



SH'BAM **UNITED**

MUSIC

01. LATIN WARM-UP

02. HIP HOP

03. JAZZ

04. HIP HOP

05. HIP HOP

06. JAZZ

07. JAZZ / CONTEMPORARY

08. JAZZ

09. LATIN / HIP HOP

10. JAZZ

11. JAZZ / HOUSE

12. GROOVEDOWN

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MUSIC

- 01

Magalenha (3:35)

Simon Fava & Gregor Salto feat.
Sergio Mendes

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Written by: Mendes
- 02

Rocketman (3:39)

Dua Lipa

Courtesy of the Universal Music Group.
Written by: Deskin, Auke, Brendmoe, Christiansen, Egan, Wade
- 03

Physical (3:12)

Broiler & Trevis

Courtesy of the Universal Music Group.
Written by: 2019 Dua Lipa Limited under exclusive license to Warner Records UK, a division of Warner Music UK Limited.
- 04

AVA (3:07)

Garmiani

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Written by: Garmiani
- 05

Young (3:07)

Jaded

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Written by: Nairman
- 06

What A Man Gotta Do (2:57)

Jonas Brothers

Courtesy of the Universal Music Group.
Written by: Agombar, Stewart, Tedder, N. Jonas, J. Jonas, P. Jonas
- 07

Not Giving In (Fred V Remix) (3:44)

Tom Walker

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Written by: Walker
- 08

I Love Me (3:22)

Demi Lovato

Courtesy of the Universal Music Group.
Written by: Sorrells, Decilveo, Douglas, Felder, Lovato, Nicholson, Niceforo
- 09

Latido (2:53)

Daddy's Groove & Ferdy

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Written by: Bini, Grieco, Iacone, Palmieri

- 10

Freedom (2:42)

Pharrel Williams

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Written by: Williams, Brown, Gist, Criss
- 11

Summer Air (3:21)

Hardwell feat. Trevor Guthrie

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Written by: Collins, Hicklin, Sawford, van de Corput
- 12

Stupid Love (3:14)

Lady Gaga

Courtesy of the Universal Music Group.
Written by: Tchami, Germanotta, Rise, Schroeder, Tuckerri



SH'BAM UNITED

We did it – the SH'BAM community comes together and dances as one to some fabulous music.

We celebrate the joy that dance brings to our hearts and minds, at a time when it is needed so badly.

SH'BAM United has a blend of cool, new songs that will get trapped in your ears. You will find yourselves humming or singing them for hours.

What I love about this class is seeing the smiling faces of my friends from all over the world, all on one screen, at the same time!

Rachael

CREDITS

Program Director – Rachael Newsham

Chief Creative Officer – Dr. Jackie Mills

Creative Director – Kylie Gates

Choreography – Corrah Philips, Bianca Ikinofu, Claude Messi Fouda

Technical Consultant – Andrew Newmarch

Production Coordinator – Amber Pountney

PRESENTER

Rachael Newsham (United Kingdom) is Program Director of SH'BAM and co-Program Director of BODYCOMBAT. She is based in Auckland.

SHADOWS

Apple Zhang (China)

Caley Jäck (South Africa)

Cameron Jones (United States)

Elina Muratova (Russia)

Gil Kleber Santos Oliveira (Italy)

Ivens Kucharski (Portugal)

Janni Lindgren (Finland)

Jenny Klos (Germany)

Johnny Pawliw (Australia)

Ken Mun Sin (Malaysia)

Laura Turner (United Kingdom)

Laura-Lynn LaCour (United States)

Marcia Angeli (Brazil)

Mooky King (South Africa)

Naila Misran (Singapore)

Nirva Vega (Mexico)

Nuno de Brito (Netherlands)

Sophia Dou (China)

Sylvie Long (France)



EXPRESS FORMATS

30-MINUTE FORMAT

Track 1	Latin Warm-Up
Track 2	Hip Hop
Track 3	Jazz
Track 4	Hip Hop
Track 5	Hip Hop
Track 6	Jazz
Track 7	Jazz / Contemporary
Track 8	Jazz
Track 9	Latin / Hip Hop
Total Time	29:36

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

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GUIDELINES FOR TRACK SELECTION

- In the 45-minute class, you must always teach the Warm-Up and Cooldown. 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, Latin, Jazz, Street.
- 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. LATIN WARM-UP

TRACK FOCUS

Welcome your participants into a safe dance space that feels full of energy, joy and connection. The body should be warm by the end of this track.

FEEL

Latin, Carnival, Celebration

MUSIC		CTS		EXERCISE	REPS
0:09	Intro / Hey Magalenha	8	A	Slow Step Touch L&R with Push & Pull Arms	3x
0:20	Hey Magalenha	8	A ¹	Fast Step Touch L&R with Push & Pull Arms + Step Touch L&R with no arms	4x
0:37	Instr / Yea yea	8	A ²	Fast Step Touch L&R with Push & Pull Arms + Drum hands onto the 2nd Step Touch	8½x
1:06	V / Hey Magalenha	16	B	Hamstring Curl Hamstring Curl R on ct 4, & L on ct 8	2x
1:15	V /	8	B ¹	+ Shoulder Tap L, R, L and throw arms over R shoulder to Hamstring Curl R [4cts] + Shoulder Tap R, L, R and throw arms over L shoulder to Hamstring Curl L [4cts]	6x
1:37	Instr / Yea yea	8	C	3 Step Combo 3 Steps L with Double Palm Push L, Wide Walk R, L Repeat R	8x
2:09	Br / _ Quiet	16	B	Hamstring Curl	2x
2:16	V / Hey Magalenha	8	B ¹	+ Shoulder Tap L, R, L and throw arms over R shoulder to Hamstring Curl R [4cts] + Shoulder Tap R, L, R and throw arms over L shoulder to Hamstring Curl L [4cts]	12x
3:01	Instr / Ha ha _	8	C	3 Step Combo	4x
3:17	Instr / Yea yea	8	A ²	Fast Step Touch L&R with Push & Pull Arms + Drum hands onto the 2nd Step Touch	4x



01. MAGALENHA 3:35mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

STEP TOUCH WITH PUSH AND PULL ARMS

- Feet start hip-width apart
- Step the leading leg away from the body and push the same arm down with an open palm
- Lift the arm up by the elbow then press back down as you step the following leg together
- The opposing arm, palm, elbow works in reverse of the leading side, mirroring the move until the direction changes and it becomes the lead
- In the Walk phase keep the weight balanced, no hips and shoulder
- In the Strut phase leave the weight on the back foot for longer, like a reluctant weight shift. Imagine some resistance behind the pushing arms, so press the palm into the floor and let the elbow pull up nice and high to the ribs
- In the drums, the elbows flare out and the open palms beat the air at stomach or chest height
- You can play with where the drumming arms sit to help create some individuality from the class and encourage participants to bring their own flavor
- The knees are bent, and the Step Touch is soft and bouncy

SHOULDER TAP AND DOUBLE ARM THROW

- The weight is balanced on both feet, with knees bent and a slight shift to either side as one leg curls and then the other
- Tap the shoulders with the fingertips using little to no upper arm movement, it all comes from the elbow
- As you lift the leg to curl, sweep both arms in front of the chest and throw them over the opposite shoulder
- As you move from Walk into Strut phase, lean your body weight back and allow the shoulders to sway forwards and backwards with the tapping movement
- As you move into the Dance phase you can add more bounce through the lower body by softening the knees and increasing the range of the moves

THREE STEPS WITH DOUBLE ARM PUSH

- Push off the back foot and shift your weight like a small run to the side
- As your feet run, turn your chest in the same direction, elbows out to the side at shoulder height, palms facing away from the body
- Double Palm Push away using some chest movement as you progress through the technique levels. The chest movement is in the opposite direction to the Pushing Palms. It contracts and extends as the arms push and pull
- After the three little runs, the two steps side to side gently swing the arms in a natural way

COACHING THE VIBES

- This track has a joyous, vibrant, celebratory energy to it which feels very inclusive and hits you immediately with those happy endorphins. Be sure to embrace the 'anything goes' attitude early on and invite people to play with the drums aspect of the movement
- Anything else that may free peoples' inhibitions, like humor, is always a good go to

CREATING THE WOW

- The buzz catches alight when the song moves from the verse into the chorus and those carnival drums come through the music with the 'Yea yea, yea' lyrics. You can get a Wow moment here if you allow the silence to take up space during the rep or two beforehand. And then make your movement hella bigger for that opening drum rep



02. HIP HOP

TRACK FOCUS

This track feels like the opening scene of the latest, greatest Hip Hop dance movie.

FEEL

Tough, Smooth

MUSIC		CTS		EXERCISE	REPS
0:07	Intro / In here going _	16	A	Rocketman Step Tap Step Tap x2, walk x3 L&R	1x
0:13	V / mma _	16	A ¹	+ Drop down, elbow pull L&R	4x
0:36	PC / Rocketman _	8	B	Slow Slice & Pull Slow Step Touch L&R with R Arm Slice & L Pull Arm	4x
0:47	C / _ Silence	16	B ¹	Fast Slice & Pull with Swing + Fast Step Touch F with Arms L&R x2 Swing L&R leg B slow Swing L&R leg B fast x2	2x
0:59	Br / Body	4		Hold OTS	
1:02	V / I'mma _	8	A A ¹	Rocketman Step Tap + Drop down, elbow pull L&R	5½x
1:34	PC / Rocketman _	8	B	Slow Slice & Pull	4x
1:45	C / Ahhhhh	16	B ¹	Fast Slice & Pull with Swing	2x
1:57	Br / _ beats	32	B ²	Slow Slice & Pull with Swing + Slow everything down	2x
2:20	Instr / Ahhhhh	16	A A ¹	Rocketman Step Tap + Drop down, elbow pull L&R	4½x
2:47	Br / _ beats	32	B ²	Slow Slice & Pull with Swing	2x
3:10	Instr /	16	A ¹	Rocketman Step Tap, with Drop & Elbow Pull	4½x



02. ROCKETMAN 3:39mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

ROCKETMAN STEP TAP

- Feet outside hip-width, shift weight side to side, tapping the toes of the unweighted foot slightly behind the body
- Knees bent and as you progress into Strut and Dance phase, the knee bend gets lower and lower until you are deep into a Wide Squat
- The shoulders come forward and the upper body is hollowed out and rounded
- The arms start in front of the waist, elbows draw up, back and out to the side like you are pulling on a resistance band in a CXWORX class. Upper back muscles are working
- As you shift your weight to one side, it's the same elbow that draws back
- The rhythm that you use to Step and Tap is the same rhythm for the elbows
- The hands gravitate back towards the central position in-between

SLICE AND PULL WITH SWING

- The Step Touch is slow at first so take a wide step and transfer the weight mostly onto the stepping leg
- The knees are soft but in an upright posture
- Chest is proud and the shoulders slightly turning forwards and backwards as the arms Slice and Pull
- The Slice hand is palm facing down and moves from the left shoulder to the right side of the body. With the Reach hand the palm faces in towards the body with the thumb facing up
- When this combo speeds up the texture becomes less smooth and the arms slice through the air very sharply, and the reach is more of a grab and pull
- The leg swings backwards like a pendulum. It helps to keep the weight directly underneath the body as you place the foot down so you can balance easier during the slow reps
- The hands slowly push down the body on the slow leg swings and then travel back up past the rib cage towards the head on the fast ones
- The hands are poised like they are holding an invisible skipping rope

COACHING THE VIBES

- This track needs clear pre-cues to keep things running smoothly. The feet cues need to be delivered early, then stick to them so participants know what is coming and feel successful

CREATING THE WOW

- The Wow in this track comes with the drop after the super slow Slice and Reach combos. You can feel it if you go big in your movements by increasing the range and hitting the moves harder



03. JAZZ

TRACK FOCUS

The gym just pulled a 1980’s themed party and you have to get your class ready to be ‘PHYSICAL’.

FEEL

Moody, High Energy, Explosive

MUSIC		CTS		EXERCISE	REPS
0:12	V / _ Common love	16	A	Walk with Double Shoulder Tap Walk L, R, L to the L, Step Touch OTS R&L with Double Shoulder Tap & Arm Slide down torso Repeat R	4x
0:38	Br / Who needs to go	8	B	Hold OTS 👁 Slow Step Knee R&L OTS with arms pulling into chest	1x
0:42	C / All night...	32	B ¹	Slow / Fast Step Knee & Pony Slow Step Knee L&R OTS with Arms Fast Step Knee L&R with Arms F x2 Pony B L&R with Floating Arms O/H Up & Down x3 March OTS L, R and Bicep Curl Arms to the lyrical hook “Lets Get Physical”	2x
1:08	Br / _ beats	8		HOLD OTS	
1:11	V / Adrenaline	16	A	Walk with Double Shoulder Tap	4x
1:38	C / All night...	32	B ¹	Slow / Fast Step Knee & Pony	4x
2:30	Br / All night...	4	C	Sway L&R OTS with O/H Clapping Hands	8x
2:43	C / Lights out		B ¹	Slow / Fast Step Knee & Pony	2x



03. PHYSICAL 3:12mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

WALK WITH DOUBLE SHOULDER TAP

- The Walk to the side is small in range, almost tip-toe, so the weight is on the ball of the foot
- The knees are soft
- The Step Touch on the spot has an upright but relaxed posture
- The shoulders sway side-to-side, with the elbows in close to the body and the fingers brushing the shoulders
- The palms travel down the body outlining an imaginary silhouette

SLOW / FAST STEP KNEE & PONY

- The knee lifts up, the ankle tucks into the body around knee height of the leg you are standing on. Toes point down
- The elbows are out to the sides. Arms pull in towards the body at chest height, with palms facing down
- On the Pony backwards, the arms float up the front of the body to O/H, wrists are soft and then they travel back down
- The head tilts to the that side the Pony sits on

SWAY WITH CLAPPING HANDS

- The feet are wide, the weight shifts from one side evenly to the other side
- The hands are O/H, like you're at a concert
- The Claps use the full arm and happen directly above the head and slightly in front. This gives the Clap an inclusive feeling that challenges the group to join together, uniting and dancing

COACHING THE VIBES

- The verse is a nice opportunity to connect the lyrics and the class into a head space that makes them want to dance and be physical. The chorus just needs a few encouraging words on the Step Knees and the Ponies can just be enjoyed

CREATING THE WOW

- This track has a dark menacing vibe to it from the musical tones used, which allows for energy to build in the verse and then explode in the chorus. On the musical hook of *"Let's get physical"* really let your hair down and throw your full body into the moves



04. HIP HOP

TRACK FOCUS

Halfway through the latest, greatest Hip Hop Dance movie and the Brazilian crew show up with their wild card track.

FEEL

K-Pop battles, Brazilian pop

MUSIC		CTS		EXERCISE	REPS
0:06	Intro / Oh yea	16	A	Slow Step Touch & Scoop Elbow Slow Step Touch R, Scoop L arm and finish with R elbow Repeat L	1x
0:13	V / Oh yea	8	A ¹	Step Touch & Scoop Elbow + Double time	4x
0:26	B up / Drums	32	B	Slow Skipping Rope Rocking Horse Slow Skipping Rope Rocking Horse traveling F R, L to R and Double Slow Jump with hands O/H, OTS Repeat L, traveling B	1x
0:40	Instr / Big drums & oh yea	16	B ¹	Skipping Rope Rocking Horse + Double time	4x
1:06	V / Oh yea	8	A ¹	Step Touch & Scoop Elbow	4x
1:19	B up / Drums	32	B	Slow Skipping Rope Rocking Horse Combo	
1:32	Instr / Big drums	16	B ¹	Skipping Rope Rocking Horse Combo	4x
1:59	Ohhhhyeaaaa	32	C	Hold OTS	1x
2:12	V / Oh yea	8	A ¹	Step Touch & Scoop Elbow	4x
2:25	B up / Drums	32	B	Slow Skipping Rope Rocking Horse Combo	1x
2:39	Instr / Big drums & oh yea	16	B ¹	Skipping Rope Rocking Horse Combo	4x



04. AVA 3:07mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

STEP TOUCH & SCOOP ELBOW

- The Step Touch has a range that is outside of the shoulder distance
- It has a down and up bend and extend as the weight travels between the feet
- The stepping leg has toes and knee turned out then the feet join together to stand still and upright with full extension
- The Scoop arm pushes with tension from the opposite shoulder, down in front of the body, palm facing down
- The elbow draws across the chest, fist is closed

SKIPPING ROPE, ROCKING HORSE

- The body faces the front diagonal, towards the open side
- The feet remain outside shoulder distance and the gap stays equidistant as the weight shifts to the front and back foot like a Rocking Horse
- The hands hold imaginary skipping ropes at the lower ribs and the elbows flare out to the sides
- On the Double Jump, the feet come close together and the hands push up O/H, with palms facing the ceiling or front of the room

COACHING THE VIBES

- The moves come from a K-Pop influence, so I tried to imagine a K-Pop crew at a Brazilian carnival. With the slow set-ups being in place, there isn't much need for describing anything so let the drums speak to the class and the simplicity will allow for a fabulous feel good buzz as participants feel successful

CREATING THE WOW

- The big musical drums on the instrumental come out of nowhere but take over the room, so let them speak. It's hard to battle these drums for airtime



05. HIP HOP

TRACK FOCUS

All the dance studio mums have made up a routine at their Friday drinks gathering.

FEEL

Full of absolute confidence and zero concern for others opinion

	MUSIC	CTS		EXERCISE	REPS
0:04	Intro / Trumpet	8	A	 Fist Grab, Arm Pull, Body Wave & Sit Feet wide, grab fist in front of chest L, R, pull arms B and Body Wave down to sit L Repeat R	1x
0:09	V / Sipping on that	16	B	Walk and Tap Walk L, R, L, R, to the L then Tap L x4 turning to R Arms brush down rib cage during continuously Repeat R	2x
0:29	PC / La la la la	8	A	Fist Grab, Arm Pull, Body Wave & Sit Combo	1x
0:32	C / We can have fun...	12	A	Fist Grab, Arm Pull, Body Wave & Sit Combo L, R, L	1x
0:39	We can do whatever	20	A ¹	+ Double time & Booty Circles on the Sit R, L, R, L, R	1x
0:51	V / Bank account is...	16	B	Walk and Tap	2x
1:09	PC / La la la la	8	A	Fist Grab, Arm Pull, Body Wave & Sit	1x
1:13	C / We can have fun	12	A	Fist Grab, Arm Pull, Body Wave & Sit L, R, L	1x
1:21	We can do whatever	20	A ¹	+ Double time & Booty Circles on the Sit R, L, R, L, R	1x
1:32	Br / Switch it up	8	C	March OTS L, R, L, R, Wave arms O/H March OTS L, R, L, R, Wave Whacking arms in F of chest	2x
1:41	C / We can have fun	12	A	Fist Grab, Arm Pull, Body Wave & Sit	1x
1:48	We can do whatever	20	A ¹	+ Double time & Booty Circles on the Sit R, L, R, L, R	1x
1:59	Do whatever	16	B	Walk & Tap	2x
2:19	Br / Hands in the air	8	C	March OTS L, R, L, R, Wave arms O/H March OTS L, R, L, R Wave Whacking arms in front of chest L, R, L, R, L, R	2x
2:28	C / Do whatever	16	B	Walk & Tap	2x



05. YOUNG 3:07mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

FIST GRAB, ARM PULL, BODY WAVE & SIT

- Feet outside hip-width, in a subtle Wide Squat
- Fist Grab in front of the chest, elbows wide and out to the sides
- Shoulders draw backwards, chest lifts and extends
- Fists roll down the body to one side as the weight shifts over and you sit into the hip on one side
- As this speeds up, add a Hip Circle to the sit which can go in any direction

WALK AND TAP

- The Walk has a high posture with chest facing the side as you walk
- The hips swing side to side as you begin to Strut
- Pivot on the inside foot as the toes Tap around the corner to change direction
- Most of the weight sits on the inside foot to help a smooth corner turn
- The palms of the hands brush the ribs on every Step and every Pivot Tap

MARCH OTS

- The feet stay close together, the hips swing a little side to side to add sass
- The wrists are soft and bent and the arms are fully extended with a soft texture to the movement

COACHING THE VIBES

- The Tap and Turn are the only thing to navigate here. The vibes speak for itself, that age doesn't matter, you can be and do whatever you want! So run with that energy and let it be written all over your face when you dance, that you can do whatever you want

CREATING THE WOW

- The Wow hits when the Grab and Pull speeds up and the booty gets to wriggle, so play into that move and show enjoyment so the class knows they can go there too. It feels sassy!



06. JAZZ

TRACK FOCUS

The male lead in the latest greatest Hip Hop Dance movie does a dance solo for his love interest and shows her he can do it all.

FEEL

High on life with hope

	MUSIC	CTS		EXERCISE	REPS
0:04	V / Cut my heart	16	A	Step Tap & Drop Knee Step Tap & Drop Knee F L, R, L, R with Arm push Step Tap & Sit B L, R with slow Elbow lift, and March B L, R, L, R with fast Elbow lift	3x
0:30	C / What a man gotta do	8	B	Easy Walk Easy Walk L, R with lateral Arms & Double Jump B OTS with Arms O/H	4x
0:46	What a man gotta do	16	B ¹	3 Step Combo 3 Step L, R, L, to the L [4cts] Easy Walk R, L [4cts]	2x
1:03	V / You ain't tryna	16	A	Step Tap & Drop Knee	3x
1:29	C / What a man gotta do	8	B	Easy Walk	4x
1:45	What a man gotta do	16	B ¹	3 Step & Easy Walk	2x
2:02	Br / Oooh oooh	16	A	Step Tap & Drop Knee	2x
2:20	C / What a man gotta do	8	B	Easy Walk	4x
2:37	Outro / What a man gotta do	16	B ¹	3 Step & Easy Walk	2x



06. WHAT A MAN GOTTA DO 2:57mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

STEP TAP AND DROP KNEE

- Feet are hip-width to begin
- Step forward on one foot, Tap the opposite foot on the outside, with a Knee Drop to the inside of the body
- The weight moves smoothly between both feet, and the accent is on the Knee Drop
- The arms are extended out in front of the chest like you are pushing a heavy trolley or a scooter
- On the Step Tap back, the Step sits into the stepping leg and the Tap remains slightly in front on the outside, with the accent joining the Tap and the Sit at the same time
- Arms hang down the side of the body
- The elbows draw up the sides of the body like a coat hanger shape, and pop up as you sit down on the walk back

EASY WALK

- Feet start close together, standing upright
- Feet step wide, into a subtle Wide Squat and then jump back together underneath the body
- Arms push across the body in the direction of the Easy Walk on each step, with palms facing out to the side
- On the Double Jump, arms push up O/H with palms facing the front
- The chest and upper body is upright, with a natural level of extension
- The texture of the move is bouncy and light

THREE STEP AND EASY WALK

- The Walk is angled backwards, the shoulders are facing the opposite corner slightly, like you are backing into someone
- The knees are soft and there is a bouncy feel to the move
- The arms throw out in front of you like you have just put a nice jacket on that makes you feel really good

COACHING THE VIBES

- The person is literally begging you to be with them and prepared to do anything, that fits SH'BAM really well as anything goes and everything is encouraged!

CREATING THE WOW

- Once the combo comes together the energy shifts up in gear and that is when the class will feel successful



07. JAZZ / CONTEMPORARY

TRACK FOCUS

Real emotions come out after losing to the Brazilian crew, the dance squad change up the BPM to win the next dance battle.

FEEL

Fierce, Lifted

MUSIC		CTS		EXERCISE	REPS
0:11	V / Tell me hand	8	A	Single Double Arm Reach Feet wide facing F Single Arm Reach L, R & Double Arm Reach F&B with Body Drop	2x
0:16	knows...	16	A¹	Slow Single Double Arm Reach	1x
0:22	I know it's	8	A	Single Double Arm Reach	2x
0:27	clothes	16	A¹	Slow Single Double Arm Reach	1x
0:33	As I hold	8	A	Single Double Arm Reach	2x
0:38	_ me in	16	A¹	Slow Single Double Arm Reach	1x
0:44	PC / When you gave away	8	B	Double Step L with R hand push to the floor Double Step R with L hand push to the floor	8x
1:06	C / Giving in _	16	C	Feet Wide fast Bounce F with Chest Press Arm Feet Wide fast Bounce B with Wide O/H hand flick down	8x
1:50	Instr / Giving in _	32	D	Inhale and roll down	1x
2:01	V / _ Don't pretend	8	A	Single Double Arm Reach	2x
2:07	Shoes...	16	A¹	Slow Single Double Arm Reach	1x
2:12	Cos I hate	8	A	Single Double Arm Reach	2x
2:17	Where you lay	16	A¹	Slow Single Double Arm Reach	1x
2:23	PC / When the daylight	32	B	Double Step with hand push L & R	4x
2:34	C / Gave away the	16	C	Feet Wide fast Bounce F with Chest Press Arm Feet Wide fast Bounce B with Wide O/H hand flick down	8x
		32	A¹	Slow Single Double Arm Reach	2x
3:18	Outro / Giving in...	8	D	Inhale and roll down	1x



07. NOT GIVING IN 3:44mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SINGLE DOUBLE ARM REACH

- Feet wide, outside shoulder-width in an upright, Wide Squat
- Arms gently reach out to the side of the body like floating in the wind
- The torso bends to the side on the Arm Reach and the head looks in the same direction
- Both arms fold forwards and the body folds from the center point in a concave shape. Back arches and the chin tucks into the chest
- The moves have a fast, fast, slow texture like the body is being pulled in many unwilling directions

DOUBLE STEP WITH HAND PUSH

- The Step Touch is around shoulder-width apart
- The knee and toes turn out to the sides
- The knee bend gradually gets deeper, as the music builds
- The elbow pulls up high like a High Pull in BODYPUMP
- There is tension across the chest and back muscles as you press down across the front of the body

FEET WIDE BOUNCE WITH CHEST PRESS ARMS

- Feet start outside shoulder-width and remain there
- The weight sits in the ball of the feet, the knees are soft and you are on your toes doing bounces to every count of the music
- Use the outside foot to control the move side to side, and forwards and back
- The arms do a Peck Deck open and close action at shoulder height on the travel forwards
- On the travel back the arms open O/H and the wrists flicks out
- Palms face the outside walls, pressing down the side with a small amount of tension at the wrists

COACHING THE VIBES

- This is an encouraging song about being tough on the inside and weathering the storms, so given the lockdown situation, people really resonate with this type of lyric. Let the lyrics come through

CREATING THE WOW

- The builds just before the chorus with the Double Step Touch and Elbow Push bring a huge sense of anticipation so that's a Wow right there. Max out on lifting your energy quickly into Dance phase to bring some excitement



08. JAZZ

TRACK FOCUS

How you feel after scanning Pinterest and filling up on self love memes.

FEEL

Woke, Real

MUSIC		CTS		EXERCISE	REPS
0:06	V / Flipping through	16	A	Slow Shoulder Roll & Hand Flick Feet Wide, Slow Shoulder Roll B R, L, R O/H Hand Flick B Repeat L	2x
0:19	Guilty bout	8	A ¹	Shoulder Roll & Hand Flick + Double time	4x
0:32	PC / I'm a black belt	16	B	Jump, Hip & Body Roll Feet Wide, Jump L x3 with Hip & Body Roll Step together with Arms across chest Repeat R	2x
0:45	C / Why do I...	16	C	Wide Walk F & Circling Arms B Wide Walk F L, R, L, R with Arms out & rib shift L, R, L hold Step B L, R, L, R with Arms Circling O/H L to R	6x
1:23	V / Haters that live	8	A ¹	Shoulder Roll & Hand Flick	4x
1:36	PC / I'm a black belt	16	B	Jump, Hip & Body Roll	2x
1:48	C / Why do I	16	C	Wide Walk F & Circling Arms B	6x
2:27	PC / I'm my own worst	16	B	Jump, Hip & Body Roll	4x
2:52	C / Yea yeaaa	16	C	Wide Walk F & Circling Arms B	4x



08. I LOVE ME 3:22mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SLOW SHOULDER ROLL AND HAND FLICK

- Feet just outside hip-width
- Knees bent softly
- Chest faces the front in a natural, soft stance. Not too rigid and not too soft
- Elbow lifts at the side with a soft, open hand
- Shoulder Rolls backwards
- Chest turns with shoulder
- On the third Shoulder Roll, the arm extends up and out with a hand flick in a dismissive nature

JUMP, HIP AND BODY ROLL

- Jump the feet wide, to the side
- Toes turned out, knees out over toes in a deep Squat
- Chest is proud, facing forwards
- Jump, pushing off the outside leg
- Hips Roll around the outside, from front to back in a half circle
- Hands rest at hip flexors with elbows flaring out
- Lower body posture is constantly loaded with very little extension through the knee joint
- Think like a crab moving sideways
- After the third Jump sideways, drag the outside leg in
- Both knees bent
- Arms crossed over the chest

WIDE WALK FORWARD AND CIRCLING ARMS

- Feet wide outside shoulder-width, keeping the feet equidistant
- Knees are bent
- Shoulders behind the hips, hips slightly tilted forwards
- Chest faces the front, and leaning backwards slightly
- Elbows tucked into the middle of the ribs, wrists soft, palms facing up and hands closed with thumb on top
- Step Forward and release the other foot in the air
- Three little rib movements side to side with a 1, 2, 3 fast secession, they independently move from the rest of the body in isolation
- The ribs move after each step forwards
- On the travel backwards step the foot back, then kick the other leg out and sweep it around the outside towards the back
- Arms are straight out, palms face down, directly in front of the body
- Arms move in the same direction as the leg swing backwards
- Chest turns with the leg swings, as one complete move, a little like a wooden doll or puppet
- Lower body and upper body have a wooden but loose texture

COACHING THE VIBES

- The lyrics of this track suit SH'BAM because every word is about self-love; something people need to do more of, loving themselves and knowing they are enough. Bringing that through from the lyrics will create a sense of positivity in the room and make participants feel good about themselves

CREATING THE WOW

- The Wow in this track is subtle, so be laid back, chill and carry a quiet confidence into the chorus with the rib shifts. It will help lift the energy nicely



09. LATIN / HIP HOP

TRACK FOCUS

It's a celebration and it's coming to a town near you. It won't hang around long, so be ready to party hard and fast!

FEEL

Swept away by the Latino's that came to town

MUSIC		CTS		EXERCISE	REPS
0:09	V / Aii	16	A	Salsa, Wide Walk and March Feet Wide L foot Salsa behind to R R foot Salsa behind to L Wide Walk OTS L, R, L, R March OTS L, R, L, R	2x
0:24	Aii	16	A ¹	Salsa, Wide Walk and March + Wide Walk B & March F	2x
0:39	PC /	16	A ²	+ Cha-Cha-Cha to Salsa	2x
0:54	C /	16	A ³	Salsa, Wide Walk and March + O/H right angle arm with Wrist Flick to March F	5x
1:32	V /	8	B	Feet Wide & Shoulder Roll R Shoulder Roll and Arm Pull B L Shoulder Roll and Arm Pull B Hands together and O/H Hands together and pull elbows B towards chest	4x
1:54	PC /	4	B ¹	Feet Wide & Shoulder Roll + Double time	8x
2:03	C /	32	A ² +B ¹	Salsa, Wide Walk, & March, Feet Wide & Shoulder Roll	3x



09. LATIDO 2:53mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

SALSA, WIDE WALK AND MARCH

- Feet shoulder-width apart, facing the front
- Tap one foot diagonally behind to the opposite corner. The weight transfers back and forth between the feet evenly, with a steady distribution
- The upper body is upright and the shoulders turn the same direction as the backwards stepping foot

SALSA, WIDE WALK AND MARCH (WITH ARMS)

- Feet remain wide and step backwards evenly
- Hips push in the direction of the stepping foot
- Arms swing with a high elbow push and pull on opposing sides
- Chest faces the front, and lifts and drops with each step taken
- Feet come together and March forwards smoothly
- Arms lift O/H at 90-degree angles
- Wrists are bent, hands are flat with palms facing the floor
- Hands flick out with every step
- Head remains motionless and chest is upright

FEET WIDE AND SHOULDER ROLL

- Feet shoulder-width apart
- Knees bent in a wide squat
- Chest is lifted
- Shoulders Roll towards the back of the room and arms follow in a pulling motion
- Feels like you are trying to take off a very tight sweater/jumper
- Arms lift O/H, thumbs together and palms facing the front. Follow the same route back down to chest height, stop there and pull back in towards the chest
- All the arm lines are fast so longer limbs will not travel as far above the head or as close to the chest, or do big Shoulder Rolls backwards

COACHING THE VIBES

- There is a surge of electricity in this track and it's easy to get carried away. Be sure to place the feet cues early in the mix to help direct the class around the combo. Once you have done that it's very simple and repetitive, so you get to lift the class into high energy! Be aware that the arm pulls are fast and can be done with a smaller range

CREATING THE WOW

- The Wow comes at the first back Salsa, when the combo comes together



10. JAZZ

TRACK FOCUS

How to dance in isolation with hope that one day your Broadway dreams will come true. So, for now you just say how you really feel – FREEDOM!

FEEL

Reflective, Inspired, Hopeful

MUSIC		CTS		EXERCISE	REPS
0:10	Intro / Piano	32	A	Tap, March & Slide Tap L to R corner, Tap L to L corner, March OTS L, R, L & Slide L to feet together + Repeat R	1x
0:20	V / Hold onto me	32	A ¹	+ Loose arm on Taps and March, hands O/H with clicking fingers on Slide	2x
0:40	C / La la la	32	B	Side Winding Walks F&B Facing R, Walk F L, R, March OTS quick L, R, L to face L side with arms circling O/H Facing L, Walk F R, L, March OTS quick R, L, R to face R side with arms circling O/H Repeat B	2x
1:00	QC / Freedom	16	C	March with Clicks & Breathe Arms March F L, R, L, R with low squat and double click hands in front of knees March OTS and circle arms O/H and breathe in	2x
1:11	V / Hold on to me	32	A ¹	Tap, March & Slide with Arms	2x
1:31	C / La la la la	32	B	Side Winding Walks F&B	2x
1:51	QC / Freedom	16	C	March with Clicks & Breathe Arms	2x
2:01	V / We from here	32	A ¹	Tap, March & Slide with Arms	2x
2:22	C / La la la	32	B	Side Winding Walks F&B	1x
2:32	QC / Freedom	16	C	March with Clicks & Breathe Arms	2x



10. FREEDOM 2:42mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

TAP, MARCH & SLIDE

- Body faces the diagonal, feet together
- Knees soft, upper body posture relaxed but upright
- Tap to the corner and lean shoulders back, then Tap behind and lean shoulders forwards
- Lift the body up over the feet, and March on the spot
- Tap and Slide to the side, putting all your weight on the leg that is sliding. Leaving a trailing leg to Slide softly across the floor
- Hands swing naturally on the Taps and Marches, then up O/H on the slide
- With the wrists dancing in small circular rotations, whilst clicking the fingers

SIDE WINDING WALKS FRONT AND BACK

- The rhythm forwards and backwards is made up of two parts, repeated
- The first sideways walk is Walk, Walk, March, March, March
- Then it becomes Walk, Walk, March, March, Tap
- Arms then fully extend O/H, and sweep around the top of the head to rotate the body to the other side during the three Marches on the spot
- The lower body is very bouncy, knees soft, the Walk is like walking on jelly
- The upper body does the same up and down, and the chest lifts and drops at the same time
- The arms swing naturally up and back down from shoulder height

MARCH FORWARD WITH CLICKS AND BREATHE ARMS

- The lower body is in a good knee bend and low, loaded position
- The shoulders round off and the upper body hunches forwards
- The arms fall in front of the body and Click forwards and down
- As the music lowers and lifts so does the body

COACHING THE VIBES

- It's about verbalizing the feet cues for the travel forward and back sequence really loud and clear, so people know how to lead with the front foot on the way forward and the back foot on the way back

CREATING THE WOW

- The high energy shift comes in the chorus when they hear the lyric "*Freedom*"



11. JAZZ / HOUSE

TRACK FOCUS

It's the closing dance montage where the winners celebrate at the beach, Miami style.

FEEL

Buzzing, Celebratory, Chilled Party

MUSIC		CTS		EXERCISE	REPS
0:00	V / <i>Feel the sun</i>	16	A	Step & Stroke Step L foot out, stroke R hand up L arm to shoulder Step R foot in, wrap L arm around head Repeat R	2x
0:15	<i>Feel the sun</i>	8	B	Stroke & Sway Feet Wide, R hand stroke L arm, L hand stroke R arm Hands to head, hip and head sway with weight shift L, R	4x
0:30	PC / <i>It's going off</i>	16	C	Walk in a Box Walk F, L, R, L, R Walk to L, L, R , March OTS L, R, L Walk B, R, L, R, L Walk to R, R, L , March OTS R, L, R	3x
0:50	C / <i>And we don't care_</i>	16	C ¹	+ Circle turn on walk to the sides, wide arm with fist on March OTS	2x
1:08	Instr / <i>Air....</i>	8	D	Step, House Knee Step L, swing R knee to L corner, swing R leg B, swing R knee to L corner Repeat on R	4x
1:25	V /	16	A	Step and Stroke	2x
1:39	<i>Feel the sun</i>	8	B	Stroke and Sway	4x
1:54	PC / <i>It's going off</i>	16	C	Walk in a Box	1x
2:02	C / <i>Something in that</i>	16	C ¹	+ Circle turn and wide arm with fist	4x
2:32	B up /	16		Step Touch L, R	
2:40		16	D	Step, House Knee	8x



11. SUMMER AIR 3:21mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

STEP AND STROKE

- Start with feet together, chest lifted and relaxed arms
- Weight is on the standing leg, slide one leg away from the body with the toe close to the ground
- The same arm as the sliding leg reaches out in the same direction, fingers splayed
- Opposite arm rubs in the imaginary sunscreen, from fingertip to shoulder
- Shoulders rotate away from the arm being covered in sunscreen
- Knees are soft, the hips push out, butt is lifted, and the back extends creating an arch
- Bring feet back together, knees soft and arm drapes around the head and slides slowly down the outside of the body

STROKE AND SWAY

- Feet wide
- Transfer the weight smoothly between the feet as each arm gets coated in imaginary sunscreen
- The hips push out, butt is lifted, and the back extends creating an arch
- Push the weight into the leg through the balls of the feet, keep the knees soft, this will give the movement texture that feels like velvet

WALK IN A BOX

- Simple Walks forwards using a narrow path
- Turn the whole body to the side as you Walk to the side
- Turn the body to face the front on the Cha-Cha-Cha
- Turn on the balls of the feet and use the arms to keep your balance by keeping them out from the body, palms facing the exterior walls
- On the Cha-Cha-Cha, arms are behind you and fists are closed
- The rhythm of the arm mirrors the Cha-Cha-Cha

STEP, HOUSE KNEE

- Jump onto a flat foot, facing the diagonal, swinging the opposite leg up to the front at hip height
- Keep hopping on the spot and swing the leg backwards and then bring it back to the front at hip height, maintaining a hop every time you swing the leg
- The focus is to keep hopping and keep the chest lifted
- The feeling is light and floating
- The arms swing naturally. Keep them up by the upper body to get the best freedom of movement in the lower body

COACHING THE VIBES

- That holiday feeling of being relaxed, cruisy and remembering to put on your sunscreen is the vibes to roll with. If it's not summer where you are then you can reminisce, or you can look forward to it

CREATING THE WOW

- The drop in the instrumental is big and the move is equally big in energy, it's a match made in heaven. Get stuck in and go BIG!



12. GROOVEDOWN

TRACK FOCUS

A great way to wrap up this dance experience, with inclusiveness, no rules and joy.

FEEL

Free, Real, Honest, Inclusive

MUSIC		CTS		EXERCISE	REPS
0:07	V / Your the	16	A	The Carlton Combo Step Touch L&R with Carlton style arm swing L&R x2 Inhale arms O/H, feet wide Knee drop on the inside R, L, R, L	2x
0:24	PC / Break out	16	B	Triangle Pose stretch Feet wide, R arm reaches to L foot in semi triangle pose, pulse x3, arm circles B to temple, body faces F Repeat L	2x
0:40	Wanted was love	32	C	Double Hamstring stretch Tip F into Double Hamstring Stretch Bend knees and roll up to standing	1x
0:57	C / Stupid Love...	32	D	Shuffle L, R, L to L side & Slide B to Feet Together 4x Arms at hips, palms down, arm roll on step together Repeat R	1x
1:13	V / Now its	16	A	The Carlton Combo	2x
1:29	PC / Freak out	16	B	Triangle Pose stretch	2x
1:45	Wanted was love	32	C	Double Hamstring stretch	1x
2:02	C / Stupid Love	32	D	Shuffle and Jump Back	1x
2:18	Br / I don't need	32	E	Quad Stretch R & L	1x
2:35	PC / Higher...	8	F	Inhale, hands O/H, inside knee drop R, L, R, L	
2:39	C / Stupid Love	32	D	Shuffle and Jump Back	2x



12. STUPID LOVE 3:14mins

MOVEMENT TIPS FOR INSTRUCTORS

** NOT TO BE USED AS COACHING CUES **

THE CARLTON

- Step Touch naturally around shoulder-width apart
- Knees soft, chest up, shoulders relaxed
- Swing the arms in front of the body, clicking the fingers, side to side
- The arms arrive before the feet, so they essentially throw themselves to the side and the feet catch up
- It has a slightly goofy type of feeling and the texture is clunky

THE CARLTON COMBO

- Inhale hands O/H and leave them there as your knees take turns to drop to the inside, then let the hands bounce their way down
- The knee drop on the inside has no step in between, shift your weight intentionally with a little rock in the hips to free the knee

TRIANGLE POSE STRETCH

- Legs straight, body angles to the diagonal
- Flat back
- Tip from the hip and reach the finger tips to the floor, then scoop back up lifting the body
- Return the chest to face the front, use the index and little finger to point to yourself at head height

SHUFFLE AND JUMP BACK

- Turn the body diagonally to the corner of the room
- Move onto the balls of your feet
- The shuffle is light, with soft knees and a bend at the hip
- Upper body is relaxed
- Arms extend down towards the hips, with palms facing down. It feels like you are pushing downwards and backwards, so you can move forwards
- Jump the back foot back to where it came from first, then bring the front foot together like you are hopping into a bucket
- The texture of the move is a little awkward, like a baby shuffling on its bottom before it learns to crawl

COACHING THE VIBES

- This is about accepting everyone for what they are and celebrating that stupid kind of love. It's playful and forgiving and requires us as teachers to be self-effacing

CREATING THE WOW

- There is a musical hook “look at me” that can be played with if you choose to freestyle the pose and be a show off, encouraging others to show off and be playful



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 Les Mills.

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.

