

SH'BAM 22 EXPRESS FORMAT

CONTENTS

**30-MINUTE
EXPRESS FORMAT**

**TRACKS
1, 2, 3, 4, 5, 8, 11, 12**

TOTAL TIME 28:25

CREDITS

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PLEASE NOTE: The 30-minute class format has been customized for this release. In the future when you mix and match using different releases, please use the standardized express formats found in the Instructor Education section on www.lesmills.com

Guidelines for Track Selection

I've been receiving queries from around the world asking for clarification when mixing and matching releases; so I thought, "Let's share this with everyone so we are all on the same page"!

Here in New Zealand we generally swap track for track. However, this doesn't mean you have to do the same. Here are some general guidelines:

- In the 45-minute class you must always teach the Warmup and Groovedown. Tracks 4, 7 and 11 are the cardio tracks so you should also include these routines and try to mix up the styles and feels.
- Track 5 is usually a hips track, so aim to keep this where the Track 5 always sits.

The remainder of the class can be up to you but please think about the following:

- Do you have a mixture of styles? For example, 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 I appreciate that some classes will have a preference for one style or genre over others; so just use common sense when putting your playlist together.

Sarah

KEY

B up	build-up	Intro	introduction	OTS	on the spot
cts	counts	L	left	Outro	last few bars of music
F&B	forward and backward	mins	minutes	R	right
HOH	hands on hips	O/H	over head		preview

The Fine Print

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SH'BAM 22

SH'BAM – Guidelines for Track Selection

Squat Study: The Science of THE REP EFFECT™

The Art of Connection: Part 2

TRACK	ARTIST
1 That's What I Like © 2015 Atlantic Recording Corporation. Produced under license from Atlantic Recording Corp. "What I Like About You" contains excerpts from "54-46 Was My Number" performed by Toots & The Maytals courtesy of Universal Music Enterprises and Frederick Hibbert. Fitz of Fitz and The Tantrums appears courtesy of Elektra Records. Contains excerpts from "54-46 Was My Number" written by Frederick Hibbert. Contains interpolations from "What I Like About You" written by J Marinos, W Palamarchuk, M Skill. Written by: Marinos, Venditto, Troelsen, Skill, Brunila, Dillard, Hibbert, Palamarchuk, Sanderson, Isaac, Beard	Flo Rida feat. Fitz 3:20
2 Whoomp (Supadupafly) © 2010 LNG Music. Written by: Glenn, Gibson	666 & Tag Team 3:11
3 Worth It © 2015 Simco Ltd. Under exclusive license to Epic Records, a division of Sony Music Entertainment. Kid Ink appears courtesy of RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Rene, Eriksen, Hermansen, Kaplan	Fifth Harmony feat. Kid Ink 3:44
4 Bills © 2015 Les Mills Music Licensing Ltd. Written by: Goransson, Hindlin, Lewis, Frederic	Shallow Nova 3:24
5 Shawty Get Loose (Squeaky Clean Version) © 2008 Zomba Recording, LLC. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Kirkland, T-Pain	Lil Mama feat. Chris Brown & T-Pain 3:32
6 Addicted To You (Ashley Wallbridge Remix) Courtesy of the Universal Music Group. Written by: Davis, Bergling, Pourmouri, Krajcik	Avicii 3:51
6 Addicted To You (Ashley Wallbridge Remix) Courtesy of the Universal Music Group. Written by: Davis, Bergling, Pourmouri, Krajcik	Avicii 0:54
7 Loaded (George Noriega Radio Edit 2) © 2000 Sony Music Entertainment (Holland) B.V. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Rosa, Noriega, Secada	Ricky Martin 3:48
8 Firestarter © 2013 Sony Music Entertainment Australia Pty Ltd. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Jade, Egizii, Musumeci	Samantha Jade 3:10
9 River Deep, Mountain High © 2015 Les Mills Music Licensing Ltd Written by: Spector, Barry, Greenwich	Coupon Cool 3:33
10 Fist Pump, Jump Jump © 2012 Epic Records, a division of Sony Music Entertainment. Ying Yang Twins appear courtesy of Stamped N Entertainment/Chartcontrol/JobloEnt. Greg Tecoz appears courtesy of Stamped N Entertainment/Chartcontrol/JobloEnt. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Holmes, Jackson, Hayes III, RedOne, Alex P	Ying Yang Twins feat. Greg Tecoz 3:44
11 Blow Me (One Last Kiss) (Firebeatz Club Mix) © 2012 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: Plnk, Kurstin	Plnk 4:51
12 You Don't Own Me © 2015 RCA Records, a division of Sony Music Entertainment. Under license from Sony Music Commercial Music Group, a division of Sony Music Entertainment. Written by: White, Madara	Grace feat. G-Eazy 3:13

1 THAT'S WHAT I LIKE

TRACK FOCUS

Get the class comfy on their feet, and encourage 'call-backs' with the claps to fire up the room for fun.

STYLE

Street

FEEL

Groovy, casual and relaxed

MUSIC	SEQUENCE/CHOREOGRAPHY	REPS
0:06 (Beat)	2x8 March OTS L&R	8x
0:12 I said hey!	4x8 A Walk & Step Touch Combo Walk F (4cts), Step Touch L&R (4cts), repeat B (8cts)	2x
0:27 C'mon now _	4x8 A ¹ + Hands O/H on Walk F + High Clap-Clap, Clap on Step Touch + Point F on Walk B + Mid Clap-Clap, Clap on Step Touch	2x
0:42 Hey , hey, hey	1x8 B Step Touch L&R with Low Clap-Clap, Clap	2x
0:46 Call me Ali ,	4x8 C Single Back Tap Step L, Tap R behind, repeat R (4cts)	8x
1:01 Like it, like it	4x8 C ¹ + Double Tap (8cts)	4x
1:16 I said hey!	8x8 A ¹ Walk & Step Touch Combo	4x
1:46 Hey , hey, hey	1x8 B Step Touch L&R with Low Clap-Clap, Clap	2x
1:50 Mama ain't raise	4x8 C Single Back Tap	8x
2:05 Give me one	4x8 C ¹ + Double Tap (8cts)	4x
2:20 (Claps)	7x8 B Step Touch L&R with Low Clap-Clap, Clap	14x
2:46 I said hey!	8x8 A ¹ Walk & Step Touch Combo	4x
3:16 I said hey!	1x8 Walk F (4cts), Pivot Turn R to Old-Skool Freeze (4cts)	

TIP

LOVE the lyrics in this track and so perfect to start a SH'BAM class with: "The way you do what you do, how you do it" is over to you.

WHOOOMP!

2

TRACK FOCUS

It's SO much fun to play with the lyrics here – so rap if ya can, or sing if ya can't.

STYLE

Old-school, Hip Hop

FEEL

Over-confident and crowd rowdy

MUSIC	SEQUENCE/CHOREOGRAPHY	REPS
0:03 (Claps)	4x8 A Whoomp! Tap Tap L&R (4cts)	8x
0:16 _ We're kicking the	4½x8 A ¹ + Drop arms L + Clap O/H R	9x
0:33 Bring the bass	½x8 Freeze feet wide (4cts)	
0:34 Tag team back	4x8 B Cross Tap Tap L across, step wide, repeat R (4cts)	8x
0:47 Whoomp! There it	4x8 C Jump & Bump Jump R, facing L corner, bump hips to R and towards B x3 with palms pushing B (4cts), repeat L (4cts)	4x
1:01 Whoomp! There it	8x8 B ¹ + C Tap & Bump Combo Cross-Tap with Arm Swing and Hip Push L&R x2 (8cts), Jump & Bump L&R (8cts)	4x
1:28 Bass up	4x8 D Two Step R&L (8cts)	4x
1:42 (Synth)	4x8 D ¹ Hop & Rock Two Step R&L with hop and swing	4x
1:55 Bass up _	8x8 D ² + Jump with B-Ball Arms O/H on count 8	8x
2:23	1x8 Freeze (8cts)	
2:26 It's time for	3x8 B ¹ Cross Tap	8x
2:36 Whoomp! There it	4x8 C Jump & Bump	4x
2:50 Boom chaka	4x8 B ¹ + C Tap & Bump Combo	2x
3:04 (Fade)	Old-school lean to finish	

3 WORTH IT

TRACK FOCUS

Make the 'Step Back and Twist and Snap' gradually increasing in range, both laterally and getting lower into the legs as the class gets more confident.

STYLE

Street Jazz

FEEL

Pea-'cocky' and a little sweet and sour

MUSIC	SEQUENCE/CHOREOGRAPHY	REPS
0:00 (Sax) 2x8 A 	Baby, You Worth It L Setup Facing R side, pull L elbow B at shoulder height (1ct), drop L hand (1ct), snap full circle F (2cts) Option: Hold onto belt and Body Roll	4x
0:09 me, I'm worth it 2x8 A ¹	Baby, You Worth It L + Stomp x3 and Hip Roll	4x
0:19 me, I'm worth it 2x8 A ¹	Baby, You Worth It R	4x
0:28 OK _ 2x8 B	Step Back & Twist L Step L, Tap B R (1ct), hold (3cts); repeat R (4cts)	2x
0:38 Wit it, wit it 2x8 B ¹	+ Twist on toes (on cts 3&4, 7&8)	2x
0:48 Just gimme you 2x8 B ²	+ Snap F (on ct 2)	2x
0:57 _ I may talk 2x8 B ³	+ Body Roll on Twist	2x
1:07 _ Uh huh, 4x8 C 	Peacock & Shoeshine L Step L, facing R corner, lean F, shaking booty (4cts), lean B with weight in L leg and swivel the R foot (4cts), repeat R (8cts)	2x
1:26 me, I'm worth it 2x8 A ¹	Baby, You Worth It R	4x
1:36 me, I'm worth it 2x8 A ¹	Baby, You Worth It L	4x
1:46 It's all on you 4x8 B ³	Step Back & Twist R	4x
2:04 _ Uh huh, 4x8 C	Peacock & Shoeshine R	2x
2:24 me, I'm worth it 2x8 A ¹	Baby, You Worth It L	4x
2:34 me, I'm worth it 2x8 A ¹	Baby, You Worth It R	4x
2:43 OK _ 4x8 B ³	Step Back & Twist L	4x
3:02 _ Uh huh, 4x8 C	Peacock & Shoeshine L	2x
3:21 me, I'm worth it 2x8 A ¹	Baby, You Worth It R	4x
3:31 me, I'm worth it 2x8 A ¹	Baby, You Worth It L	4x

TIP

All this track needs is a cool, smooth delivery so there's no need to overdo it.

BILLS

4

TRACK FOCUS

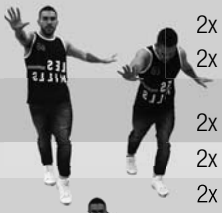
As you walk around in a circle, cue the walk to the right TWICE verbally and signal with your arm so they definitely know what to do.

STYLE

Jazz

FEEL

Cardio clowning around, with cheeky edge

MUSIC	SEQUENCE/CHOREOGRAPHY	REPS
0:07 (Synth) 2x8 A 	Slide & Walk Slide F L&R (4cts), Walk B (4cts)	2x
0:15 got bills, I 4x8 B	Charleston Combo Step L, Tap R F&B x2 (8cts), Step L, Tap R F&B with Arm Push (4cts), walk in a circle to L (4cts)	2x
0:30 _ All these bills 4x8 C	Walk & Flick Walk L (4cts), step and flick with elbows up x4 (4cts), repeat R (8cts)	2x
0:45 (Piano) 2x8 A ¹	Slide & Walk + Make It Rain Hands on Walk B	2x
0:53 _ Oh damn 2x8 A ²	+ Fast feet B	2x
1:01 got bills, I 4x8 B ¹	Charleston Combo + Arm Swing and bigger ROM	2x
1:16 _ Woke up and 4x8 C	Walk & Flick	2x
1:31 (Piano) 2x8 A ¹	Slide & Walk	2x
1:39 _ Oh damn 2x8 A ²	+ Fast feet B	2x
1:46 got bills, I 4x8 B ¹	Charleston Combo	2x
2:01 (Trumpet) 4x8 C ¹	Walk & Flick + Add Jazz Hands and Elbow Pump	2x
2:17 _ In my shoes 3x8 A ¹	Slide & Walk	3x
2:28 no soul 2x8 A ²	+ Fast feet B	2x
2:36 got bills, I 8x8 B ¹	Charleston Combo	4x
3:06 got bills! Mama 4x8 C ¹	Walk & Flick	2x
3:22 Bills!	Big-cheese Jazz Freeze!	

TIP

This is fun and playful, so keep it light.

5 SHAWTY GET LOOSE

TRACK FOCUS

Be sure to make each move full range by the time you get past the Strut phase. So get on your toes, bend your knees, reach as far as you can and get the thighs burning.

STYLE

Hip Hop Crew

FEEL

Lil bit lippy, lotsa hippy dancin' in a crew

MUSIC	SEQUENCE/CHOREOGRAPHY	REPS
0:03 (Cymbal hit)	4x8 A Shawty Shoulder Double shoulder L (2cts), hold OTS (2cts), repeat R (4cts)	4x
0:19 Hella hell	4x8 A ¹ + Two Step (2cts), freeze (2cts) L&R 👁️ 'In-out-in knee' last rep	4x
0:36 _ These chicks	4x8 A ² + In-out-in knee	4x
0:53 Shawty get loose	4x8 B Jump 'n' Ripple Jump wide and ripple up with HOH (2cts), Hip Bump B (2cts), L hand out, R knee in, L hand across, L knee in, x2 (4cts)	4x
1:09 Walk walk	2x8 C Swag Walk Walk F with L arm fanning L leg x4 (4cts), Walk B with Wrist Flick x4 (4cts)	2x
1:18 _ What I do	4x8 D T-Pop Stomp L with Shoulder Pop (1ct), Shoulder Pop (1ct), repeat R (2cts) Note: After 4x reps, arms gradually get higher	8x
1:34 I ain't loose loose	4x8 D ¹ + Arm Swim and Knee Buckle	8x
1:51 Shawty get loose	4x8 B ¹ Jump 'n' Ripple + Drop into legs	4x
2:08 In the crib	2x8 C Swag Walk	2x
2:16 In the crib	2x8 A ¹ Shawty Shoulder	2x
2:24 Still rollin	6x8 A ² + In-out-in knee	6x
2:50 Shawty get loose	4x8 B ¹ Jump 'n' Ripple	4x
3:06 Like that , that	5x8 C Swag Walk	5x

TIP

Really watch how they do the Strut, Dance phase of the Jump 'n' Ripple because if you do it right WOWZAS, your legs will be on fire!

ADDICTED TO YOU

6

TRACK FOCUS

Pay attention to how T coaches the feet cues in the Masterclass filming, with directional changes and options, and do exactly as he does to ensure first-timers are successful. A LOT happens in one small part here as you introduce the corner walks etc and the combo.

STYLE

House/
Jazz

FEEL

Drifting into an indulgent dance addiction

MUSIC	SEQUENCE/CHOREOGRAPHY	REPS
0:07 (Beat)	6x8 A Three Taps Tap L foot F across to R, out L x2 (4cts), repeat R (4cts)	6x
0:29 (Synth shimmer)	6x8 A ¹ + Kick	6x
0:51 (B up)	14x8 A ² Kickin' Combo Kick L&R (8cts), Heel Dig L&R x4 (8cts)	7x
1:42 (Quiet)	1x8 Freeze with R palm out (8cts)	
1:45 (Keyboard)	3x8 L Shoulder Roll (2cts), R Shoulder Roll (2cts), hold (4cts), roll F (8cts)	1½x
1:57 I don't know	8x8 C Fold Sink into legs to R with arms reach and contraction F (4cts), rise and pull arms in (4cts), repeat L (8cts)	4x
2:25 You came into	½x8 Breathe Arms O/H (4cts)	
2:28 my crazy world	3x8 Step Touch R&L (4cts)	6x
2:38 My veins ...	4x8 C ¹ Turn 'n' Fold Walk R (3cts), lift knee and contract with arms reaching F (1cts), Walk B with Arm Pull (4cts), repeat L (8cts) Note: No arms during 1 st rep	2x
2:53 (B up)	12x8 C ² + A ² Turn, Fold, Kick Combo Fold Combo + Turn (16cts) Kickin' Combo (16cts)	3x
3:37 (Beat)	4x8 Step Touch R&L (4cts)	8x
3:51 Veins _	4x8 C ² + A ² Turn, Fold, Kick Combo	1x
4:05 (Synth B up)	2x8 Step Touch R&L (4cts)	4x
4:13 (Heavy beat)	8x8 C ² + A ² Turn, Fold, Kick Combo	2x

Freeze with R palm out

TIP

This is a BIG Track 6. So, when you start mixing and matching the tracks for your class, feel free to put this as a Track 7 cardio.

7 LOADED

TRACK FOCUS

Learn where the Bridge is and cue 'stay here for one more... now salsa!' The fast Marches are soo much fun. Let the hips and lips get carried away in the Dance phase and put it 'on the side'.

STYLE

Latin

FEEL

Cheeky with a bit of sexy 'on the side'

MUSIC	SEQUENCE/CHOREOGRAPHY	REPS
0:00 _ Do you remember	4x8 A Walk OTS	
0:09 Who! _	4x8 A ¹ Super Fast March March OTS L&R (2cts)	16x
0:19 I've loaded up a	8x8 B Salsa Salsa F&B (8cts)	8x
0:38 Why , oh why	8x8 B ¹ + Latin Clap and L Hip Pop	8x
0:57 Do you remember	4x8 C Three Step 3-steps with trailing arm bounce L (4cts), repeat R (4cts)	4x
1:07 Walk like a	8x8 C + B ¹ Loaded Latin Combo Three Step (8cts) Salsa (8cts)	4x
1:26 (Trumpets)	4x8 A ¹ Super Fast March	14x
1:35 (Guitar)	Latin Pose (4cts)	
1:36 Loaded up from	8x8 B Salsa	8x
1:55 Why , oh why	8x8 B ¹ + Latin Clap	8x
2:14 Do you remember	4x8 C Three Step	4x
2:23 Walk like a	8x8 C + B ¹ Loaded Latin Combo	4x
2:41 Do the bump to	3x8 A ¹ Super Fast March	12x
2:50 (Trumpets)	6x8 A ² + Out, step, in L&R (3ct rhythm)	8x
3:04 (Drum hits)	1x8 Step B L&R with Chest Pop x2, step L&R with hands out (8cts)	
3:07 Walk like a	13x8 C + B ¹ Loaded Latin Combo Note: Extra Three Step L&R on 4th rep	6x
3:38 Load the rocket ,	3x8 A ¹ Super Fast March F	12x
3:45 don't stop !	Latin Pose (4cts)	

TIP

This is a cardio track in disguise! It's not big and jumpy like you may be used to but it definitely does the job if you use your Walk, Strut, Dance.

FIRESTARTER

8

TRACK FOCUS

Remember the option to not go on the floor and be sure to bring out texture in your movement by really dragging and dropping low.

STYLE

Jazz

FEEL

Dark and seductive

MUSIC	SEQUENCE/CHOREOGRAPHY	REPS
0:01 (Beat)	2x8 Step Touch L&R (4cts)	4x
0:07 You could be	8x8 A Run Forward Combo Walk F L, R, L, rock F (4cts), rock B, F (4cts) (all angled towards R side), Step Touch R&L B x2 (8cts), repeat R (8cts)	2x
0:36 We , we're flying	8x8 A ¹ + Run + Lunge drop & floor slap	2x
1:05 Come on run	4x8 B Step TuTap Step L (1ct), tap R in, out, in (4cts), repeat R (4cts)	4x
1:19 Come and lay	4x8 B ¹ Drop TuTap + Shoulder slide + Low drop	4x
1:33 We , we're flying	8x8 A ² Run Forward Combo + Jazz Snap O/H on ct 8	2x
2:02 _ There you are	2x8 B Step TuTap	2x
2:10 _ Got the thing	2x8 B ² + Wrap arm and sweep	2x
2:17 _ F-f-flame thrower	4x8 B ³ Drop TuTap + Low drop	4x
2:31 Flame!	1½x8 Freeze with arm raise F (4cts)	
2:33 We , we're flying	8x8 A ² Run Forward Combo Free-style finish	2x

OPTION:



TIP

If your stage isn't big enough to really go for the Run Forward Combo, then jump on the floor.

9 RIVER DEEP, MOUNTAIN HIGH

TRACK FOCUS

You GOTTA let people have a singalong here :-)
It starts with you ;-)

STYLE

Broadway/
Motown

FEEL

Gloriously gleeful and
happy, with singing
strongly encouraged

MUSIC	SEQUENCE/CHOREOGRAPHY	REPS
0:04 (Drum hits)	Throw arm L, catch R (2cts), hold (6cts)	
0:07 A little girl , 4x8	A Pony L&R (4cts)	8x
0:19 Just the way 3x8	A ¹ + Arms low R&L	6x
0:27 It gets stronger , 6x8	A ² Pony Combo Pony L&R with arms O/H R&L x2 Pony L&R with arms open wide, low to high Pony L&R with arm pull down	3x
0:44 Do I love you 8x8	B River Deep, Mountain High Run, run, drag L&R with arms cross and open wide (8cts) Step Touch L&R x2 with click low (8cts) Run, run, drag L&R (8cts) Step Touch L&R x2 with click high (8cts)	2x
1:06 Baby...	Freeze (4cts)	
1:08 (Horns) 2½x8	Walk OTS x6, Throw arm L, catch R (2cts), hold (6cts)	
1:14 A young boy , did 4x8	A Pony L&R	8x
1:26 As thankful as 3x8	A ¹ + Arms low R&L	8x
1:34 It gets stronger , 6x8	A ² Pony Combo	3x
1:51 Do I love you 8x8	B River Deep, Mountain High	2x
2:14 Baby...	Freeze (4cts)	
2:15 (Bass guitar) 2x8	Slow walk OTS	
2:21 _ I love you 7x8	Walk F (8cts) & B (8cts)	3½x
2:41 River deep, mountain 1x8	Jump wide (2cts), swim arms low to high (4cts), Palm Push O/H (2cts)	
2:44 _ Oh! 4x8	A Pony L&R	8x
2:56 (Trumpets) 2x8	A ¹ + Arms R&L O/H	4x
3:01 Do I love you 8x8	B River Deep, Mountain High	2x
3:24 Baby...	Freeze (4cts)	
3:25 (Trumpets)	Run F (12cts) and big pose to finish	

TIP

There's a great opportunity at the end of this track to get on the floor and dance with your class.

FIST PUMP, JUMP JUMP

10

TRACK FOCUS

Remember the options not to jump and
the fun is all around, so get your lean on!

STYLE

Street/
Hip Hop

FEEL

Like you are at a freshman,
sophomore fraternity or sorority
party and 'larging it'!

MUSIC	SEQUENCE/CHOREOGRAPHY	REPS
0:00 (Synth) 2x8	Step Touch L&R (4cts)	4x
0:06 _ We got a whole 4x8	A A Whole Lotta Party Step Touch with Clap O/H L&R F x2 (8cts), March B, Elbow Pump x4 (8cts)	2x
0:21 Now fist pump 4x8	B Fist Pump, Jump-Jump Step L, together with L Fist Pump (2cts), jump OTS x2 (2cts), repeat R (4cts)	4x
0:35 Here they come 4x8	C Two Step Two steps L&R (8cts)	4x
0:50 Speed limit 25 4x8	C ¹ + Swag Knee Lift	4x
1:04 'Cause tonight 1x8	Feet wide and Palm Push (4cts) and pull (4cts)	
1:08 For life , 1x8	Step Touch L&R (4cts)	2x
1:11 Oh, oh 6x8	A A Whole Lotta Party	3x
1:32 Now fist pump 4x8	B ¹ Fist Pump, Jump-Jump + Palm Pump on Jump-Jump	4x
1:47 _ Ying yang 4x8	C Two Step Two steps L&R (8cts)	4x
2:01 The whole club 4x8	C ² + Swag Knee Lift + Chest Bump Fists	4x
2:15 'Cause tonight 1x8	Feet wide and Palm Push (4cts) and pull (4cts)	
2:19 For life , 1x8	Step Touch L&R (4cts)	2x
2:22 Oh, oh 6x8	A A Whole Lotta Party	3x
2:44 Now fist pump 4x8	B ¹ Fist Pump, Jump-Jump	4x
2:58 (Quiet) 1x8	Starburst Arms (8cts)	
3:02 (B up) 3x8	Step Touch L&R (4cts)	6x
3:13 _ We got a whole 4x8	A A Whole Lotta Party	2x
3:27 Now fist pump 4x8	B ¹ Fist Pump, Jump-Jump	4x
3:41 Jump, jump!	Throw R arm	

TIP

LOOOOVE this song! It's a feel-good track with heaps of opportunity to connect with people and the music. "We got a whole lotta ladies and a whole lotta fellas. We put 'em all together and get YOU!"

11 BLOW ME

TRACK FOCUS

It's all about clear feet cues, layering the next move clearly and letting go.

STYLE

House/Jazz

FEEL

Laced with loving attitude

MUSIC	SEQUENCE/CHOREOGRAPHY	REPS
0:00 (Beat)	8x8 Drinks break (64cts)	
0:30 (Synth)	8x8 A House Tap House Tap F L (2cts) & R (2cts)	16x
1:00 White knuckles	4x8 A ¹ + Arm Swing	8x
1:15 Eyes on fire	4x8 A ² Thunder Kiss Combo Walk F (4cts), House Tap L&R (4cts), Walk B (8cts)	2x
1:30 I think I've	4x8 A ³ + 2x Jacks out & in	2x
1:45 (B up)	8x8 A ⁴ + R&L Kick to Jack	4x
2:15 One last kiss _	4x8 A ⁵ + Thunder Kick & Punch L&R	2x
2:31 (Synth wobble)	4x8 A ⁶ + Run F	2x
2:46 (Synth wave)	1½x8 Freeze with R palm out (4cts)	
2:48 I won't miss	4x8 B House Bounce Jump L, swing R leg F (2cts), repeat R (2cts)	8x
3:03 No more sick	4x8 B ¹ Blow Me Away Combo House Bounce F x2 (8cts), Wide Walk B L&R x2 (4cts), Low Squat (4cts)	2x
3:18 I think I've	4x8 B ² + Arm circles F on Walk B + R arm blow a kiss	2x
3:33 Just when it	4x8 Step Touch L&R (4cts)	8x
3:48 One last kiss _	16x8 A ⁶ + B ² Thunder Blow Combo Thunder Kiss Combo (16cts) Blow Me Away Combo (16cts)	4x
4:49	Strike F to finish	

TIP

A gradually building track, so just simmer in the beginning and go BIG at the end!

YOU DON'T OWN ME

12

TRACK FOCUS

Last chance to dance and enjoy the escapism it brings, so show off. It's got a seductive feel to the Hamstring Stretches and Snaps – so shhhhh and let them feel it.

STYLE

Street Jazz

FEEL

A little bit of each track's essence all wrapped up in one Cooldown :-)

MUSIC	SEQUENCE/CHOREOGRAPHY	REPS
0:00 _ You don't	2x8 Step Touch L&R (2cts)	8x
0:15 Whoa, let's go	2x8 A Free-style Squat Drop (2cts)	8x
0:30 _ You don't own	2x8 A ¹ Squat & Snap Squat (1ct), roll up from hips (2cts), Snap F (1ct), Hip Sway L&R x2, wrap and drizzle arms (4cts)	2x
0:44 other boys...	1½x8 Walk B (4cts)	
0:48 And don't tell	2x8 B Don't Tell Me Combo Single step L with Arm Reach, single step R with arm across chest, double step L with Arm Push (4cts), repeat R (4cts), Walk B with Arm Rise (4cts), Strut F and throw down arms (4cts)	1x
1:03 _ You don't	2x8 A ¹ Squat & Snap	2x
1:18 Never stay...	1½x8 Walk B (4cts)	
1:21 And don't tell	2x8 B Don't Tell Me Combo	1x
1:36 Really though	2x8 A Free-style Squat Drop (4cts)	8x
1:52 No, she's the	2x8 Calf Stretch L (6cts) & R (6cts)	
2:02 That's when	Step Touch L&R x2 (4cts)	
2:06 I don't tell you	2x8 C Don't Tell Me Combo	1x
2:21 I'm young, and	6x8 C ¹ + Spin F	3x
3:06 _ You don't own	Arms F to finish	

