



BEST OF SH'BAM

MUSIC

- 01. WARM-UP
- 02. HIP HOP
- 03. PARTY
- 04. SHUT IT DOWN
- 05. COMMERCIAL
- 06. JAZZ
- 07. LATIN
- 08. FEEL
- 09. GROOVE
- 10. CONTEMPORARY
- 11. JUMP
- 12. LAST DANCE
- 13. BONUS

DECLARATION OF INTENT

Les Mills instructor resources are unique, valuable resources provided to you as a Les Mills certified instructor to enable you to learn each new release and teach it in Les Mills licensed clubs only. Do not share these resources. Copying, uploading or sharing files on the Internet or selling Les Mills instructor resources to other people is illegal, and rips off Les Mills, its distributors and other instructors. If you are engaging in any of these illegal activities, there may be serious consequences for you personally including legal action and the suspension or permanent withdrawal of your Les Mills certification. Your cooperation is much appreciated.



MUSIC

01	Five More Hours (3:27) Ratio Risk © 2015 Les Mills Music Licensing Ltd. Written by: Orrosquieta, Bunetta, Brown, Ryan	11	Just One Last Time (5:41) Angst Burnout © 2013 Les Mills Music Licensing Ltd. Written by: D. Guetta, G. Tuinfort, T. Liljergren, A. Ryberg
02	How I Feel (2:49) The Jake Prank © 2014 Les Mills Music Licensing Ltd. Written by: Newley, Sanderson, Franks, Isaac, Briscusse, Dillard	12	Call On Me (3:15) The San Paolo Project © 2017 Les Mills Music Licensing Ltd. Written by: Wadams, Hope
03	Power (4:06) Moon Sun Snare Drum © 2017 Les Mills Music Licensing Ltd. Written by: Omelio, Purcell, Abrahart	13	Con Calma (3:12) Nervous System © 2019 Les Mills Music Licensing Ltd. Written by: T. Moltke, S. Moltke, Grier, Leary
04	She Wolf (Falling To Pieces) (3:32) Lipstick View © 2013 Les Mills Music Licensing Ltd. Written by: Furler, Tuinfort, Braide, Guetta		
05	Get Ugly (3:19) Wandering Seven © 2016 Les Mills Music Licensing Ltd. Written by: Douglas, Desrouleaux, Frederic, Evigan		
06	Shut Up And Dance (3:08) Double Felix © 2017 Les Mills Music Licensing Ltd. Written by: Petricca, Ray, Waugaman, Maiman, Berger, McMahon		
07	BoomBox (5:23) Azure Melody © 2015 Les Mills Music Licensing Ltd. Written by: Kalderon, Biton, Wilson		
08	Reggaetón Lento (3:06) Summer Romance © 2018 Les Mills Music Licensing Ltd. Written by: O'Neill, Andino, Perez, Class, Camacho, Rodríguez, Camille		
09	One Night Only (3:08) Chant Delivery © 2014 Les Mills Music Licensing Ltd. Written by: Krieger, Eyen		
10	London (3:27) Sugarlips © 2017 Les Mills Music Licensing Ltd. Written by: Noyes, Moccio		





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		

<http://www.lm96.net> LM健身论坛!
最全最新最快的健身资料下载网站!
微信: combat456
Email: fit9@qq.com
直接在线购买,无需注册:<http://www.jmh128.com>



01. WARM-UP

FIVE MORE HOURS 3:27mins

TRACK FOCUS

This is super easy, so cue the Front & Back Tap and arm and hips when they are ready.

FEELS

Clubby and cool

MUSIC	SEQUENCE/EXERCISE	REPS
0:14 _ Love is	A Rock 'n' Roll Rock It Out L&R x2 [4cts], Step Touch L&R [4cts]	9x
0:48 It's like	B Cross-Tap Step L, F Tap R; Step R, F Tap L [4cts]	8x
1:03 _ Come on	B ¹ Cross-Tap Combo Step L, F Tap R; Step R, F Tap L [4cts] Step L, B Tap R; Step R, Tap L [4cts]	4x
1:18 _ Love is	A Rock 'n' Roll	3x
1:29 Come on baby	A ¹ + Arm Wave & Clap O/H	6x
1:52 Rolling Stones	B Cross-Tap	8x
2:07 All around the	B ² Cross-Tap Combo + Back Tap, Hip Push & B-Boy Arms	4x
2:22 Roll, roll, roll...	C ¹ Hip Roll Roll hips (L to R) x4, arms wide to O/H [8cts] Roll hips (L to R) x4, arms wide down [8cts]	2x
2:34 Good times,	C Roll hips (L to R) [8cts]	4x
2:41 _ Love is nice	A Rock 'n' Roll	3x
2:52 Come on baby	A ¹ + Arm Wave & Clap Hip Roll and Arm Wave around head to finish	6x

<http://www.lm96.net> LM健身论坛!
最全最新最快的健身资料下载网站!
微信: combat456
Email: fit9@qq.com
直接在线购买,无需注册:<http://www.jmh128.com>



02. HIP HOP

HOW I FEEL 2:49mins

TRACK FOCUS

Play on the sultry feel in the Smokin’ Hot Rock, and then bring the energy to the Bump – the song wants you to!

FEELS

James Bond, clubby

MUSIC		SEQUENCE/EXERCISE		REPS
0:01	Birds flying	A	Smokin’ Hot Rock Step Touch L&R x2 [8cts] Rock It Out L&R x4 [8cts]	2x
0:16	Sun in the	A ¹	+ Smokin’ Pistol Arms R to L + Stick-em-up Hands	2x
0:31	I’m a new	B	Bump Low hop L & lift R heel with Running Arms, repeat R [2cts] (👁️ – Elbows up on last 2 reps)	16x
0:46	_ I got a	B ¹	A-Bumpin’ Combo Bump L&R low with Running Arms x2 [4cts] Bump L&R high with elbows up x2 [4cts]	4x
1:01	Birds flying	A ¹	Smokin’ Hot Rock	2x
1:16	Sun in the	A ²	+ Travel B on Step Touch + Travel F on Rock It Out	2x
1:31	_ What a feeling	B	Bump	16x
1:46	This I roll	B ¹	A-Bumpin’ Combo	4x
2:01	Whoa-e oh	A ² +B ¹	Smokin’ & A-Bumpin’ Combo Smokin’ Hot Rock A-Bumpin’ Combo x2 Lean L with double pistol point to R	3x

<http://www.lm96.net> LM健身论坛!
最全最新最快的健身资料下载网站!
微信: combat456
Email: fit9@qq.com
直接在线购买,无需注册:<http://www.jmh128.com>



03. PARTY

POWER 4:06mins

TRACK FOCUS

There are lots of slow learning reps, so let the class feel it out for themselves, then reinforce with a couple of feet cues to top them up. The pre-emptive hand into the Sweep really helps identify which way to sweep, so be sure to use it!

0:05 / (Thud & guitar)
2x8 / A / **Drop It Low** L 1rep
Split Stance, drop & hold L with bent legs and palms flat by ribs (4cts), push R fist B (2cts), stand center (2cts); repeat R (8cts)

0:16 / **Hold** up! No you
2x8 / A¹ / **Drop It Low** L 2reps
Split Stance, drop L with bent legs and palms flat by ribs (1ct), push R fist B (1ct), stand center (2cts); repeat R (4cts)
(👁 Double step R & Step Touch L&R on last rep)

0:27 / _ I'm a machine
2x8 / A² / **Drop It Low** L 2reps
+ Double step & Step Touch

0:38 / Baby **you're** the man
4x8 / B / **Slow Step & Sweep** L 2reps
Step L, step R together with R Palm Sweep (2cts), step L B and push L palm F (2cts) & hold and Body Roll with slow arm drop (4cts); repeat R (8cts)

1:02 / _ Who got the power?
2x8 / B¹ / **Step & Sweep** L 2reps
Step L, step R together with R Palm Sweep, step L B and push L palm F (2cts) & hold and Body Roll with arm drop (2cts); repeat R (4cts)

1:11 / Hold up!
½x8 / **Freeze**
Step L, step R together with R Palm Sweep, step L B and push L palm F (2cts), hold (2cts)

1:14 / I make this look
4x8 / A² / **Drop It Low** R 4reps

1:36 / Baby **you're** the man
4x8 / B / **Slow Step & Sweep** R 2reps

1:58 / _ Who got the power?
4½x8 / B¹ / **Step & Sweep** R 4½reps

2:23 / (Synth wave)
4x8 / C / **Roll It Low** 2reps
Body Roll to L corner F (2cts) & B (2cts) in Split Stance, Rock F&B x2 with Pistol Hands F & down (4cts)
Repeat R (8cts)

FEELS

Road Trip, Car Karaoke

2:46 / **Motorbike**
1x8 / D / **Chest Pop** 4reps
Chest Pop OTS (2cts)

2:48 / **Bike**
1x8 / D¹ / **Single Pop** 8reps
Chest Pop OTS (1ct)

2:51 / **You're** the man
12x8 / A²+B¹+C+C¹ / **Combo** 1½reps
Drop It Low L&R x2 (16cts),
Step & Sweep L&R (8cts),
Roll It Low L&R x2 (8cts);
Repeat R (32cts)

3:58 / **Motorbike**
1x8 / D / **Chest Pop** 4reps
Chest pop OTS (2cts)

4:00 / **Bike**
1x8 / D¹ / **Single Pop** 8reps
Chest pop OTS (1ct)



04. SHUT IT DOWN

SHE WOLF (FALLING TO PIECES) 3:32mins

TRACK FOCUS

Silence and drama in the slow arm lines and clear cues for foot movements in the Walk and Double Knees section.

FEELS

Contemporary/Jazz

MUSIC	SEQUENCE/EXERCISE	REPS
0:07 _ A shot in	A Slow Wolf-Slide Slow Clawed Arm Sweep B OTS, L&R (8cts)	4x
0:20 _ You hunted	A ¹ + Slow Slide L&R (8cts)	4x
0:34 _ You loved me	B Falling To Pieces L arm reach, fist, push L and drop R (16cts) R arm reach, fist, push R and drop L (16cts) (No drop on 1st rep only)	2x
1:02 _ I'm falling to	C The She-Wolf Walk L (4cts), Double R Knee (4cts) Walk R (4cts), Double L Knee (4cts)	1x
1:10 (B up)	C ¹ + Run & Jump	1x
1:16 (Heavy bass)	C ² + Arms & Contraction	2x
1:31 _ Did she lie	A ² Alpha-Wolf Slide Slide L&R with Clawed Arm Sweep B (4cts) Slide L&R (4cts)	4x
1:45 _ Lay with	A ³ + Wolf Claws across	4x
1:59 _ You loved me	B Falling To Pieces (No drop on 1st rep only)	2x
2:27 _ I'm falling to	C The She-Wolf	1x
2:34 (B up)	C ¹ + Run & Jump	1x
2:41 (Heavy bass)	C ² + Arms & Contraction	4x
3:09 _ I'm falling to	B Falling To Pieces	1x
3:24	Circle arms L to O/H and down to finish	

<http://www.lm96.net> LM健身论坛!
最全最新最快的健身资料下载网站!
微信: combat456
Email: fit9@qq.com
直接在线购买,无需注册:<http://www.jmh128.com>

05. COMMERCIAL

GET UGLY 3:19mins

TRACK FOCUS

The moves are self-explanatory and easy to follow – so, play up the sassiness of the lyrics and let the class ride that vibe of escapism and indulgence of the ego.

FEELS

Stylin’, casual but checked and classy, choosy

MUSIC	CTS		EXERCISE	REPS
0:13 _ Girl	2x8	A	Triple Pop Freeze Shoulder Pop L, R, L, freeze (4 cts) Repeat R (4 cts)	2x
0:20 Oh my, oh	4x8	A ¹	+ Tap foot across	4x
0:28 Tell them pretty	4x8	B	Walk ‘n’ Wave Walk F (4 cts), Body Wave L (2 cts) & R (2 cts); repeat B (8 cts)	2x
0:46 Get ugly _	2x8	C	Hips & Flick Shake hips L&R x3 (3 cts) & flick R foot (1 ct) Repeat R (4 cts)	2x
0:54 _ (Too sexy)	3x8	C ¹	+ Move along Swag Hand R&L	3x
1:07 I can, I can	4x8	A ¹	Triple Pop Freeze	4x
1:24 Tell them pretty	4x8	B	Walk ‘n’ Wave	2x
1:42 Get ugly _	2x8	C	Hips & Flick	2x
1:51 _ (Too sexy)	2x8	C ¹	+ Move along Swag Hand R&L	2x
1:59 (Beatbox)	2x8	D	Wiggle & Pop Chest Circle x3 (3 cts), Chest Pop (1 ct)	4x
2:08 Everybody, lose	4x8	D ¹	+ Arm Throw anywhere	8x
2:25 Tell them pretty	4x8	B	Walk ‘n’ Wave	2x
2:42 Whoa!	1½x8		Freeze (4 cts)	
2:44 (Beat)	2x8	C	Hips & Flick	2x
2:53 Everybody, lose	2x8	C ¹	+ Move along Swag Hand R&L	2x
3:00 (Synth)	4x8	C ²	+ Travel F by stepping on an angle	4x
3:16			Swag freeze!	

http://www.lm96.net LM健身论坛!

最全最新最快的健身资料下载网站!

微信: combat456

Email: fit9@qq.com

直接在线购买,无需注册:http://www.jmh128.com



06. JAZZ

SHUT UP AND DANCE 3:08mins

TRACK FOCUS

Three great opportunities to deliver clear Feet cues: first time to the corners, second time to the corners and adding the turn. Direct the traffic in this track as your focus and encourage them to sing their hearts out!

FEELS

Rocked-out Bar-style Karaoke

0:03 / don't you **dare** look
3x8 / A / **Heel Dig Setup** 6reps
Step L, dig R heel (2cts); repeat R (2cts)

0:14 / **Who**, hoo
3x8 / A¹ / **Heel Dig** 12reps
Heel Dig R&L (2cts)

0:24 / We are **victims** of
4x8 / B / **Shut Up & SH'BAM** L 1rep
Step Touch L&R x2 (8cts), Walk L x3 and kick R foot (4cts), Walk B (4cts)

0:39 / _ She took my
6x8 / B¹ / **Shut Up & SH'BAM** L 1½reps
+ Arm throw on Step Touch
+ Kick B

1:00 / dance with me _
1x8 / **Step Touch** R 2reps
Step Touch R&L (4cts)

1:04 / A backless **dress**
4x8 / B / **Shut Up & SH'BAM** R 1rep

1:18 / _ She took my
6x8 / B¹ / **Shut Up & SH'BAM** R 1½reps

1:40 / (Drum kit build)
1x8 / **Step Touch** L 2reps
Step Touch L&R (4cts)

1:43 / (Synth instr)
8x8 / B / **Shut Up & SH'BAM** L 2reps
+ Circle Turn F

2:11 / (Guitar instr)
6x8 / **Step Touch** L 12reps

2:33 / don't you **dare** look
8x8 / B / **Shut Up & SH'BAM** L 2reps

3:01 / with me _
1x8 / **Step Touch** L 2reps



07. LATIN BOOMBOX 5:23mins

TRACK FOCUS

Try to get them to work really low in the Ragga Step Touch so their legs can feel the heat, then the release of the Bounce and hands up.

FEELS

Boombox Big Up Hands, UP and Hardcore Reggae :-)

MUSIC		CTS		EXERCISE	REPS
0:08	(Beat)	2x8	A	Two Step Step L x2 (4cts), step R x2 (4cts)	2x
0:15	_ It's now	4x8	A ¹	+ Drop into legs	4x
0:30	_ This one goes	4x8	B	Step Touch L&R	8x
0:45	Keep on all	7x8	B ¹	Slingshot Combo Step Touch L&R with Slingshot Arms R&L Step Touch L&R	7x 8x
1:11	Fiyah!	1x8		Slingshot R Arm O/H to Body Roll L and Freeze (8cts)	
1:15	ah , ah...	1x8	C	Big Bounce Bounce OTS (1ct) with Elbow Drag	8x
1:19	(Heavy synth)	4x8	C ¹	Big Bounce Combo Bounce OTS x4 with Palm Push x2 (cross and open) (4cts), Bounce OTS x4 (4cts) 👁 Wide Walk L&R, B&F on last rep	4x
1:34	(B up)	4x8	C ¹ +B	Big Shot Bounce Combo Bounce B x4 with Palm Push x2 (cross and open) B (4cts), Wide Walk L&R, B&F (4cts) Step Touch L&R x2 F (8cts)	2x
1:49	(Heavy bass)	8x8	C ¹ +B ¹	+ Slingshot Arms	4x
2:19	_ Oh girl,	4x8	B	Step Touch L&R	8x
2:34	Keep on all	7x8	B ¹	Slingshot Combo	7x
3:00	Fiyah!	1x8		Slingshot R Arm O/H to Body Roll L and Freeze (8cts)	
3:04	ah , ah..	4x8	C ¹	Big Bounce Combo 👁 Wide Walk B&F on last rep	4x
3:19	(B up)	4x8	C ¹ +B	Big Shot Bounce Combo	2x
3:34	(Heavy bass)	8x8	C ¹ +B ¹	+ Slingshot Arms	4x
4:04	One more time!	4x8		Step Touch L&R	8x
4:18	(Heavy bass)	8x8	C ¹ +B ¹	Big Shot Bounce Combo	4x
4:48	(Drums)	4x8		Step Touch L&R	8x
5:04	(Wind-up)	4x8	D	Thunder Clap Low Step Touch L, step R with L Knee Lift and Thunder Clap L (4cts)	8x
5:19	(Shatter)	1x8		Body Roll L - R to Freeze	



08. FEEL

REGGAETÓN LENTO 3:06mins

TRACK FOCUS

Simple cues like “1, 2, 123” helps your participants to understand the rhythm of the first combo, and then the music really leads the class with the chorus combo as the three Stomps hit the beat so well.

FEELS

Hot Miami Sultry Latino BBQ party!

	MUSIC	CTS		EXERCISE	REPS
0:10	PC / I can see	2x8	A	Hip Grinder Hip Push L with Heel Pop R (1ct); repeat R (1ct)	8x
0:20	I can see	2x8	A ¹	Hip Grinder Combo Hip Grind L&R (2cts), step L, R, L, Heel Pop R (2cts); repeat R (4cts)	2x
0:30	C / It started when	4x8	B	Icy Salsa Face R, sharp stomp L leg B, F, B, hold (4cts), smooth Salsa F&B facing R x4 (8cts), Stomp Circle Turn L with Hip Roll x4 (4cts); repeat R (16cts)	1x
0:51	V1 / Excuse me	4x8	A ²	Hip Grinder Combo + Add hits on accents	4x
1:11	C / It started when	4x8	B ¹	Icy Salsa + Arms down, up, down (Not on 1st rep) + Arms wide O/H (Stomp Turn)	1x
1:32	V2 / I like it	6x8	A ²	Hip Grinder Combo	6x
2:02	C / It started when	8x8	B ¹	Icy Salsa	2x
2:43	V3 / Oooh , oh!	1x8	A ²	Hip Grinder Combo	1x
2:48	Outro / we dancing	3x8	A ³	+ Anywhere	3x



09. GROOVE

ONE NIGHT ONLY 3:08mins

TRACK FOCUS

You have to be VERY clear with feet cues here, and then just throw yourself into the cabaret zone and experience the thrill of show-time and curtain calls :-)

Be sure to keep cueing till the end.

FEELS

Cabaret, show-time

MUSIC		SEQUENCE/EXERCISE		REPS
0:00	(Intro)		Arm Sweep across (8cts), Wrap and Drizzle (8cts) L&R	1x
0:13	_ Huh...		Arm Sweep wide (8cts) and Wrap (8cts) L&R	1x
0:25	One night _	A	Jazz Knees Step L, lift R knee (2cts), Step-Step R (2cts); repeat R (4cts)	6x
0:45	_ I have no	A ¹	+ Jazz Arm Reach	4x
0:57	One night	A ²	Jazz Knee Combo Step L, Hop with R Knee Lift (2cts), Step-Step R (2cts); repeat R (4cts) F, Step Touch L&R x2 B (8cts)	2x
1:10	Got one night,	A ³	+ Arm Reach L&R, then pull on Step Touch	2x
1:28	Night only!		Step Touch L&R (4cts)	1x
1:30	(Drumsticks)		Knee Bounce (12cts)	12x
1:36	(Piano)	B	Shuffle Shuffle, Back Step L&R (8cts)	4x
1:49	(Drum & Sax)	B ¹	Shuffle & Run Shuffle, Back Step L&R (8cts), 3x Run L&R (8cts)	2x
2:01	One night only,	B ²	+ Arms O/H to Shuffle, Drag Runs	2x
2:14	_ C'mon, c'mon		Step Touch L&R with Clap (4cts)	7x
2:25	_ Oooh, yeah	A ³ + B ²	One Night Combo Jazz Knee Combo Shuffle & Run	3x
3:01	_ C'mon, c'mon		Step L, Hop with R Knee Lift (2cts), Step-Step R (2cts), step R, Hop with L Knee Lift to finish	



10. CONTEMPORARY LONDON

3:27mins

TRACK FOCUS

This track is an eye-opener, and a head-spinner when it comes to following the moves. Make sure you vocally SAY as well as DO each angle so they HEAR and SEE what’s happening.

0:00 / Now you **know...**
4½x8 / A / **Slow London Vogue 1rep**
Arms O/H, bend elbows wide to 90 degrees with palms up fingers facing in (8cts), keeping elbows at 90 degrees push palms down to hip height (8cts), turn hands (fingers face out) (2cts), palms up to head height (2cts), cross wrists at chin height (4cts), flick wrists O/H (2cts), wrist roll (2cts), and down (4cts), hold (4cts)

0:27 / **Monday** to Monday
4x8 / A¹ / **London Vogue 2reps**
Arms O/H, bend elbows wide to 90 degrees with palms up fingers facing in (2cts), keeping elbows at 90 degrees push palms down to hip height (2cts), turn hands (fingers face out) (2cts), palms up to head height (2cts), cross wrists at chin height (2cts), flick wrists O/H (2cts), wrist roll down (2cts), hold (2cts)

0:40 / _ The fear escaped
4x8 / B / **Steal The Show Strut 1½reps**
3 steps L with subtle Latin Arms (6cts), step L with Ball Change R (2cts); repeat R (8cts)
👁 Drag on last rep

0:54 / and the **aeroplanes**
4x8 / B¹ / **Steal The Show Strut 2½reps**
+ Drag

1:08 / **Explosions**
2x8 / C / **Glitter Bomb 1rep**
Walk F with arms wide O/H to re-center (8cts), Walk B, arms wide and down (8cts)

1:15 / **Monday** to Monday
1x8 / A² / **Fast London Vogue with March 1rep**
March OTS L&R with arms O/H, bend elbows wide to 90 degrees with palms up fingers facing in (1ct), keeping elbows at 90 degrees push palms down to hip height (1ct), turn hands (fingers face out) (1ct), palms up to head height (1ct), cross wrists at chin height (1ct), flick wrists O/H (1ct), wrist roll down (1ct), hold (1ct)

1:19 / **Monday** to Monday
1x8 / **March OTS 4reps**
March OTS L&R

1:22 / **Monday** to Monday
2x8 / A² / **Fast London Vogue 2reps**

1:29 / _ I’ve got a brand
8x8 / B¹ / **Steal The Show Strut 4reps**
+ Flourish Arms

1:57 / **Explosions**
2x8 / C / **Glitter Bomb 1rep**

FEEL

Gilded in Glamour and fabulous Filipino fashions, ready to roll out the red carpet

2:05 / **Monday** to Monday
1x8 / A² / **Fast London Vogue 1rep**

2:08 / **Monday** to Monday
1x8 / **March OTS 4reps**

3:11 / **Monday** to Monday
3x8 / A² / **Fast London Vogue 3reps**

2:22 / And when you **start** to
4x8 / D / **Mambo 4reps**
Mambo L (2cts), Cha-Cha-Cha Change (2cts); repeat R (4cts)
NOTE: Preview Upstage Mambo

2:36 / And I will **wait**
4x8 / D¹ / **Upstage Mambo 2reps**
Mambo L (2cts), Cha-Cha-Cha Change to face B (2cts); repeat R to face F (4cts), Mambo OTS L&R (4cts)

2:50 / **Monday** to Monday
3x8 / A² / **Fast London Vogue 3reps**

3:01 / (Big band hits)
6x8 / A²+D² / **Queen’s Combo 3reps**
Fast London Vogue (8cts), Upstage Mambo (B & F only) (8cts)

3:21 / **Monday** to Monday
5cts / A² / **London Vogue Finish**
Arms O/H, bend elbows wide to 90 degrees with palms up, fingers facing in (1ct), keeping elbows at 90 degrees push palms down to hip height (1ct), turn hands (fingers face out) (1ct), finishing pose (2cts)!

11. JUMP

JUST ONE LAST TIME 5:41mins

TRACK FOCUS

Use the Step Clap/Touch moments to explain what happens next so they come with you, every step of the way.

FEELS

Dance-floor club

MUSIC		SEQUENCE/EXERCISE		REPS
0:00	Instr / (Beat)	Drinks break		
0:29	(Synth waves)	A	Swing Skater Step L, 2x Tap R across [4cts] and March OTS [4cts]; Repeat R	2x
0:44	(Massive B up)	A ¹	+ Jump and Swing	2x
1:00	(Heavy bass)	A ²	+ Arms & Run B	4x
1:30	(Synth)	A ³	+ Drop and Sweep low	4x
1:59	(Synth shimmer)		Feet wide, inhale arms cross to O/H [8cts] Roll Down [4cts] & Up [4cts]	
2:07	(Keyboard)	B	Slow Arm L&R, Sweep O/H [16cts]	2x
2:22	_ This is the	B ¹	Arm L&R, Sweep O/H [8cts] Scoop F, arms up [4cts] & grab [4cts]	4x
2:52	Even though	B ²	Arm L&R, Sweep O/H [4cts] Scoop F, arms up [2cts] & grab [2cts]	4x
3:06	Even though	B ³	Sweep-Slide & Rock-Grab Slide L&R, arm L&R, Sweep O/H [4cts] Rock It Out L&R, Scoop F, arms up [2cts] Rock It Out L&R, Grab [2cts]	4x
3:22	Time...	C	Tipsy Tap House Tap L&R	8x
3:36	(B up)	B ³ +C	Sweep-Slide & Rock-Grab Combo Sweep-Slide & Rock-Grab [8cts] Tipsy Tap x2 [8cts]	6x
4:22	Last time _		Step Touch with Clap L&R	8x
4:37	(Drum B up)	A ³ +B ³ +C	Just One Combo Swing Skater [16cts] Sweep-Slide & Rock-Grab [8cts] Tipsy Tap x2 [8cts]	4x



12. LAST DANCE

CALL ON ME 3:15mins

TRACK FOCUS

Little stretches, lots of groove, to bring the heart rate down and leave the class feeling lighter and full of smiles.

FEELS

Celebration, Supportive

0:00 / **Whoo-hoo**
8x8 / A / **Groove 8reps**
Step L, pop R knee in (2cts); repeat R (2cts)

0:17 / _ When you're **low**
4x8 / B / **Double Hamstring Stretch**
Feet wide, arms cross to wide and O/H (4cts), hands to thighs and squat (4cts), hands to floor and hips high (20cts), bend knees and roll up (4cts)

0:36 / '**Cause** oh, oh
4x8 / C / **Little Strut 2reps**
3 Walks L, step together R (4cts), Swalla Groove L (2cts), R (2cts); repeat R (8cts)

0:54 / from falling **down**
4x8 / D / **Hip & Heel Tap 4reps**
Step and pop heel with Hip Push L&R x2 with clap on count 4

1:04 / You can **call** on
6x8 / D¹ / **Hip & Heel Tap Combo 3reps**
Hip & Heel Tap x2 (8cts), Walk B (4cts), Swag Walk F (4cts)

1:30 / _ And when you're **weary**
4x8 / **Calf Stretch**
Jump wide (2cts), Pivot Turn R (2cts), hands to R thigh (4cts), hold L Calf Stretch (8cts); repeat R (16cts)

1:49 / '**Cause** oh, oh
4x8 / C / **Little Strut 2reps**
3 Walks L, step together R (4cts), Swalla Groove L (2cts), R (2cts); repeat R (8cts)

2:07 / from falling **down**
4x8 / D / **Hip & Heel Tap 4reps**

2:17 / (Beat)
10x8 / D¹ / **Hip & Heel Tap Combo 5reps**

3:03 / Call on **me**
2x8 / **Outro**
Congratulate your class!



13. BONUS

CON CALMA 3:12mins

TRACK FOCUS

BONUS Track 2 – very simple and a cool throwback track – the only part you need to be super clear on is the triple salsa... then repetition does the rest.

FEELS

Playful, Out of Reach

MUSIC			EXERCISE		REPS
0:00	Intro / (Beat)	2x8	A	Quick Single Quick Step L&R [2cts]	8x
0:10	V / ¿Cómo te	4x8	A ¹	Quick Single-Single Double Quick Step L&R with Shoulder Pop [2cts], Double Step L with Shoulder Pop [2cts]; repeat R [4cts]	4x
0:30	C / Con calma	4x8	B	Siete Taps Face R and Tap F L x7 with Hip Roll [7cts], step feet together [1ct], repeat R, L [16cts], repeat R with Elbow Swing and Chest Pop [8cts]	1x
0:51	V / _ Ya vi que	2x8	C	Slow Triple Salsa Salsa Step F&B L [4cts], Salsa Step to R corner [4cts]; repeat R [8cts]	1x
1:01	Esa criminal	4x8	C ¹	Triple Salsa Salsa Step F&B L [2cts], Salsa Step to R corner [2cts]; repeat R [4cts]	4x
1:21	C / Con calma	4x8	B ¹	Siete Taps + Arms wide to O/H hold and drizzle down	1x
1:42	V / Candela y	5x8	C ¹	Triple Salsa	5x
2:08	C / Con calma	4x8	B ¹	Siete Taps	1x
2:28	V / Come with	4x8	A ¹	Quick Single-Single Double	4x
2:48	C / Con calma	4x8	B ¹	Siete Taps	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.

