

Let The Beat Drop Workshop

Lisa Reynolds

Warm-up “Lose Control” by Missy Elliott, Ciara

8ct	Intro	Set-up
32ct	Verse	Squat to knee lift (8)
32ct	Verse	Calf lengthening R
32ct	Verse	Calf lengthening L
32ct	Chorus	Alternating plie to curtsy (8)
32ct	Verse	Fall side to knee (8)
32ct	Verse	Curtsy to knee (8)
32ct	Verse	Fall side to knee / Curtsy to knee (4)
32ct	Verse	Fall side to knee / Curtsy to knee (4)
32ct	Chorus	Alternating plie to curtsy (8)
32ct	Verse	Fall side to knee (8)
32ct	Verse	Curtsy to knee (8)
32ct	Verse	Fall side to knee / Curtsy to knee (4)
32ct	Verse	Fall side to knee / Curtsy to knee (4)
32ct	Outro	Pulse in second (16)
16ct	Outro	Static hold

Upper Body Warm-up – “All The Small Things” by Blink182

32ct	Intro	Set-up in plank
32ct	Verse	Down dog to knee to chest R (4)
32ct	Verse	Down dog to knee to chest L (4)
16ct	Chorus	Walk it out (2)
32ct	Post Chorus	Knee to same elbow/ wrist/ elbow/ plank (1 each side)
32ct	Verse	Down dog to knee to opposite elbow R (4)
32ct	Verse	Down dog to knee to opposite elbow L (4)
16ct	Chorus	Walk it out (2)
32ct	Post Chorus	Knee to same elbow/ wrist/ elbow/ plank (1 each side)
32ct	Instrumental	Child’s pose
32ct	Instrumental	Down dog to plank (4)
32ct	Chorus	Knee to same elbow/ wrist/ elbow/ plank (1 each side)
32ct	Outro	Knee to same elbow/ wrist/ elbow/ plank (1 each side)

Center Floor Upper Body – “We Got Love” by Sigala Ella Henderson

16ct	Intro	Set-up
32ct	Verse	3 pulse lunge (4)
32ct	Pre-chorus	Dead lift R (4)
32ct	Chorus	3 pulse with serve front / Deadlift (2)
32ct	Post – chorus	3 pulse with serve front / Deadlift (2)
32ct	Verse	Serve side and releve / cross front and plie (4)
32ct	Verse	Serve side and releve / cross front and plie (4)
32ct	Pre-chorus	Dead lift L (4)
32ct	Chorus	3 pulse with serve front / Deadlift (2)
32ct	Post – chorus	3 pulse with serve front / Deadlift (2)
32ct	Bridge	Serve side and releve / cross front and plie (4)
32ct	Bridge	Serve side and releve / cross front and plie (4)
32ct	Outro	Alternate 3 pulse lunge and serve front (4)
32ct	Outro	Alternate 3 pulse lunge and serve front (4)

Center Floor Upper Body – “Midnight Sky” by Miley Cyrus

32ct	Intro	Set-up in squat with hip hinge
32ct	Verse	Tricep lift and arabesque (8)
16ct	Pre-chorus	Tricep kickback with shoot the leg (4)
32ct	Chorus	1 arabesque / 1 shoot the leg (4)
32ct	Chorus	1 arabesque / 1 shoot the leg (4)
16ct	Post-chorus	Shoulder raise front (4)
32ct	Verse	Tricep lift and arabesque (8)
16ct	Pre-chorus	Tricep kickback with shoot the leg (4)
32ct	Chorus	1 arabesque / 1 shoot the leg (4)
32ct	Chorus	1 arabesque / 1 shoot the leg (4)
32ct	Bridge	Shoulder raise front (8)
32ct	Chorus	1 arabesque / 1 shoot the leg (4) R
32ct	Chorus	1 arabesque / 1 shoot the leg (4) L
32ct	Fade	Isometric hold

First Position – “Rain On Me” by Lady Gaga & Ariana Grande

32ct	Verse	Full ROM first position plie (8)
32ct	Pre-chorus	Plie to low attitude (8)
32ct	Chorus	Plie to attitude / arabesque/ attitude (4)
32ct	Verse	Half ROM Plie (8)
32ct	Verse	Pulse up (16)
32ct	Pre-chorus	Plie to low attitude (8)
32ct	Chorus	Plie to attitude / arabesque / attitude (4)
32ct	Verse	Pulse up (16)
32ct	Bridge	Down slow for 4 and up 4
32ct	Bridge	Down slow for 4 and up 4
32ct	Chorus	Plie to attitude / arabesque / attitude (4)
32ct	Outro	Plie to attitude / arabesque / attitude (4)

Second Position – “OMG (feat.will.i.am)” by Usher, will.i.am

32ct	Intro	Plié to passé (8)
32ct	Chorus	Plié to passé / extend side to passé (4)
32ct	Chorus	Plié to passé / extend side to passé (4)
32ct	Bridge	3 pulse plié to passé (4)
32ct	Verse	3 pulse plié to passé add heel pop (4)
32ct	Verse	3 pulse plié with heel pop / 2 extend side to passé (2)
32ct	Verse	3 pulse plié with heel pop / 2 extend side to passé (2)
32ct	Chorus	Plié to passé / extend side to passé (4)
32ct	Chorus	Plié to passé / extend side to passé (4)
32ct	Bridge	3 pulse plié to passé (4) *Left*
32ct	Verse	3 pulse plié to passé add heel pop (4)
32ct	Verse	3 pulse plié with heel pop / 2 extend side to passé (2)
32ct	Verse	3 pulse plié with heel pop / 2 extend side to passé (2)
32ct	Chorus	Plié to passé / extend side to passé (4)
32ct	Chorus	Plié to passé / extend side to passé (4)
32ct	Verse	Plié to passé (8)
32ct	Outro	Plié to passé / extend side to passé (4)
32ct	Outro	Plié to passé / extend side to passé (4)

Squat – “Snap Yo Fingers” by Youngbloodz, Sean Paul, E-40, Lil Jon

32ct	Intro	Squat (8)
32ct	Intro	Side lunge (8)
32ct	Chorus	Side lunge / Squat / Slow curtsy (2)
32ct	Chorus	Side lunge / Squat / Slow curtsy (2)
32ct	Verse	Half ROM curtsy lunge (8)
32ct	Verse	Bob and weave (8)
32ct	Verse	2 steps right and left (8)
32ct	Chorus	Side lunge / Squat / Slow curtsy (2)
32ct	Chorus	Side lunge / Squat / Slow curtsy (2)
32ct	Verse	Bob and weave (8)
32ct	Verse	2 steps right and left (8)
32ct	Verse	TURN squat (6)
32ct	Verse	Half ROM squat (8)
32ct	Verse	Side lunge (8)
32ct	Chorus	Side lunge / Squat / Slow curtsy (2)
32ct	Chorus	Side lunge / Squat / Slow curtsy (2)
32ct	Verse	Half ROM curtsy lunge (8)
32ct	Verse	Bob and weave (8)
32ct	Verse	2 steps right and left (8)
32ct	Verse	2 steps right and left (8)
32ct	Chorus	Side lunge / Squat / Slow curtsy (2)
32ct	Chorus	Side lunge / Squat / Slow curtsy (2)

Reverse Lunge with dumbbell – “Something Just Like This – Alesso Remix” by The Chainsmokers, Coldplay, Alesso

16ct	Set-up in reverse lunge with arm in shoulder press position
32ct	Full ROM lunge and shoulder press (8)
32ct	Pass dumbbell under leg only hinging at hips (4)
32ct	1 lunge to shoulder press / 1 pass (4)
32ct	1 lunge to shoulder press / 1 pass (4)
32ct	Half ROM with dumbbell under leg (8)
32ct	Heel lift with open and close arm (aka pec deck) (8)
16ct	Pulse with arm framing face and heel lift (8)
32ct	1 full ROM lunge and shoulder press / 1 heel lift and close arm in front (4)
32ct	Full ROM lunge and shoulder press (8)
32ct	Pass dumbbell under leg only hinging at hips (4)
32ct	1 lunge to shoulder press / 1 pass (4)
32ct	1 lunge to shoulder press / 1 pass (4)
32ct	Half ROM with dumbbell under leg (8)
32ct	Heel lift with open and close arm (aka pec deck) (8)
32ct	1 full ROM lunge and shoulder press / 1 heel lift and close arm in front (4)
16ct	Pulse with arm framing face and heel lift (8)

Side Lying – “How Will I Know” by Whitney Houston

16ct	Set-up
32ct	Half ROM leg lift (8)
32ct	3 pulse leg lift to lower (4)
32ct	3 pulse leg lift to fall side (4)
32ct	3 pulse leg lift to fall side → Oblique knee to elbow variation (4)
32ct	3 pulse leg lift to fall side → Knee front variation (4)
32ct	3 pulse leg lift to fall side → Hamstring curl variation (4)
32ct	Swivel knee dips (8)
32ct	8 pulses up and SWITCH SIDES
32ct	Half ROM leg lift (8)
32ct	3 pulse leg lift to lower (4)
32ct	3 pulse leg lift to fall side (4)
32ct	3 pulse leg lift to fall side → Oblique knee to elbow variation (4)
16ct	3 pulse leg lift to fall side → Knee front variation (2)
32ct	3 pulse leg lift to fall side → knee front variation (4)
32ct	3 pulse leg lift to fall side → Hamstring curl variation (4)
32ct	Box lifts (8)
32ct	Swivel knee dips (8)

Floating Curtsy Lunge – “New Rules (Alison Wonderland Remix)” Dua Lipa

32	Set Up for Curtsy Lunges
32	Full ROM Curtsy Lunge (8)
32	Leg Lift (Outside Leg) (8)
32	Floating Curtsy to point side 2x2 (4)
32	Oblique Crunch (8)
32	Floating Curtsy Back/Side/Front/Side (or tap floor for balance assist) (4)
32	Floating Curtsy B/S/F/S Smooth (4)
32	Floating Curtsy point side/oblique crunch 2x2 (4)
32	Floating Curtsy point side/oblique crunch 2x2 (4)
16	Switch Sides and set up
32	Full ROM Curtsy Lunge (8)
32	Leg Lift (Outside Leg) (8)
32	Floating Curtsy to point side 2x2 (4)
32	Oblique Crunch (8)
32	Floating Curtsy Back/Side/Front/Side (or tap floor for balance assist) (4)
32	Floating Curtsy B/S/F/S Smooth (4)
32	Floating Curtsy point side/oblique crunch 2x2 (4)
32	Floating Curtsy point side/oblique crunch 2x2 (4)

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Standing Glute – Hack squat & Deadlift – “Symphony (feat. Zara Larsson) [Cash Cash Remix]” Clean Bandit

32	Set up for hack squat (45 degrees to barre)
32	Hack Squat 2x2 (4)
32	Hack Squat Singles (8)
32	Single-Leg Dead Lift 2x2 (4)
32	1 Single-Leg Dead Lift 2x2 / 2 Hack Squats (2)
32	1 Single-Leg Dead Lift 2x2 / 2 Hack Squats (2)
32	1 Single-Leg Dead Lift 2x2 / 2 Hack Squats (2)
8	Pulse in Hack Squat
32	Pulse in Hack Squat (16)
32	Switch Sides
32	Hack Squat 2x2 (4)
32	Hack Squat Singles (8)
32	Single-Leg Dead Lift 2x2 (4)
32	1 Single-Leg Dead Lift 2x2 / 2 Hack Squats (2)
32	1 Single-Leg Dead Lift 2x2 / 2 Hack Squats (1)
32	1 Single-Leg Dead Lift 2x2 / 2 Hack Squats (2)
32	Pulse in Hack Squat (8) Static Hold Bottom (8)

Plank/Hover – “Sweat (Snoop Dogg v. David Guetta Remix)” Snoop Dogg & David Guetta

16	Intro set up on all fours in tabletop hover
32	Hover knee taps (8)
32	Hover alternating thigh taps (8)
32	Jump or step out to plank, back in and knee tap (4)
32	Jump or step out to plank, back in and thigh tap (4)
16	Child’s Pose
32	Hover knee taps (8)
32	Hover alternating thigh taps (8)
32	Jump or step out to plank, back in and knee tap (4)
32	Jump or step out to plank, back in and thigh tap (4)
32	Set up on forearms; start alternating side planks
32	Alternating side planks (recovery before final push)
32	Jump or step out to plank, back in and knee tap (4)
32	Jump or step out to plank, back in and thigh tap (4)

Kneeling Glute – “How You Like That” BLACKPINK

16	Set up on all fours with dumbbell behind knee
32	Full ROM Leg Lift Right (8)
32	Half ROM Leg Lift (8)
32	Knee drop across to calf leg lift (8)
32	Drop to left forearm, side leg lift right (8)
32	Pulse in side leg lift (16)
32	Switch sides and begin leg lifts left
32	Full ROM leg lift left (8)
32	Half ROM leg lift (8)
32	Knee drop across to calf leg lift (8)
32	Drop to right forearm, side leg lift left (8)
32	Pulse in side leg lift (16)

Bridge – “Funny” Zedd & Jasmine Thompson

16	Set up in bridge
32	Full ROM hip lifts (8)
16	Hips up, extend right leg and hip drop right (teaching) (2)
32	Hip Lift and drop 2x2 (4)
32	Hip Lift and drop (8)
32	Half ROM hip lifts
16	Hips up, extend right leg and hip drop left (teaching) (2)
32	Hip Lift and drop 2x2 (4)
32	Hip Lift and drop (8)
32	Hip lift w/ reach right and left 2x2 (4)
32	Full ROM hip lifts (8)
32	Half ROM hip lifts (8)
32	Pulse hips up (16)
32	Hip lifts w/ reach right and left 2x2 (4)

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Core w/ Dumbbells – “Blackout” Tritonal feat. Steph Jones

16	Set up w/ bender ball under sacrum and one dumbbell each hand
32	Rollbacks 2x2 (4)
32	Rollbacks add arms overhead (hands together) 2x2 (4)
32	Hold back – rotate right, center, arms up, center/left, center, arms up, center
32	Hold back – rotate right, center, arms up, center/left, center, arms up, center
32	Bow and arrow (8)
16	Bow and arrow (4)
32	Rollbacks 2x2 (4)
32	Rollbacks add arms overhead 2x2 (4)
32	Hold back – rotate right, center, arms up, center/left, center, arms up, center
32	Hold back – rotate right, center, arms up, center/left, center, arms up, center
32	Bow and arrow (8) (option to add leg extension)
32	Bow and arrow (8)
32	Bow and arrow (4)
32	Roll backs w/ arms 4x4
32	Roll backs w/ arms 4x4