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Hi energy hip hop!

IT'S A NEW YEAR, so I imagine that if your group ex participants are anything like mine, they, and you, will be eager for some fresh new choreography to get 2007 off to a fun start. Well, if it's effective and exhilarating ideas you're after, look no further. The following funky combo is not only simple, it's also infectiously enjoyable, and when the movements are teamed with dynamic music you have the recipe for guaranteed success. The following tunes work brilliantly with these moves:

Black Eyed Peas – *Pump It*

Rihanna – *SOS*

Bob Sinclair and Cutee B – *Rock This Party*

In order to maximise the workout value, the following sequence is 64 counts in total. This allows you to focus more on enjoying the journey, the music and moves, and less on unnecessary complexities.

The combination is recommended for beginner to intermediate HiLo classes and possibly as a fun finale to any HiLo class. I have used this myself in an instructor training session on 'Making intro interesting'.

It seems that freestyle is starting to make a comeback in Australia, and not a second too soon! With this in mind we would be wise to remember what led to its (partial) demise to begin with (i.e., overly complex combinations that the market was not demanding and inconsistent instructor skills). So, by keeping the emphasis on fun, achievability and fitness, we are more inclined to succeed in bringing freestyle back into the limelight – and this high energy hip hop is a great way to start! ■



Michelle Dean

Michelle is a leading international presenter who has been teaching for 18 years. She is currently the in-house instructor trainer for California Fitness in Hong Kong. Michelle is recognised worldwide as a former co-host of 'Aerobics Oz Style' and is a TRAX sponsored instructor. She is also a Nike chief trainer and a Les Mills BODYCOMBAT® and BODYPUMP® trainer.



20-22 April 2007 ♦ Sydney Convention Centre

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- ♦ Ola HiLo! (A1L)
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- ♦ Just right '07 (B3K)
- ♦ Viva la V (C1F) (Group Exercise Plenary)

For program information see pages 20 and 21 of your FILEX brochure, or visit www.fitnessnetwork.com.au/FILEX where you can also register online.

REMEMBER – you'll save \$\$\$s if you register as an Early Bird by 5 March!



CHOREOGRAPHY

Remember that the movements are to be performed in a hip hop style.

Photo	Counts	Lead leg	Lower body	Travel and direction	Upper body
1, 2	1-2	right	2x Wide March - shake	OTS (SQUARE)	swing
3	3-4	right	Lateral Cha Cha	right facing front (SQUARE)	double pulse swing
	5-8	left	2x Wide March - shake	OTS facing side (SQUARE)	swing
	9-16	right/left	repeat above 8 counts to complete the square	(SQUARE)	as above
4	17-32	right	8x Step Touch with tap front	OTS facing front	cross front/ swing open
5,6	33-36	right	3x Marches backward, hold 4th march	backwards	shoulder brush
	37-48	left	repeat above 4 counts 3 more times (Left/Right/Left)	backwards	shoulder brush
7,8	49-56	right	cross step, side tap	moving forward	low scoop
9	57-60	right	bouncy Mambo	OTS face front	bounce
10	61-64	right	4 tap pivot turn	full turn OTS	natural