BODYJAMTM 73 EXPRESS FORMATS

30-MINUTE OPTION 1:

Track 1 Warmun Track 2 Isolations Track 3 Retro Funk Tracks 4-7 Jam In Love

TOTAL TIME 26:12

NOTE: There is no Groovedown in the express options. Please advise participants to keep moving around after the class until their breathing and heart rate return to normal and to do their own stretches to assist their recovery.

The 30 and 45-minute class formats have been customized for this release. In the future if you mix and match using different releases, please use the standardized express formats in the Instructor Education section on www.lesmills.com

30-MINUTE OPTION 2:

Warmup Track 1 Tracks 9-21 Tribal Love **TOTAL TIME 28:31**

45-MINUTE OPTION 1:

Track 1 Warmup Jam In Love Tracks 4–7 Tracks 9-21 Tribal Love **TOTAL TIME 43:39**

45-MINUTE OPTION 2:

Track 1 Warmup Tracks 4–7 Jam In Love Tracks 1–6 Oldschool **TOTAL TIME 41:19**

CREDITS **KEY**

GANDALF ARCHER MILLS Choreography & Music Selection

PHILLIP MILLS Creative Consultant

DR JACKIE MILLS **Group Fitness Director**

DIANA ARCHER MILLS Creative Director

CHRIS RICHARDSON Program Coach

TINA KITTELTY Program Planner

BRYCE HASTINGS Technical Consultant B up build up

F forward

B back

Br bridge (non-chorus)

C chorus (Music column)

Instr instrumental Intro introduction

L left

mins minutes

0/H over head OTS on the spot

Outro last few bars of music

PC pre-chorus

Ref refrain (recurring phrase or song lines) Rep reprise (part of the chorus repeated)

Reps Xx perform the Sequence/Exercise x times

Tempo normal pace of the music

V verse

Please note the color to represent the correct level of execution

BASE

FLAVA

BREAKOUT

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	22	Don't Stop The Madness @ 2014 Revealed Recordings, under exclusive license to Central Station Records winning centralstation.com. au. Writen by: van de Corput, van Hanegem, van der Harst, Boselowic, Ditri, Freeman	Hardwell, W&W & Fatman Scoop	1:32
	23	S.A.X @ 2015 Mixmash Records BV. Written by: van Scheppingen, Richter	Laidback Luke & Tujamo	1:45
Ξ		Can't Hold Us Down Courtesy of the Universal Music Group. Wrtten by: Ahlund, Hedfors, Ingrosso	Axwell A Ingrosso	0:33
MASH IT	24	Can't Hold Us Down Courtesy of the Universal Music Group. Wrtten by: Ahlund, Hedfors, Ingrosso	Axwell \(\) Ingrosso	1:10
N	25	Dangerous (David Guetta Banging Remix) (David Guetta Banging Remix) 9 2014 What A Music 13d Under exclusive license to Parlophone/Warner Music France, under exclusive license to Atlatic Recording Cororation for the United States. All rights reserved Produced under incense from Parlophone/Warner Music France, and Warner Music Group Company and Atlantic Recording Corp. Written by Robbins, Evigen, Guetta, Turlorit, Martin	David Guetta feat. Sam Martin	4:50
	1	NRG © 2014 Les Mills Music Licensing Ltd. Written by: R. Bueren, G. Bueren, Kroon	Chill And The Image	4:15
T00	2	Arms Around Me © 2014 Axtone Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Casey, Finch	Hard Rock Sofa & Skidka	3:35
	3	Like I Love You (Extended Club Mix I) © 2002 RCA Records, a division of Sony Music Entertalment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertalment. Writen by Timbertake, Hugo, Williams	Justin Timberlake	4:09

TRACK

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BONUS	5	Uptown Funk (Instrumental) ② 2014 Mark Ronson, under exclusive license to Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Writen by: Ronson, Bhasker, Mars, Lawrence, Gallaspy, Williams	Mark Ronson feat. Bruno Mars	1:29
	6	Uptown Funk. ® 2014 Mark Ronson, under exclusive license to Sovy Music Entertainment UK Limited, Bruno Mars Sovy Music Entertainment UK Limited, Bruno Mars Sovy Music Entertainment UK Limited, Bruno Mars Limited Composition embodies portions of 'All Gold Everything', written by Devon Gallasey and Nicholaus Williams. Under license from Sony Music Commercial Music Group, a division of \$5,007 Music Entertainment. Written by Ronson, Bhasker, Mars, Lawrence, Gallaspy, Williams	Mark Ronson feat. Bruno Mars	4:16

Chromeo

3:51

Jealous (I Ain't With It)

(Dillon Francis Remix)

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ALT 4/5	Burnin' Up Courtesy of the Universal Music Group. Written by: Goransson, Lewis, Angelides, Hindlin, Reed, Schuller, Epps, Comish	Jessie J feat. 2 Chainz	3:24

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We Came To Bang > 4:36 mins

1

Simple hips to find the beat, and a 3-Step combo to get the coordination flowing.

		MUSIC		CHOREOGRAPHY	REPS	COACHING
0:05	Instr	(Beat)	8x8	Hip Push L, R	16x	
0:35		(Slow B up)	8x8	3-Step Setup Step L R L, Step Together Repeat R	8x	Shift your weight side to side.
1:06	Ref	_ Can you	8x8	Hand Push L, R – Slow, start low, then raise arms to O/H and back down	16x	Get some stretch to your palm.
1:36	Instr	(B up)	4x8	3-Step – Add Hand Push Last rep: Preview Snatch	4x	Turn your chest and push that palm away.
1:51		To bang _	8x8	Add Snatch R, L	8x	Grab it, as sharply as you can.
2:22	B up	Bang bang _	4x8	Hip Push L, R	8x	Push your hip towards the leading leg.
2:37	Instr	(Tribal)	2x8	Add Arms	4x	
2:45		(Slow B up)	8x8	Add Around The World Face L, back, R, front	2x	
3:15	Br	Loo king	4x8	Breathe arms wide to O/H & down Roll down & up	2x	
3:30	B up	Oh whoa	4x8	3-Step with Arm Push Last rep: Preview Snatch	4x	Snatch it!
3:46	Instr	(Heavy)	8x8	Add Snatch	8x	
4:16		(B up)	4x8	Hip Push L, R	8x	
				Breathe arms O/H & down to finish		

SMARTSTART

Instructors, please inform your class that if they're new they can just try the first half of the class, and leave after the first main block of choreography, in about 25 minutes.

TECHNIQUE

Turn the chest as you push the palm away on the 3-Step Snatch, then grab it quickly, straight arm over head.

HIP PUSH

- Feet tap hip-distance apart, knees soft
- Push hips to front diagonal, towards leading leg
- Weight up on the toe
- Elbows in, fist to hip
- Feel: Light, hippy, Latin

3-STEP SNATCH

- Feet outside shoulder-width, knees soft
- Shift weight side to side
- Push palms away, shoulder height
- Turn chest away from leading arm
- Weight low in the legs
- Snatch it high, arm goes straight
- Feel: Long, stretchy then sharp, aggressive

XXX

CONNECTION

Create drama through the drops by saying nothing and stretching your movement further.

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2 ISOLATIONS

Focus on technical execution of the Chest Glide, then the playfulness of the other combos.

	N	MUSIC		CHOREOGRAPHY	REPS	COACHING
0:00	Intro	(Instr)	4x8	Chest Isolation – 1x slow, 4x quick	4x	Slow, quick.
0:11	V	_ Think I can	8x8	Repeat – Half Time	4x	Find all the movement in your chest.
0:35	Br		1x8	Slow Double Toe Rock L, R	2x	
0:38	С	To run away	4x8	Fast Double Toe Rock L, R x4 Kick R, L x4	2x	Turn your toes. Kick your left leg.
0:50		You and I	4x8	Add groove	2x	
1:02	Instr	(B up)	4x8	Chest Glide, Chest Pop Setup Chest Glide L 4x Chest Pop L to R Repeat R	2x	Balance on the ball of the foot. Shift your weight to the side.
1:14		You and I	8x8	Add open hands and extra drop on Chest Pop	4x	More chest.
1:38	V	_ I want to	8x8	Hip Isolation x3 L, R	8x	
2:02	Br		1x8	Slow Double Toe Rock L, R	2x	
2:05	С	To run away	4x8	Double Toe Rock L, R x4 Kick R, L x4	2x	Kick it!
2:17		You and I	4x8	Add groove	2x	
2:29	Instr	(B up)	12x8	Chest Glide, Chest Pop	6x	Sink low. Get down.
3:05	Outro	You and I	8x8	Hip Isolation x3 L, R	8x	

TECHNIQUE

Nail the Chest Glide. Stay low in the legs, balance strongly on the ball of the foot and shift the weight long over the supporting leg. Push the chest through massively.

DOUBLE TOE ROCK

- Feet hip-distance apart, knees soft
- Keep weight on the heels
- Swivel the toes corner to corner
- Drop body weight forward for style
- Kick out front, low, toes lifted
- Weight on the toes
- Feel: Bouncy, loose, light

CHEST GLIDE

- Weight on ball of front foot, facing diagonal
- Shift weight forward over toes, then drop back
- Slooooow, pop
- Stay low in legs
- Pull elbows back, fingers open
- Push chest through huge
- Drop super low when popping to other side
- Feel: Controlled, smooth, sharp, poppy, low

HIP ISOLATION

- Feet outside shoulder-width, knees soft
- Hip pops back, side to side
- Keep it 'chill' (or trill if you really want to)
- · Feel: Gangsta, 'chill'

CONNECTION

Connect with the different levels throughout the track. The 'chill' hips, the 'raise the roof' Toe/Kicks, or the thunderlicious chest.





Can You Do This > 2:56 mins

3 RETRO FUNK

Totally switch up the feeling before journeying into the Jam In Love block. Use the lift in energy to create some fun before it gets all dramatic.

		MUSIC		CHOREOGRAPHY	REPS	COACHING
0:00	Intro	(Guitar)	1x8	Shoulder Roll Setup Shoulder Roll F	2x	
0:05	V	Grab your	6x8	Step Tap L, R x2 with slow Shoulder Roll F Hip Roll L x4	3x	Roll your shoulders through. Give me 4 hips.
0:24	PC	Now I , I, I	6x8	Add Double Time Shoulder Roll	3x	Let's go. Double Time.
0:42	С	Can you do this	6x8	7 Kick L, R	3x	7, 6, 5, 4. Hold. Kick!
1:01	Instr	(Guitar)	6x8	Drag R, L – Quick, quick, slow	3x	Push your chest through.
1:20	٧	Like boom boom	8x8	Add Swizzle Arms	4x	Swizzle everything.
1:44	С	Can you do this	6x8	7 Kick L, R	3x	Keep your body low.
2:03	V	Now why you	4x8	Drag R, Kick L, R Repeat L Last rep: Preview Double Time Kick	2x	Keep it small. Double Time.
2:15	С	Can you do this	10x8	Add Drag Arms & Double Time Kick	5x	
2:46	Instr	(Guitar)	2x8	Step Tap with Double Time Shoulder Roll Hip Roll x4		

TECHNIQUE

Feet wide, weight on the balls of the feet and shift your body weight side to side for each kick.

SHOULDER ROLL

- Feet tap outside shoulder-width, knees soft
- Roll shoulder forward, punching fists down
- Elbows soft, relax upper body
- Roll hips around in full circle to left
- Let torso soften on Hip Rolls
- Feel: Bouncy, strong then smooth

7 KICK

- Feet super wide, knees soft
- · Weight on balls of feet, shift the weight side to side fast
- 6 Kicks, hold, 7th Kick
- Flick the feet out to side
- Kick on the beat, switch on the '&'
- Stay low
- Flex the palms, circle hands forward low to match the feet
- Feel: Animated, quick, rhythmical

DRAG - QUICK QUICK SLOW

- Feet step small, shoulder-width steps
- Quick guick slooooow
- Lead with the chest, ripple through the body
- Roll the fingers outwards, swizzle hands outside
- Roll the front shoulder forward
- Drag the back foot in
- Feel: Fluid, continuous, oozacious

DRAG R, KICK L, R

- Glide to the side long
- Let the arms fly to the diagonal
- Drag the foot in slowly
- Kick the heels forward, 4 Skips low
- Flex hands, stay low
- Weight on the balls of the feet
- Feel: Astaire then Rock 'n' Roll-ish...

CONNECTION

Keep your technique tight so you can connect to the speed of the movements.

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