

# INSTRUCTOR HANDBOOK

LES MILLS  
**SH'BAM**



# COACHING

In SH'BAM we make accessing the freedom of Dance simple and stress-free.

Overall, our talking in SH'BAM should be relaxed and chatty, conversational and personal. Warm and inviting. Encouraging and affirming. It's as though you are out with a group of friends on a Friday night and simply leading them into a fun time of dance; so infectiously fun that they just can't help joining in. If you can talk to your participants like friends, keeping everything you say chatty, conversational and relaxed your participants will be relaxed about trying new moves and steps.. So how do we do this?

We use a 3 Layer approach to coaching SH'BAM

## LAYER 1 – FEET

CUE THE CHOREOGRAPHY

- Verbal Cues
- Visual Cues
- Options

## LAYER 2 - FEEL

ENHANCE THE FEEL

- Analogies & Imagery
- Use the music

## LAYER 3 - FREE

SET PEOPLE FREE TO DANCE

- Lead the group into the dance zone (verbally & physically)
- Let the music speak

## LAYER 1 COACHING - FEET

This is the foundation of great coaching. These are the cues that get people moving – get them dancing!!

Dancing can be intimidating for people – it takes them out of their comfort zone. So we want to make it as easy as possible for them to get started!

The cues you use are simple, clear and concise and come from a clear understanding of the Choreography. And when mixed with clear visual cues, will ensure your class can easily follow you and feel successful.

Great Layer 1 Coaching includes the following components:

### 1. VERBAL CUES – WHAT WE SAY

We tell participants what to do in the simplest way possible. Sometimes it might be the **Name of the move** – eg Step Touch. Sometimes it might just be **calling it what it is** – eg 3 Walks. Run and jump. Think about the simplest way you can describe the move, footstrike or armline.

In general, we avoid technical language in SH'BAM. Tell them just what they need to understand and follow.

- **Rhythm** cues are useful for some Tracks. You can say your cues in time with the rhythm of the moves (phonetic cues!) or use numbers or sounds “ba-ba-ba!”
- We can say **L or R**, to indicate **foot strike or armline**, or the **direction to go**. And sometimes we use the **number of repetitions** – remember, the more simple we can be the better!
- We need to cue before the moves happen, so that participants have time to react and follow – this is called **pre-cuing** and is usually done 2-8 counts before the move occurs.

# LAYER 1 COACHING

## 2. VISUAL CUES – WHAT WE DO

Visual cues can let people know what to do in a simple way too. Our arms can indicate **direction** to go, our hands can tell them how many reps, or that they should stop or go.. there are so many ways we can cue movement without speaking! One common way to cue without speaking is to Preview the move. **Previewing** is where we physically show the move, part of the move, or change in choreography (eg armline) that's coming up.

Remember, visual cues are used where appropriate in SH'BAM – we only use them if it doesn't disrupt the Choreography. Check out your masterclass for some good tips on when to use Visual Cues.

## 3. OPTIONS

Options offer ways to **Decrease the Intensity, Complexity, or even modify the style** of a move or sequence. These are really important for new participants, those that are less fit, those with injuries, or those that for any reason cannot, or don't wish to perform a movement. We often offer style options for those who might prefer a 'swag' style over a 'flamboyant' style move. Check your masterclass and Choreography notes for ideas for when/if to do these.

## YOUR ROLE IN LAYER ONE IS TO SET PEOPLE UP FOR SUCCESS

### TIPS FOR DELIVERING LAYER 1

- Keep it simple! Less is best!
- Don't clutter your Feet cues with chat – that can come once you've set up the movement
- Practise scripting your Feet cues, and watch your masterclass closely for ideas on how to coach each track!



# LAYER 1 COACHING - FEET

## COACHING LAYER 1 SCRIPTING SHEET

Verbal Cues	
Visual Cues	
Options	

Verbal Cues	
Visual Cues	
Options	

Verbal Cues	
Visual Cues	
Options	

# LAYER 1 COACHING - FEET

## COACHING LAYER 1 SCRIPTING SHEET:

Verbal Cues	
Visual Cues	
Options	

Verbal Cues	
Visual Cues	
Options	

Verbal Cues	
Visual Cues	
Options	

# LAYER 2 COACHING - FEEL

## LAYER 2 COACHING

In SH'BAM, Layer 2 is all about the FEEL!

We don't use technical language in SH'BAM because we don't want people to be 'in their heads' or feel unsuccessful – it's not about them getting the dance 'right', it's about them feeling like they're dancing. So in Layer 2, we use non-technical language to evolve or enhance the feel of the move or dance style. How do we do this? With any of the below

### 1. ANALOGIES & IMAGERY

Analogies and imagery help participants to move better without thinking – they help people to visualize what the move looks like, feels like, or just understand the vibe of the track.

**Analogies** are where we describe what the move physically feels like using comparison. For example, cues like "It's like you're reaching for something on the top shelf!" Will help people to extend their arms more. Or, "Like a river, flowing from one move to the next" will help them to get the texture of the move.

We use **imagery** to set the scene or to bring alive the vibe of a track. We might use a location – eg a club, a beach, or a country.. Or by using words that embody the feel of the song or movement – eg soft, sassy, bouncy, emotional, angry..

And sometimes just a few descriptive words are enough.. Strut! Work it!

### 2. USE THE MUSIC

SH'BAM is choreographed specifically to the music – the dance style, the moves and the feel all stem from the music. So it makes sense that we'd use it! How does the music make you feel? Hooking into the lyrics, singing, or even using physicality (bigger or smaller ROM, or change in texture) to enhance the music help to connect the people to the music, and therefore the feel!

#### TIPS FOR DELIVERING LAYER 2 - FEEL

- Ask yourself – what does this move feel like to you?
- Always read your Choreography notes for Rach's tips on Feel and dance style
- You don't always need to do everything! Some tracks only need a little Feel to bring them to life – because the music is so big!
- Feel cues can often be influenced by your voice – if it's uplifting and happy it will bring this vibe, if it's more sombre, it can do the opposite. Play with the tones in your voice and see how it changes your delivery

# LAYER 2 COACHING - FEEL

## LAYER 2 COACHING

Analogies & Imagery

Use the Music

## LAYER 2 COACHING

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Analogies & Imagery

Use the Music

# THE ART OF SCRIPTING

A great instructor is organized with their coaching. They know that until their class is moving successfully, they can't get them to really feel the movement and the vibes of the track. And only once they are there can they be set free to dance!

Every time you have a new move or combination, you will need to use your Layer 1 Feet cues to set up the movement. You will probably spend the majority of the first block of the track on these cues (with space for some Layer 2 and 3 if necessary!). When you come back to these moves in the second block, you'll probably come back to your Feet cues again – but because people have seen the moves before, they might not need as much detail.

This leaves you the space to focus on Feel cues – they will probably take up the bulk of this second block.

In the last block, people should have a great understanding of the movement, which means that you'll tell them what to do, then move to your Layer 3 cues – setting them free to dance! And not all tracks are equal! Your sequence of cues will vary based on how many blocks in the track, how many moves there are, the complexity of the moves in the track, and on how well your class is following.. and of course the type of music (how much talk does the song need?) – this is why we say it's an art!

## SCRIPTING

Scripting is ultimate class preparation.

It ensures we say what needs to be said. When you script, write down your Feet cues to find the most simple way to lead your participants. Then, think about ways you can bring the Feel of the movement or dance style to life – how can you use the music? Are there analogies or imagery you can use? This will build your confidence as you learn to teach.

## HOW IT MIGHT FIT INTO A TRACK



**BLOCK 1**



**BLOCK 2**



**BLOCK 3**

**KEY:**



**LAYER 1 FEET**



**LAYER 2 FEEL**



**LAYER 3 FREE**

# THE ART OF SCRIPTING



## HOW TECHNIQUE RELATES TO COACHING

Often, our 3 layers of Coaching are aligned with our 3 parts of Technique. It makes sense, right? When people are first learning the moves they need to be able to clearly see AND hear what to do. When we start to add more style in our Strut phase, it makes sense that we would help people to understand the movement by helping them get the Feel. And when we go all out and Dance, we want to help people to feel Free to do the same – so everything we say and do communicates that.

That's not always the case, but knowing this helps us to structure our coaching.

# NOTES

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# LAYER 3 COACHING - FREE

Layer 3 Coaching in SH'BAM is all about setting people free to dance! Dance is something that brings people real joy, expression and a sense of freedom. Our job is to allow them to access that space! Once we have got them doing the movements successfully, and feeling the vibe of the dance style, they are ready to be set free.

## 1. LEAD THEM INTO THE DANCE ZONE

We can do this in two ways.

The first is **verbal**. We can **invite them to let go and dance**. This should be authentic to you, and to the song. In SH'BAM, anything goes and everything is encouraged. We usually set this tone at the start of class and it's a great time to revisit it here! You might say cues like "It doesn't matter how you do it, dance is your moves, your way!", or "Dance what you feel! You've got the moves, now let's rock it!" We **create hype** - a lot of this is about how we use our voices, especially in the big dance tracks! If we begin to lift our voices with the music, or go to a big powerful voice to show we are in it, people will respond accordingly. And then always **praise** your people! They can't get it wrong! Throughout the class we build confidence by acknowledgement and praise.

The second way to lead them there is **physical**. It's about showing your immersion in the dance – this is closely linked to technique – Dance phase. It's not just about your moves though. This is immersion through your face, energy, vibe and body! If you go there they will feel more comfortable to let go.

## SET PEOPLE FREE TO DANCE – VERBALLY & PHYSICALLY

## 2. LET THE MUSIC SPEAK

Music is the key driver for everything in SH'BAM. We need to find moments to shhh and let the participants BE in their dance zone. This works in conjunction with your verbal cues and your physical energy/immersion. Know your music, know the highs and the lows, and the parts that work best to let the music speak.

### LAYER 3 TIP:

Your energy and vocals should always be track specific. Some tracks need more talk and more energy than others. Some tracks have a quieter vibe. The class follows a journey, and in general, the latter part of the class will have less chat, this is because your class will build confidence as they go, and need less from you!

# COACHING **LAYER 3**

Layer 3 – Free – how can you lead people into the dance zone?

## LAYER 3 COACHING

### VERBAL

What can you say to invite them to let go and dance?

How will you use your voice to create hype?

### PHYSICAL

How can you show your immersion in the dance?

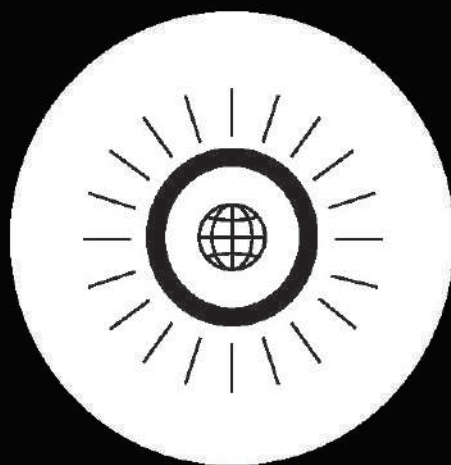
### LET THE MUSIC SPEAK

How much talk does your particular track need?

How can you let the music speak in your track?



# NOTES



***LesMILLS***