



SH'BAM **52**

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DECLARATION OF INTENT

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MUSIC

01	Want You (3:07) Nitti Gritti & MARTEN HØRGER © 2023 Hush Money Records. Written by: Hørger	09	Hey Mama (3:12) David Guetta feat. Nicki Minaj, Bebe Rexha and Afrojack © 2014 What A Music Ltd, under exclusive licence to Parlophone/Warner Music France, A Warner Music Group Company. Written by: Rateliff
02	Fire (2:50) 50 Cent feat. Young Buck & Nicole Scherzinger Courtesy of the Universal Music Group. Written by: Jackson, Jordian, Grier, Parker, Young	10	Pray (4:54) ILLENIUM feat. Kameron Alexander Courtesy of the Universal Music Group. Written by: Slider
03	I Love It (I Don't Care 2022 Re-Edit) (1:46) Icona Pop feat. Charli XCX © 2012 Record Company TEN under exclusive license Atlantic Records. Written by: Charli XCX, Eklöw, Berger	11	Keep Pushin' (2:10) Tujamo feat. Inaya Day Courtesy of the Universal Music Group. Written by: Dlugosch, Mousse
	I Love It (I Don't Care 2022 Re-Edit) (1:44) Icona Pop feat. Charli XCX © 2012 Record Company TEN under exclusive license Atlantic Records. Written by: Charli XCX, Eklöw, Berger		Keep Pushin' (1:18) Tujamo feat. Inaya Day Courtesy of the Universal Music Group. Written by: Dlugosch, Mousse
04	Shut It Down (3:22) Party Favor & Dillon Francis Courtesy of the Universal Music Group. Written by: Francis, Ragland	12	TRUSTFALL (3:57) P!NK © 2023 RCA Records, a division of Sony Music Entertainment. Written by: McDaid, Moore, Gibson
05	Baby Boy (1:55) Menrva © 2020 Insanity Records Limited under exclusive license to Sony Music Entertainment UK Limited. Written by: Storch, Beyonce, Kamoze, Waller, Carter	ALT 02	Move It (2:50) Donell Mase Courtesy of Epidemic Sound. Written by: Unknown
	Baby Boy (1:38) Menrva © 2020 Insanity Records Limited under exclusive license to Sony Music Entertainment UK Limited. Written by: Storch, Beyonce, Kamoze, Waller, Carter	ALT 09	Flash Mob (3:12) El Neon Courtesy of Epidemic Sound. Written by: Unknown
06	What About Me (Afterdark Remix) (2:52) Sunset Bros & Shannon Noll © 2022 TMRW Music Pty Ltd. Licensed courtesy of TMRW Music Australia. Written by: Frost, Swan	ALT 10	My Name (4:54) Swif7 Courtesy of Epidemic Sound. Written by: Unknown
07	La Bomba (2:59) Armin Van Buuren & Blasterjaxx Courtesy of the Universal Music Group. Written by: van Buuren, De Goeij, Siolo, Makhlaf, Martins, Riley, Jongkind		
08	Feel My Love (2:52) Lucas & Steve x Dubvision feat. Joe Taylor Courtesy of the Universal Music Group. Written by: V. Leicher, S. Leicher, Gourlay, Janssen, Taylor, de Wert		



SH'BAM 52



L-R: Summer Bradley, Yayoi Matches, Andy Zhang, Bianca Ikinofu, Des Helu

Welcome to this gorgeous release of dancing, smiling and sweating together, otherwise known as SH'BAM 52. We set the friendly vibes from the beginning of the workout and share a journey of dance styles together. The heart rate goes up, then comes down but the fun, the love and the joy of movement is there throughout.

This release is a treat for your bodies, your ears and your heart.

CREDITS

Chief Creative Officer – Dr. Jackie Mills
Creative Team – Summer Bradley and Bianca Ikinofu
Production Coordinator – Anusha Kulal

PRESENTERS

Summer Bradley (New Zealand) is a SH'BAM, LES MILLS BARRE™ and BODYBALANCE™ masterclass filming presenter, and is on the Creative Team for LES MILLS BARRE and SH'BAM. She works as a Creative Assistant – Choreographer at Les Mills International in Auckland. She has 20 years of dance experience and trained full-time in Australia.

Des Helu (New Zealand) is a SH'BAM, 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.

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 worked as a professional ballet dancer internationally for 5 years. She is a SH'BAM, LES MILLS BARRE and BODYBALANCE Presenter and a LES MILLS SHAPES™ Instructor. She is also part of the SH'BAM Creative Team.

Andy Zhang (China) is a SH'BAM and LES MILLS BARRE Presenter/Instructor and a BODYJAM, BODYBLANCE and BODYPUMP Instructor. He lives in Shanghai.



EXPRESS FORMAT

30-MINUTE FORMAT

Track 01	Warm-up
Track 02	Hip Hop
Track 03	Party
Track 04	Shut It Down
Track 05	Commercial
Track 06	Jazz
Track 07	Latin
Track 08	Feel
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

WANT YOU 3:07mins

TRACK FOCUS

This track is super 'chill' with a funky beat; enjoy welcoming everyone to the workout and tap into vacation vibes.

FEELS

Grooves, Relaxed, Welcoming

MUSIC		CTS		EXERCISE	REPS
0:08	V / Anytime I see you	16	A	Slide, Push & Throw Slide L [2cts] R foot Cross-Tap behind x2 [6cts] Repeat to R [8cts] (Note – 👁️ arms on last rep)	2x
0:23	/ Anytime I see you	16	A ¹	Slide, Push & Throw + Arm Push & Throw	2x
0:39	C / Switch _	32	A ²	Slide, Push & Throw + Faster + Slide & Throw x3 [12cts] Walk to side [4cts] Repeat to R [16cts]	2x
1:10	V / Anytime I see you	16	B	Hips Hip Rock L&R x4 with Breathe Arms [8cts] Step Touch L&R x2 [8cts]	4x
1:41	C / Switch _	32	A ²	Slide, Push & Throw	2x
2:12	V / Anytime I see you	16	B	Hips	2x
2:27	C / Switch _	32	A ²	Slide, Push & Throw	2x
2:58	Outro /			Finish – Breathe Arms	



02. HIP HOP

FIRE 2:50mins

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

TRACK FOCUS

Unleash your inner Hip Hop dancer from your favorite dance movie and get your swag on!

FEELS

Hip Hop, Cool, Swagger

MUSIC		CTS		EXERCISE	REPS
0:02	Intro / Fire _	8	A	The Rock Wide Rock L, R, L & L, opposite hand to shoulder [4cts] Repeat to R [4cts]	4x
0:21	V / Let's do some- thing new	16	B	2 Step 2 Steps L, R Leg Lift with Hip Pop x2 [4cts] Jump wide to R&L corner [4cts] Repeat to R [8cts]	2x
0:39	Br / Let me take	16	B ¹	2 Step + Ripple Up	2x
0:58	C / You want it	16	B ²	2 Step + Front foot lift	1x
1:07	V / Burn down on	8	A	The Rock	2x
1:16	/ Back to the	16	B ¹	2 Step	1x
1:25	/ Everywhere you go	16	B ³	2 Step + Freestyle Arms	4x
2:02	/ Now are you	8	A	The Rock	2x
2:12	/ I got a hell	16	B ²	2 Step	1x
2:21	/ Now work it	16	B ³	2 Step	1x
2:30	Outro /	8	A	The Rock	4x



03. PARTY

I LOVE IT (I DON'T CARE 2022 RE-EDIT) 3:30mins

TRACK FOCUS

Bring all your sass and cheekiness to this track; pretend you don't care but you love it really!

FEELS

Sassy, Confident, Cheeky

MUSIC	CTS		EXERCISE	REPS
0:08Intro / I threw your	16	A	Open Arm Combo Step on L foot, open arms and snap [4cts] Step on L foot, flick R foot F&B [4cts] Repeat to R [8cts]	5x
0:46PC / You're on a	8	B	Hip Rock Feet together, Hip Rock L&R x4, hands O/H, side, down and to face [8cts]	4x
1:02C / I love it	16	C	I Love It Combo Step Touch L&R [4cts] Double Step L [4cts] Repeat to R [8cts] (Note – 👁 arms on last rep)	2x
1:17V / I got this	16	C ¹	I Love It Combo + Arm Push, Pull & Throw	2x
1:32C / I don't care	16	A	Open Arm Combo	2x
1:47PC / You're on a	8	B	Hip Rock	4x
2:02C / I love it	16	C ²	I Love It Combo + Jump back leg	4x
2:33/ I don't care	16	A	Open Arm Combo	2x
2:48PC / You're on a	8	B	Hip Rock	4x
3:03C / I don't care	16	C ²	I Love It Combo	2x
3:19/ I don't care	16	A	Open Arm Combo	1x
3:27/ I love it			Finish – Open Arms	



04. SHUT IT DOWN

SHUT IT DOWN 3:22mins

TRACK FOCUS

Picture the scene: it's raining outside and you're listening to this track, stomping, splashing through the water and looking AWESOME!

FEELS

Heavy, Assertive, In Control

MUSIC	CTS		EXERCISE	REPS
0:04 Intro /	4	A	Arm Swing Combo Feet wide, Step Tap L&R [4cts]	2x
0:09 (Muffled lyrics)	8	A ¹	Arm Swing Combo Feet wide, Step Tap L&R with Arm Swing R&L [4cts] Step Tap L&R [4cts]	2x
0:17 V / Oh yeah that's it _	16	B	Slow Arm Swing Feet wide, Slow R Arm Swing [4cts] Roll Up [4cts] Repeat to L [8cts]	2x
0:35 B up / Shut it down	4	A ²	Arm Swing Combo + Fast Tap & Swing (Note – 👁 Push B on last 8cts)	4x
0:44 C / Shut it down	16	A ³	Arm Swing Combo Jump B x4 with Push Arms [4cts] Walk B, B, F & F [4cts] Tap & Swing [4cts] Step Touch L&R [4cts]	4x
1:19 / All my ladies _	16	A ⁴	Arm Swing Combo + Replace Step Touch with Tap & Swing	4x
1:53 V / Shut it down	16	B	Slow Arm Swing	2x
2:11 B up / Go down	16	A ²	Arm Swing Combo	8x
2:28 C / Shut it down	16	A ⁴	Arm Swing Combo	4x
3:03 Outro / Shut it down	4	C	Break It Down Step Touch L&R, Snake body, Thunder Clap [4cts]	8x



05. COMMERCIAL

BABY BOY 3:33mins

TRACK FOCUS

We throw back to the early '00s with this remix. Snake the body, grind the hips and enjoy the feeling of being a Pop Diva.

FEELS

Fierce, Pose, Diva

MUSIC		CTS		EXERCISE	REPS
0:01	Intro /	2	A	Snake It March OTS L&R [2cts]	8x
0:09	C / Baby boy	8	A ¹	Snake It March OTS L&R x4, Snake Hands O/H and lower to sides [8cts]	4x
0:24	/ Baby boy	16	A ²	Snake It + Travel F&B	2x
0:40	V / Ahh, oh	32	B	Drop Low Tap L foot wide and drag together x2 [8cts] Tap & Drag x4 [8cts] Repeat to R [16cts]	1x
0:55	C / Baby boy	16	A ²	Snake It	2x
1:11	V / Picture us	32	B	Drop Low	1x
1:26	C / Baby boy	16	A ²	Snake It	2x
1:42	V / Ahh, oh	32	B	Drop Low	1x
1:57	C / Baby boy	16	A ²	Snake It	2x
2:12	V / Picture us	16	C	Booty Low Stomp L foot, Hip Roll L x3 [6cts] Step Together, Jump OTS [2cts] Repeat to R [8cts]	2x
2:28	C / Baby boy	16	A ²	Snake It	2x
2:44	V / Ahh, oh	16	C ¹	Booty Low + Stomp from side to front	2x
2:59	C / Baby boy	16	A ²	Snake It	2x
3:14	/ Baby boy	16	C ¹	Booty Low	2x

SMARTSTART

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



06. JAZZ

WHAT ABOUT ME 2:52mins

TRACK FOCUS

Dramatic, powerful, graceful – all rolled into one fantastic track. Enjoy the pauses before exploding into action.

FEELS

Legs, Graceful, Jump Style

MUSIC		CTS		EXERCISE	REPS
0:07	V / <i>Been waiting down</i>	8	A	Lunge Combo Face R, L leg Lunge B and together with Sweep & Pull Arms [4cts] Repeat to R [4cts]	4x
0:20	Br / <i>(Quiet)</i>	4		Hold	1x
0:22	C / <i>What about me</i>	16	A ¹	Lunge Combo Grapevine L [4cts] R leg Lunge B [4cts] Repeat to R [8cts] (Note – 👁 Jump on last 4cts)	2x
0:36	V / <i>_ There's a pretty</i>	16	A ²	Lunge Combo + Jump OTS	3x
0:56	Br / <i>She screams</i>	4		Hold	1x
0:58	C / <i>What about me</i>	8	B	Knee Drop Travel F, L leg Lunge B [1ct] Open knees to Squat [1ct] Feet together, stand and push arms F [2cts] Repeat to R [4cts]	2x
1:05	V / <i>Can't you see</i>	16	A ²	Lunge Combo	1x
1:12	/ <i>Take a step back</i>	8	B	Knee Drop Traveling B	2x
1:19	/ <i>Big people</i>	16	A ²	Lunge Combo	1x
1:25	B up / <i>As they whisper</i>	64	B ¹ +A ²	Knee Drop & Lunge Combo + Travel F&B on Lunge Combo + Double Jump on Knee Drops	1x
1:53	/ <i>More</i>	8	A	Lunge Combo Lunge R then L	3x
2:03	Br / <i>(Quiet)</i>	4		Hold	1x
2:05	C / <i>What about me</i>	64	B ¹ +A ²	Knee Drop & Lunge Combo	1½x
2:46	/ <i>What about me</i>			Finish – Hand to heart	



07. LATIN

LA BOMBA 2:59mins

TRACK FOCUS

Mix some smooth Latin-style moves with some Jump-style cardio and what do you get? This banger! Embrace the contrasting textures and set yourself free.

FEELS

Latin, Cardio, Free

	MUSIC	CTS		EXERCISE	REPS
0:04	V / Living la bomba	2	A	March March OTS L&R [2cts]	8x
0:10	/ Living la bomba	16	B	Gallop Gallop L [2cts] R foot steps behind [2cts] Repeat to R [4cts] Double Step L&R [8cts] (Note – 👁 next move on last 8cts)	4x
0:39	C / (Heavy beat)	16	C	Jumping Jack Jump Knee R&L x2, travel F [8cts] Walk B L&R x4 with Low Sway Hands [8cts]	4x
1:07	Br / La bomba _	2	A	March	4x
1:11	V / (Quiet synth)	16	B	Gallop	2x
1:25	/ Living la bomba	16	B ¹	Gallop + Cross & Swing Arms + Sway Arms	6x
2:08	Br / (Beat winds down)	4	A ¹	March + Slow down	4x
2:15	V / Living la bomba	2	A	March	16x
2:29	C / (Heavy beat)	16	C	Jumping Jack Finish – Freestyle Latin pose	4x



08. FEEL

FEEL MY LOVE 2:52mins

TRACK FOCUS

Tap into the lyrics, ‘feel the love’ of dance and share this love with your participants through your voice, face and body language.

FEELS

Lyrical, Emotional, Gorgeous

	MUSIC	CTS		EXERCISE	REPS
0:07	V / I confess	8	A	Slide & Press Slide L [2cts] Tap R foot out and in [2cts] Repeat to R [4cts]	4x
0:23	C / Here on my knees	8	A ¹	Slide & Press + Circle & Press Arms	4x
0:38	PC / (Rising beat)	16	A ²	Slide & Press Slide & Tap L&R [8cts] Pony L&R x2 with Arm Reach F [8cts]	2x
0:54	C / (Heavy beat)	16	A ³	Slide & Press + Jump	2x
1:09	V / I confess	16	B	Turn Circle Turn L [4cts] Step Touch R&L with Knee Drop [4cts] Repeat to R [8cts] (Add Freestyle Arms after 1 st rep)	4x
1:40	Br / Go to hell	32	A ² +B	Slide & Press with Turn Slide & Tap L&R [8cts] Pony L&R with Arm Reach F [4cts] Circle Turn L [4cts] Repeat to R [16cts]	1x
1:55	PC / I’m never gonna	32	A ³ +B	Slide & Press with Turn	3x
2:41	Outro /	4	C	Let It Go Step Tap L&R with Knee Drop [4cts]	4x



09. GROOVE

HEY MAMA 3:12mins

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

TRACK FOCUS

Time to be sexy, confident and dominant – all in one track! Pick one feeling or choose them all and have all the fun!

FEELS

Playful, Powerful, Assertive

MUSIC		CTS		EXERCISE	REPS
0:05	Intro / Be my woman	4	A	Step Heel Step Heel L&R [4cts]	4x
0:11	V / Yes, I'll be	16	A ¹	Step Heel Step Heel L&R x2 [8cts] Swing L arm O/H, Double Bounce [4cts] Repeat Arm Swing R [4cts] (Note – both arms lower during Step Heels)	4x
0:33	C / Beating my drum	16	B	Jump & Roll Jump L and Sweep Torso low, roll L shoulder B [8cts] Repeat to R [8cts]	2x
0:45	/ Banging the drum	32	B ¹	Jump & Roll Jump L, roll L&R shoulder B x4 [16cts] Repeat to R [16cts]	2x
1:07	V / Yes, I do the	16	A ¹	Step Heel	4x
1:29	C / Beating my drum	16	B	Jump & Roll	2x
1:40	/ Banging the drum	32	B ²	Jump & Roll + Flick Arms + Feel Your Body Arms	2x
2:03	V / Whole crew got	8	C	Rock & Drop Wide Rock L&R x4, arms scoop out, down and O/H [8cts]	8x
2:25	C / Make sure	16	B	Jump & Roll	2x
2:36	/ Beating my drum	32	B ²	Jump & Roll Finish – Freestyle pose	3x



10. CONTEMPORARY

PRAY 4:54mins

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

TRACK FOCUS

A beautiful song packed with emotion. Feel all of the feelings and express them through your body as you dance.

FEEL

Beautiful, Flowing, Emotional

MUSIC		CTS		EXERCISE	REPS
0:13	V / Lay my soul	16	A	Release Tap L foot F&B, arms sweep F&B [4cts] Repeat to R [4cts] Wide Sway L&R x2 [8cts]	4x
0:39	PC / _ Mercy mercy	32	B	Freeze & Flow Lunge L, chest to corner [2cts] 2 steps R, wrap arms around head and drop [6cts] Face R, rock F&B x2 opening chest and lifting B leg [8cts] Repeat to R [16cts]	3x
1:18	C / Oh won't you	16	C	Gallop Gallop L, reach R arm across [4cts] Repeat to R [4cts] Gallop L, reach R arm O/H [4cts] Repeat to R [4cts]	4x
1:45	/ (Heavy beat)	16	C ¹	Gallop + Leg lift off floor	4x
2:11	PC / (Distorted lyrics)	16	A	Release	4x
2:38	C / Help me help me _	32	B ¹	Freeze & Flow + Double drop	2x
3:04	V / Help me help me	16	A	Release	2x
3:17	C / _ Won't you pray	32	B	Freeze & Flow	2x
3:43	/ Oh won't you	16	C	Gallop	4x
4:10	/ (Heavy beat)	16	C ¹	Gallop	4x
4:37	Outro / (Muffled lyrics)	16	A	Release	2x



ALT

10. CONTEMPORARY

MY NAME 4:54mins

Please use this song in place of *Pray* when teaching Track 10.

TRACK FOCUS

A beautiful song packed with emotion. Feel all of the feelings and express them through your body as you dance.

FEEL

Beautiful, Flowing, Emotional

MUSIC		CTS		EXERCISE	REPS
0:13	C / Say, say, say	16	A	Release Tap L foot F&B, arms sweep F&B [4cts] Repeat to R [4cts] Wide Sway L&R x2 [8cts]	4x
0:39	/ Say, say, say my name	32	B	Freeze & Flow Lunge L, chest to corner [2cts] 2 steps R, wrap arms around head and drop [6cts] Face R, rock F&B x2 opening chest and lifting B leg [8cts] Repeat to R [16cts]	3x
1:18	Instr /	16	C	Gallop Gallop L, reach R arm across [4cts] Repeat to R [4cts] Gallop L, reach R arm O/H [4cts] Repeat to R [4cts]	4x
1:45	/ (Beat drop)	16	C ¹	Gallop + Leg lift off floor	4x
2:11	Instr /	16	A	Release	4x
2:38	/ (Beat drop)	32	B ¹	Freeze & Flow + Double drop	2x
3:04	Instr /	16	A	Release	2x
3:17	C / Say, say, say	32	B	Freeze & Flow	2x
3:43	Instr /	16	C	Gallop	4x
4:10	/ (Beat drop)	16	C ¹	Gallop	4x
4:37	C / Say, say, say	16	A	Release	2x



11. JUMP KEEP PUSHIN' 3:28mins

TRACK FOCUS

You should be tired but keep on pushing and you'll make it through! Plus, you'll have a smile on your face!

FEELS

Bouncy, Flowing, Energetic

MUSIC		CTS		EXERCISE	REPS
0:04	Intro / (Beat drops)	8	A	4 Kicks Face L, Hop and Kick R foot F&B x2 [4cts] Repeat to R [4cts]	x6
0:26	C / Keep on pushing	16	A ¹	4 Kicks + Hop and Kick R&L x4 [8cts]	x6
1:11	V / Keep pushing on	16	B	Drop & Bounce Face L, contract body F&B [4cts] Repeat to R [4cts] Double Squat Bounce, Chest Circle from L to R [4cts] Repeat to R [4cts]	x4
1:41	PC / Keep pushing on	16	C	Contract Face L corner, 3 Walks F [4cts] 3 Walks B [4cts] Repeat to R [8cts]	x2
1:56	C / Keep on pushing	16	C ¹	Contract + Contract F&B with Knee Lift	x2
2:11	V / Keep pushing on		C ²	Contract + Replace Walk F with Circle Turn	x2
2:26	PC / Keep on pushing	32	A ¹ &C ²	4 Kicks & Contract	x4
3:26				Finish – Push R hand F	



12. LAST DANCE

TRUSTFALL 3:57mins

TRACK FOCUS

What an amazing song to have for our Last Dance together. Sing along, groove along and reflect on what an amazing class you've just shared.

FEELS

Beautiful, Rewarding, Empowering

MUSIC		CTS		EXERCISE	REPS
0:08	V / Picture a place	16	A	Adductor Stretch Lunge L [4cts] Center [4cts] Lunge R [4cts] Center [4cts]	2x
0:24	/ Picture a place	16	A¹	Adductor Stretch + Double Pulse	2x
0:40	PC / _ Are we running	8	B	Breathe Swing L, R arm O/H [4cts] Roll down and up [4cts]	4x
0:55	C / Close your eyes	16	C	Groove It Step Touch F L&R x2, scoop elbows to shoulder height [8cts] Walk B L&R, freestyle arms [8cts]	4x
1:27	Br /	72	D	Hip Flexor Stretch Feet wide, sweep R arm O/H and drop to floor [8cts] Hold Hip Flexor Stretch [16cts] Hands O/H and lower [16cts] Repeat to R [32cts]	1x
2:02	C / Close your eyes	16	C	Groove It	4x
2:34	Br / We just fall _	8	B	Breathe	8x
3:05	C / Close your eyes	16	C	Groove It	4x
3:37	Outro / We just fall	32	E	Lat Stretch R Lat Stretch [8cts] Sweep down and up [8cts] Repeat to L [16cts]	1x



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.