

# BODYJAM™ 73 EXPRESS FORMATS

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## 30-MINUTE OPTION 1:

- Track 1 Warmup
- Track 2 Isolations
- Track 3 Retro Funk
- Tracks 4–7 Jam In Love
- TOTAL TIME 26:12**

## 30-MINUTE OPTION 2:

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

## 45-MINUTE OPTION 1:

- Track 1 Warmup
- Tracks 4–7 Jam In Love
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- 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**

**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](http://www.lesmills.com)

## CREDITS KEY

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- B up** build up
- F** forward
- B** back
- Br** bridge (non-chorus)
- C** chorus (Music column)
- Instr** instrumental
- Intro** introduction
- L** left
- mins** minutes
- O/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
- R** right
- 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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## BODYJAM™ Some Most All Layer 2 Coaching: The Art of Mastery Group Fitness: The 3 Elements that Make it Work

	TRACK	ARTIST	
TRIBAL LOVE	1 We Came To Bang <small>© 2014 Musical Freedom Label Ltd Written by: Blau, Clow, Caporaso</small>	3LAU feat. Luciana	4:36
	2 Runaway (U And I) <small>(Dillon Francis Remix) © 2014 Big Beat Records, Inc. Produced under license from Atlantic Recording Corp. Written by: C. Karlsson, Koltzsch, Rudberg, Dennis, Ek, Öw, J. Karlsson</small>	Ga antis	3:32
	3 Can You Do This <small>Courtesy of the Universal Music Group. Written by: Dawkins, Abdul-Rahman, Injeti, Tannenbaum</small>	Aloe Blacc	2:56
	4 Drunk In Love <small>© 2013 Columbia Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Fisher, Knowles, Carter, Proctor, Diaz, Soko, Mosley, Harmon</small>	Beyoncé feat. Jay-Z	3:12
	5 Drunk In Love (Diplo Remix) <small>© 2014 Columbia Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Fisher, Knowles, Carter, Proctor, Diaz, Soko, Mosley, Harmon</small>	Beyoncé feat. Jay-Z	2:47
	6 When We Were Young (Zomboy Remix) <small>© 2014 Columbia Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Francis, Shepard, Al-Saraf, Mohrger</small>	Dillon Francis & Sultan + Ned Shepard feat. The Chain Gang Of 1974	4:59
	7 Runaway (U And I) <small>© 2014 Big Beat Records, Inc. Produced under license from Atlantic Recording Corp. Written by: C. Karlsson, Koltzsch, Rudberg, Dennis, Ek, Öw, J. Karlsson</small>	Ga antis	4:10
	8 I Want You Back <small>Courtesy of the Universal Music Group. Written by: Mizell, Gordy, Richards, Perren</small>	Jackson 5	2:51
JAM IN LOVE	9 Delirious (Boneless) <small>© 2014 Ultra Records, LLC. Licensed courtesy of Liberator Music <a href="http://www.liberatormusic.com.au">www.liberatormusic.com.au</a> Written by: Aoki, Lake, Vlasaitis, Collins, Vaughn, Phillips, Beck</small>	Chris Lake, Steve Aoki & Tujamo feat. Kid Ink	3:15
	10 Like A Pro (Clean) <small>© 2013 Tropic Electric. Written by: Hammond, N. Thorburne, Johnson, T. Thorburne</small>	The Wizard	1:35
	11 Like A Pro (Yellow Claw Remix) <small>© 2013 Tropic Electric. Written by: Hammond, N. Thorburne, Johnson, T. Thorburne</small>	The Wizard	1:41
	12 Delirious (Boneless) (Reid Stefan Remix) <small>© 2014 Ultra Records, LLC. Licensed courtesy of Liberator Music <a href="http://www.liberatormusic.com.au">www.liberatormusic.com.au</a> Written by: Aoki, Lake, Vlasaitis, Collins, Vaughn, Phillips, Beck</small>	Chris Lake, Steve Aoki & Tujamo feat. Kid Ink	1:55
	13 Baddest (Ape Drums Remix) <small>© 2014 Dirty Records &amp; Dawn Raid Music. Written by: Wadams, Williams</small>	P-Money & Gappy Ranks	1:29
	14 Baddest (Clean) <small>© 2014 Dirty Records &amp; Dawn Raid Music. Written by: Wadams, Williams</small>	P-Money & Gappy Ranks	1:13
	15 We Make It Bounce <small>© 2014 Columbia Records, a division of Sony Music Entertainment. Major Lazer appears courtesy of Mad Decent Protocol, LLC. Stylo G appears courtesy of 3 Beat Music. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Francis, Pentz, McDermott</small>	Dillon Francis feat. Major Lazer & Stylo G	3:07
16 We Found Love (R3hab Remix) <small>Courtesy of the Universal Music Group. Written by: Wiles, Harris</small>	Rihanna feat. Calvin Harris	4:03	
17 C.U.B.A. <small>© 2014 Sony Music Entertainment UK Limited. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Harris</small>	Calvin Harris	1:15	
18 Don't Stop The Madness <small>© 2014 Revealed Recordings, under exclusive license to Central Station Records <a href="http://www.centralstation.com.au">www.centralstation.com.au</a> Written by: van de Corput, van Hansgen, van der Harst, Boselovic, Ditr, Freeman</small>	Hardwell, W&W & Fatman Scoop	0:31	
MASH IT!	19 Tremor <small>© 2014 Spinnin Records, under exclusive license to Husle Recordings, a division of Ministry of Sound Australia Pty Ltd <a href="http://www.ministryofsound.com.au">www.ministryofsound.com.au</a> Licensed courtesy of Ministry of Sound Australia Pty Ltd Written by: D. Thivalos, M. Thivalos, Garrigan</small>	Dimitri Vegas, Like Mike & Martin Garrix	1:00
	20 Stopping Us <small>© 2014 Ultra Records. Written by: Orroscueta</small>	Deorro	2:51
	21 Latch <small>Courtesy of the Universal Music Group. Written by: G. Lawrence, H. Lawrence, Napier, Smith</small>	Disclosure feat. Sam Smith	4:16
BONUS BLOCK: OLDSCHOOL	22 Don't Stop The Madness <small>© 2014 Revealed Recordings, under exclusive license to Central Station Records <a href="http://www.centralstation.com.au">www.centralstation.com.au</a> Written by: van de Corput, van Hansgen, van der Harst, Boselovic, Ditr, Freeman</small>	Hardwell, W&W & Fatman Scoop	1:32
	23 S.A.X <small>© 2015 Mixmash Records BV. Written by: van Scheepingen, Richter</small>	Laidback Luke & Tujamo	1:45
	24 Can't Hold Us Down <small>Courtesy of the Universal Music Group. Written by: Ahlund, Hedfors, Ingresso</small>	Axwell A Ingresso	0:33
	25 Can't Hold Us Down <small>Courtesy of the Universal Music Group. Written by: Ahlund, Hedfors, Ingresso</small>	Axwell A Ingresso	1:10
	25 Dangerous (David Guetta Banging Remix) <small>© 2014 What A Music Ltd. Under exclusive license to Parlophone/Warner Music France, under exclusive license to Atlantic Recording Corporation for the United States. All rights reserved. Produced under license from Parlophone/Warner Music France, a Warner Music Group Company and Atlantic Recording Corp. Written by: Robbins, Evigan, Guetta, Tainfort, Martin</small>	David Guetta feat. Sam Martin	4:50
1 NRG <small>© 2014 Les Mills Music Licensing Ltd. Written by: R. Bueren, G. Bueren, Kroon</small>	Chill And The Image	4:15	
2 Arms Around Me <small>© 2014 Axtone Records. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Casey, Finch</small>	Hard Rock Sofa & Skidka	3:35	
3 Like I Love You (Extended Club Mix I) <small>© 2002 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Timberlake, Hugo, Williams</small>	Justin Timberlake	4:09	
4 Jealous (I Ain't With It) (Dillon Francis Remix) <small>© 2014 Atlantic Recording Corporation for the United States and WEA International Inc for the world outside of the United States and Canada. © 2014 Parlophone Records Limited, a Warner Music Group Company. Produced under license from Atlantic Recording Corp. and Parlophone Records Limited, a Warner Music Group Company. Written by: Gemmel, Goldstein, Macklovitch</small>	Chromee	3:51	
5 Uptown Funk (Instrumental) <small>© 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. Written by: Ronson, Bhasker, Mars, Lawrence, Gallaspy, Williams</small>	Mark Ronson feat. Bruno Mars	1:29	
6 Uptown Funk <small>© 2014 Mark Ronson, under exclusive license to Sony Music Entertainment UK Limited. Bruno Mars appears courtesy of Atlantic Recording Corporation. This composition embodies portions of "All Gold Everything", written by Devon Gallaspy and Nicholas Williams. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Ronson, Bhasker, Mars, Lawrence, Gallaspy, Williams</small>	Mark Ronson feat. Bruno Mars	4:16	
ALT 4/5 Burnin' Up <small>Courtesy of the Universal Music Group. Written by: Garson, Lewis, Angelides, Hindlin, Reed, Schuller, Epps, Cornish</small>	Jessie J feat. 2 Chainz	3:24	

# 1 WARMUP

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 <b>3-Step Setup</b> 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 – <b>Add</b> Hand Push <b>Last rep:</b> Preview Snatch	4x	Turn your chest and push that palm away.
1:51	To bang _	8x8 <b>Add</b> 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 <b>Add</b> Arms	4x	
2:45	(Slow B up)	8x8 <b>Add</b> Around The World Face L, back, R, front	2x	
3:15	Br <b>Looking</b>	4x8 Breathe arms wide to O/H & down Roll down & up	2x	
3:30	B up <b>Oh</b> whoa	4x8 3-Step with Arm Push <b>Last rep:</b> Preview Snatch	4x	Snatch it!
3:46	Instr (Heavy)	8x8 <b>Add</b> Snatch	8x	
4:16	(B up)	4x8 Hip Push L, R Breathe arms O/H & down to finish	8x	

## 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



## CONNECTION

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

# 2 ISOLATIONS

Runaway (U And I) > 3:32 mins

2

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

	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	Turn your toes. Kick your left leg.
0:38	C To <b>run</b> away	4x8 Fast Double Toe Rock L, R x4 Kick R, L x4	2x	
0:50	You and I	4x8 <b>Add</b> groove	2x	
1:02	Instr (B up)	<b>Chest Glide, Chest Pop Setup</b> 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 <b>Add</b> 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	Kick it!
2:05	C To <b>run</b> away	4x8 Double Toe Rock L, R x4 Kick R, L x4	2x	
2:17	You and I	4x8 <b>Add</b> groove	2x	
2:29	Instr (B up)	12x8 <b>Chest Glide, Chest Pop</b>	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
- Sloooooow, 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.

# 3 RETRO FUNK

Can You Do This > 2:56 mins

3

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 <b>Shoulder Roll Setup</b> Shoulder Roll F	2x	
0:05	V <b>Grab</b> 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 <b>Add</b> Double Time Shoulder Roll	3x	Let's go. Double Time.
0:42	C Can you do <b>this</b>	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	V Like <b>boom boom</b>	8x8 <b>Add</b> Swizzle Arms	4x	Swizzle everything.
1:44	C Can you do <b>this</b>	6x8 7 Kick L, R	3x	Keep your body low.
2:03	V Now <b>why</b> you	4x8 Drag R, Kick L, R Repeat L <b>Last rep:</b> Preview Double Time Kick	2x	Keep it small. Double Time.
2:15	C Can you do <b>this</b>	10x8 <b>Add</b> 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 quick sloooooo
- 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, oozy



### 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.

以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：<https://d.book118.com/916020022014010134>