughout.

‘Am I ready’ for SH’BAM 51? Yes, you are!

CREDITS

- Chief Creative Officer** – Dr. Jackie Mills
- Creative Director** – Kylie Gates
- Choreography** – Bianca Ikinofu, Grace Stevens, Cameron Holland, Summer Bradley, Des Helu, Yayoi Matches
- Production Coordinator** – Anusha Kulal

PRESENTERS

Niklas Bohlin (Sweden) is a SH’BAM, LES MILLS CORE™, LES MILLS BARRE™ and BODYJAM™ Trainer/Presenter/Instructor and a LES MILLS GRIT™ Instructor. He lives in Stockholm.

Billy Magg (Sweden) is a SH’BAM, BODYATTACK™ and BORN TO MOVE™ Trainer/Presenter/Instructor and a BODYJAM and LES MILLS CORE Presenter/Instructor. He lives in Stockholm.

Summer Bradley (New Zealand) is a LES MILLS BARRE, BODYBALANCE™ and SH’BAM Masterclass Presenter, and is on the Creative Team for LES MILLS BARRE, LES MILLS TONE™ and SH’BAM. She works as a Creative Assistant & Choreographer at Les Mills International in Auckland. She has 19 years of dance experience and trained full-time in Australia.

Kaylah-Blayr Fitzsimons-Nu’u (New Zealand) is a BODYSTEP™, BODYPUMP™, LES MILLS GRIT, LES MILLS TONE, SH’BAM, BORN TO MOVE, LES MILLS CEREMONY™ and LES MILLS CONQUER™ Instructor Presenter and a LES MILLS Ambassador. She works as a Creative Assistant at Les Mills International 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.

Yayoi Matches (New Zealand) lives in Auckland and worked as a professional Ballet dancer internationally for 5 years. She is a LES MILLS SHAPES™ Instructor and a LES MILLS BARRE, SH’BAM and BODYBALANCE Presenter. She is also part of the SH’BAM Creative Team.

Grace Stevens (New Zealand) is a SH’BAM and BORN TO MOVE Instructor/Presenter, and a LES MILLS BARRE and LES MILLS CORE™ Presenter. She is part of the Creative Team for SH’BAM and also an award-winning professional dancer and choreographer.



EXPRESS FORMAT

30-MINUTE FORMAT

Track 01	Warm-up
Track 02	Jump
Track 03	Party Grooves
Track 04	Linear Jazz
Track 05	Punch
Track 06	Arm Lines
Track 07	Heavy
Track 08	Commercial
Total Time	28:15

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

APE DRUMZ 4:46mins

TRACK FOCUS

Welcome to SH'BAM 51! We kick off the dance party with some seriously cool but simple moves, full of swagger and ready to make you sweat!

FEELS

Street Party, Cool, Playful

MUSIC	CTS		EXERCISE	REPS
0:07 Intro /	4	A	Wide Tap L leg tap out and in [2cts] Repeat to R [2cts] Note: 👁 arms on last 4cts	7x
0:22 V / Listen up	4	A ¹	Wide Tap + Arm Sway O/H	4x
0:31 PC / Listen up , listen up	16	B	Hands Up Wide Step Touch F L&R x2 [8cts] Repeat to B [8cts] Note: 👁 arms on last 2cts	1x
0:40 C / 1, 2, 3 _	16	B ¹	Hands Up + Arm Sway O/H + Arm Swing F&B	4x
1:15 V / Listen up	8	C	Chest Isolation L Rib Shift L [2cts] Chest Pop F [2cts] Rib Shift R [2cts] Chest Pop B [2cts]	2x
1:23 PC / Listen up , listen up	4	C ¹	Chest Isolation L + Faster	2x
1:28 / _ Listen up	2	C ²	Chest Isolation L + Fast Chest Circle	4x
1:32 V / Listen up	8	C	Chest Isolation R Rib Shift R [2cts] Chest Pop F [2cts] Rib Shift L [2cts] Chest Pop B [2cts]	2x
1:41 PC / Listen up , listen up	4	C ¹	Chest Isolation R + Faster	2x
1:45 / _ Listen up	2	C ²	Chest Isolation R + Fast Chest Circle	4x
1:50 C / 1, 2, 3 _	16	B ¹	Hands Up	2x
2:07 V / Listen up	8	D	Adductor Stretch R Adductor Stretch x2 [4cts] Repeat to L [4cts]	2x
2:16 PC / _ Listen up	4	D ¹	Adductor Stretch R Adductor Stretch [2cts] Repeat to L [2cts]	4x
2:25 C / 1, 2, 3 _	16	B ¹	Hands Up	4x
2:59 V / Listen up	8	E	Hip Isolation L Hip Circle L x2 [4cts] Hip Rock L&R x2 [4cts]	4x



01. WARM-UP

MUSIC	CTS	EXERCISE	REPS
3:17 V / Listen up	8 E	Hip Isolation R Hip Circle R x2 [4cts] Hip Rock R&L x2 [4cts]	4x
3:34 C / 1, 2, 3 _	16 B¹	Hands Up	4x
4:09 <i>Outro</i> / 1, 2, 3 _	16 F	Lat Stretch Sweep R arm to L [8cts] L arm to R [8cts]	2x
4:27 <i>Outro</i> /	16 F¹	Lat Stretch + Sweep [4cts] Double Pulse [4cts]	2x
4:44		Finish – Feet together with Arm Throw F	



02. JUMP PUSH AND PULL 3:17mins

TRACK FOCUS

It's time to enter the rave! Keep it simple, sing along and do what the song says: "just push and pull".

FEELS

Jump, Party, Rave

	MUSIC	CTS		EXERCISE	REPS
0:01	V / _ 99 problems	16	A	Kick It Tap R foot F, R [4cts] Step Ball Change R, L, R [4cts] Repeat to L [8cts]	2x
0:16	PC / It's push and pull	16	A ¹	Kick It + Arm Push and Pull	2x
0:31	C / (Heavy beat)	16	A ²	Kick It + Fast Kick F&B x3 [6cts] Step Ball Change [2cts]	4x
1:01	V / _ 99 problems	8	B	V-Step Combo Wide Step F, L&R [2cts] Step B together L&R [2cts] L leg tap B and together [2cts] R leg tap B and together [2cts]	4x
1:16	PC / It's push and pull	8	B ¹	V-Step Combo + Arm Push open and Pull	4x
1:31	C / (Heavy beat)	16	A ²	Kick It + Travel L&R	4x
2:01	V / _ 99 problems	8	B ²	V-Step Combo + Small Arm Circles	8x
2:31	C / (Heavy beat)	16	A ²	Kick It + Travel F&B	4x
3:01	Outro / _ Just push	8	B ²	V-Step Combo Finish – Arm Push open F	4x



03. PARTY GROOVES

DRAG ME OUT 3:16mins

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

TRACK FOCUS

It's like you just want to go out dancing but no one will come with you. So you go out anyway, saying: "I don't like none of you, I'm bored".

FEELS

Confident, Fierce, Party

	MUSIC	CTS		EXERCISE	REPS
0:01	Intro / I'm bored	8	A	Hip Pop Hip Pop L, R, hand to mouth [4cts] Repeat to R [4cts]	1x
0:05	/ (Beat)	4	A ¹	Hip Pop + Faster	2x
0:09	V / _ Doesn't anyone dance	16	A ²	Hip Pop + Travel to side	3x
0:33	PC / _ I like to party	16	B	Kriss Kross Kriss Kross, Jump L&R x2 [8cts] Hip Pop B with Money Flick Hands L&R [8cts]	1x
0:41	C / Drag me out	16	B ¹	Kriss Kross + Diagonal Arm Swing	2x
0:57	V / Take a pic	16	A ²	Hip Pop	3x
1:21	PC / _ I like to party	16	B	Kriss Kross	1x
1:29	C / Drag me out	16	B ¹	Kriss Kross	2x
1:46	PC / _ I like to party	16	A ²	Hip Pop	1x
1:53	Br / Heyyy _	16	C	Shrug Feet close, Shoulder Shrug R&L x4 [8cts] Tap F L&R x2 with low Push Arms [8cts]	3x
2:17	PC / _ I like to party	16	B	Kriss Kross	1x
2:26	C / Drag me out	16	B ¹	Kriss Kross	2x
2:41	PC / _ I like to party	16	A ²	Hip Pop	1x
2:49	Br / Heyyy _	16	C	Shrug Finish – Hip Pop pose	3x



04. LINEAR JAZZ

REDLIGHT 5:19mins

TRACK FOCUS

Enjoy the calm while it lasts! Take time to set up the moves and then when the beat drops, it's time to dance like you're on stage and the spotlight is on you!

FEELS

Beautiful, Flowing, Athletic

MUSIC	CTS		EXERCISE	REPS
0:08 Intro / (Beat)	16	A	Lunge Combo Face L, Lunge Pulse up and down x4 [8cts] Repeat to R [8cts]	3x
0:31 V / True say	16	A ¹	Lunge Combo + Elbow Push and Arm Wrap	2x
0:46 / (Pulsing beat)	16	A ²	Lunge Combo + Jump	2x
1:01 C / (Quiet synth)	16	B	Jazz Combo L R leg step to L, Pivot and lift L knee [4cts] L leg step to R, Pivot and Lunge [4cts] Face L, Switch Lunge R&L x2 [8cts] Note: 👁 arms on last rep	3x
1:24 / (Synth building)	16	B ¹	Jazz Combo L + Slice & Run Arms	2x
1:40 V / (Quiet synth)	32	C	Knee Roll Lift R knee, circle R and B into long Lunge [8cts] Drag R leg together [8cts] Repeat L&R with arms [32cts]	1½x
2:03 C / True say _	16	C ¹	Knee Roll + Faster	2x
2:18 V / Red light _	16	B	Jazz Combo R	2x
2:33 / Days are over	16	B ¹	Jazz Combo R	3x
2:57 C / (Beat drop)	16	B ² +C ¹	Jazz Combo and Knee Roll Jazz Combo R [8cts] Knee Circle L [8cts]	6x
3:43 V / (Quiet synth)	16	C ¹	Knee Roll	5x
4:21 C / (Beat drop)	16	B ² +C ¹	Jazz Combo and Knee Roll Jazz Combo L [8cts] Knee Circle R [8cts]	6x
5:07 Outro /			Finish – Breathe Arms up and down	



05. PUNCH

JUS WATCH 3:14mins

TRACK FOCUS

Just saying, it’s like a new BODYCOMBAT™ vs. SH’BAM hybrid track! Get your sassy fight on, then get loose in your hips and stomp across the floor.

FEELS

Fierce, Punchy, Grimy

MUSIC	CTS	EXERCISE	REPS
0:00 Intro / (Beat)	32	Intro –  Punch It to R on last 16cts	1x
0:14 V / I don’t wanna _	32	A Punch It Face L, Punch to corner L&R x2 [8cts] Double Hop R&L x2 [8cts] Repeat to R [16cts]	1x
0:27 C / All these haters	16	A ¹ Punch It + Faster	2x
0:41 V / _ This a track	32	B 4 Taps R leg tap F&B x2 [8cts] Knee Twist travel R x4 [8cts] Repeat to L [16cts]	3x
1:22 PC / I don’t wanna _	16	A ¹ Punch It	4x
1:50 V / All alone at	32	B ¹ 4 Taps + Low Wrist Flick	2x
2:17 PC / I don’t wanna _	16	A ¹ Punch It	4x
2:44 / Just watch _	32	B 4 Taps	1x
2:59 Outro / (Fat bass)	32	B ¹ 4 Taps Finish – R leg F and freeze	1x

SMARTSTART

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



06. ARM LINES

HOT IN IT 3:05mins

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

TRACK FOCUS

Do you like arm choreography, because we love arm choreography! #armography

FEELS

Arm-lines, Playful, Precise

MUSIC	CTS	EXERCISE	REPS
0:01 Intro / Be rocking it	40	Intro – 👁️ Wrist Circles and pose	1x
0:20 C / Be rocking it	16 A	Pump It Step Touch L&R x2 [8cts] Step Touch L&R with O/H Wrist Circles and Double Chest Pop [8cts]	6x
1:06 Br / (Beat fades)	4 B	Cross Throw Tap L&R, foot F and together	2x
1:10 V / Crying on the	16 B ¹	Cross Throw + Arms low/side/high/side + Diagonal Arms	6x
1:56 Br / (Beat winds down)	16 C	Roll Down Throw arms O/H, roll down and up	1x
2:03 C / Be rocking it	64 A ¹	Pump It + Arm Throw low + Arm Throw side + Arm Throw high + Arm Throw side Finish – Freeze to R	2x



07. HEAVY

DETOX 4:45mins

TRACK FOCUS

Enjoy the amazing contrast of moves with powerful and heavy combined with loose and bouncy patterns.

FEELS

Heavy, Grounded, Powerful

	MUSIC	CTS		EXERCISE	REPS
0:08	Intro / (Rumble)	8	A	Step Tap Step L, tap R foot B, pop R shoulder F [4cts] Repeat to R [4cts]	6x
0:27	V / (High synth)	16	B	Slide Slide L circling R arm O/H [4cts] Face R corner on tiptoes with Double Arm Punch [4cts] Repeat to R [8cts]	2x
0:40	/ (Synth hit)	32	A+B	Step Tap Slide Step Tap Combo [16cts] Slide Combo [16cts]	1x
0:53	C / Pull up _	16	A¹+B¹	Step Tap Slide + Faster	4x
1:18	V / (Beat fades)	32	C	Bounce Back Travel B, Step Knee L, R, L with Triple Bounces and Wrist Flicks [8cts] Repeat to R [8cts] Step Touch F L&R, body low and arms high x2 [16cts]	5x
2:23	C / Pull up _	16	A¹+B¹	Step Tap Slide	4x
2:48	V / (Beat fades)	32	C	Bounce Back	5x
3:52	C / Pull up _	16	A¹+B¹	Step Tap Slide	4x
4:17	V / (Beat fades)	32	C	Bounce Back Finish – Casual freeze	2x



08. COMMERCIAL

CTRL + ALT + DEL 2:33mins

TRACK FOCUS

Hips – check, Vogueing – check, Pouting – check, Strutting – check! All your favorite moves in one place with a fierce, independent vibe.

FEELS

Fierce, Vogue, Strut

	MUSIC	CTS		EXERCISE	REPS
0:08	C / I came here	32	A	Hips, Pump & Lasso R leg F, Hip Pop F&B x4 [8cts] Step out R&L, jump together, arms rock R&L and circle R x2 [8cts] Repeat to L [16cts]	2x
0:40	V / Ooh , baby	8	B	Vogue Arms Tap L foot to L, arms push O/H and side [2cts] Repeat to R [2cts] Feet together, both arms O/H [2cts] Arms to front, sit into R leg [2cts]	4x
0:56	PC / So walk it back	4	B ¹	Vogue Arms + Faster, travel B	4x
1:04	C / I came here	16	B ²	Vogue Arms + Strut F&B	2x
1:20	/ (Horns)	32	A ¹	Hips, Pump & Lasso + Arm Reach O/H and Snap	1x
1:36	V / Ooh , baby	4	B	Vogue Arms	4x
1:52	PC / So walk it back	16	B ¹	Vogue Arms	4x
2:00	C / I came here	32	B ²	Vogue Arms	2x
2:16	/ (Horns)	32	A ¹	Hips, Pump & Lasso Finish – CTRL + ALT + DELETE pose	1x



09. BOUNCE

DO IT 3:39mins

TRACK FOCUS

Take in all the positive vibes, push out any negative vibes, and dance with all that good energy!

FEELS

Bounce, Club, Cool

	MUSIC	CTS		EXERCISE	REPS
0:02	Intro / (Thumping beat)	4	A	Good Energy Step L, R foot tap behind [2cts] Repeat to R [2cts]	7x
0:15	C / This is how	8	A ¹	Good Energy + Inward Arm Roll and Push Out	4x
0:31	/ This is how	16	B	Run Run F L&R x4 [8cts] Heel Dig B R&L x4 [8cts]	2x
0:46	/ This is how	32	A ¹ &B	Good Energy Combo Run F [8cts] Step Tap with roll/push [8cts] Heel Dig B [8cts] Step Tap with roll/push [8cts]	2x
1:17	V / (Synth hit)	8	C	The Shoulders Step L, Shoulder Bounce x3 [6cts] Step together L, Elbow Roll [2cts] Repeat to R [8cts]	8x
1:47	C / This is how	16	D	Drive The Car 3 steps L, R arm to front [6cts] Jump Kick and Clap [2cts] Repeat to R [8cts]	4x
2:18	V / (Synth hit)	8	C	The Shoulders	8x
2:49	C / This is how	32	A ¹ &B	Good Energy Combo Finish – Casual pose	3x



10. LATIN

SOY YO 2:39mins

TRACK FOCUS

Pull out your heels, sequins and sparkles because it's time to unleash your inner Latin dance superstar!

FEEL

Latin, Sexy, Stylish

	MUSIC	CTS		EXERCISE	REPS
0:08	V / <i>Me cai, me paré</i>	16	A	Latin Legs Walk F L&R x2 [8cts] Repeat to B [8cts]	2x
0:25	PC / <i>Y no te</i>	16	A ¹	Latin Legs + Double Step F L&R replaces Walk F	3x
0:50	V / Sigo <i>caminando</i>	8	B	Latin March March OTS L&R x2 [4cts] Jump out, out, in, in L&R x2 [4cts]	2x
0:58	/ <i>A mí me gusto</i>	8	B ¹	Latin March + Cross arms O/H	4x
1:14	C / Soy yo	32	A ²	Latin Legs + Travel to L&R with Latin Arms	1x
1:30	V / <i>Soy así, soy así</i>	8	B ¹	Latin March	8x
2:03	C / Soy yo	32	A ³	Latin Legs + Fast travel B Finish – Latin pose	2x



11. PEAK

CAVERNICOLA 2:35mins

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

TRACK FOCUS

This is the Peak track to end all Peak tracks! Are you ready to get breathless with some SH’BAM-inspired HIIT training?!

FEELS

Cardio, Fierce, Jump Style

MUSIC		CTS		EXERCISE	REPS
0:07	C / Echa pa’ acá	8	A	Jump Wide Jump Wide with Double Arm Circle to B [3cts] Squat [1ct] Knee Knock L&R [4cts]	6x
0:30	PC / Echa pa’ acá	8	B	Pop Your Chest Step L, open/close arms x2 [4cts] Repeat to R [4cts]	2x
0:37	/ Echa pa’ acá	4	B ¹	Pop Your Chest + Faster	4x
0:44	Br / Echa pa’ acá	4	C	Walk Around Walk in circle to B, L&R x2 [4cts]	1x
0:46	C / (Heavy beat)	8	D	Pump & Jump Feet together, Pump Arms, Jump L&R x2 [4cts] Tap L&R x2 with Snapping Arms [4cts]	4x
1:01	/ (Heavy beat)	4	D ¹	Pump & Jump + Cut it in half	8x
1:16	V / (Beat fades)	8	A	Jump Wide	6x
1:38	PC / Echa pa’ acá	8	B	Pop Your Chest	2x
1:45	/ Echa pa’ acá	4	B ¹	Pop Your Chest	4x
1:52	Br / Echa pa’ acá	4	C	Walk Around	1x
1:54	C / (Heavy beat)	8	D	Pump & Jump	4x
2:09	/ (Heavy beat)	4	D ¹	Pump & Jump	8x
2:24	Outro / _ Estoy bien bellaca	8	A	Jump Wide	2½x



12. GROOVEDOWN

2 BE LOVED (AM I READY) 3:06mins

TRACK FOCUS

This track takes us to the end of SH’BAM 51 and we leave the workout on a high, full of joy and love.

FEELS

Joyful, Proud, Uplifted

MUSIC	CTS		EXERCISE	REPS
0:12 V / Panic attack	32	A	Float & Sweep Face L, R arm Float & Sweep x3 [12cts] Feet wide, arms to sides [4cts] Repeat to R [4cts]	2x
0:37 C / Am I ready	32	B	I’m Ready Travel F, tapping R&L foot F x4 [8cts] OTS, tapping R&L foot F [8cts] Repeat to B with Heart Fingers [16cts]	2x
1:02 V / How am I supposed	16	C	Breathe & Sway Cross & Open arms O/H and F [8cts] Arms folded, sway L&R [8cts]	2x
1:14 PC / _ He call me Melly	8	C¹	Breathe & Sway + Faster	4x
1:26 C / Am I ready	32	B¹	I’m Ready + Arm Swing F&B and Spirit Fingers	2x
1:51 Br / You found me	32	D	Breathe & Lunge Breathe Arms O/H [4cts] Lunge L, lowering arms [4cts] Repeat to R [8cts]	4x
2:16 C / Am I ready	16	B¹	I’m Ready	2x
2:40 Outro / Yesterday I would	16	A¹	Float & Sweep Feet wide, arms to sides [2cts] Wrap R arm in front [2cts] Float & Sweep R arm [4cts] Repeat to R [8cts] Finish – Breathe arms up	4x



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.