

## Music Suggestions for One-Hour Total Barre® Class — Foundation Course, Level 1

### Music Theme: New Age Tribal

1. **Warm Up 1: Spinal Mobility — Flexion, Extension, Rotation & Side Bending**  
Music: Porcelain  
Length: 4:01 – **approx. 102 bpm**  
Artist: Moby  
Album: Play & Play: B Sides  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **8-count introduction**
2. **Warm Up 2: Lower Body — Hip, Knee, Ankle & Foot**  
Music: Time 2 Get Funky (Mischa Daniels Remix)  
Length: 6:35 – **approx. 128 bpm**  
Artist: Marnix & Mustafa  
Album: Latin House  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **32-count introduction**  
all pulses, **2 counts**  
time to repeat choreography from **Plié First Position** through **Slow Train** twice.  
On second rep, **Slow Train** 2x instead of 4x
3. **Workout 1: Lower Body — Hip, Knee, Ankle & Foot**  
Music: Anoma  
Length: 4:07 – **approx. 108 bpm**  
Artist: OOM  
Album: Beats & Pieces  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **zero-count introduction**
4. **Workout 2: Upper Body — Arms Front**
5. **Workout 3: Upper Body — Arms Back**  
Music: Mahatma  
Length: 8:13 – **approx. 105 bpm**  
Artist: D.S. Project  
Album: Yoga Drums  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **16-count introduction**,  
**24-count transition** to Segment 5
6. **Workout 4: Hip Abduction & Extension**  
Music: Music & Wine (Teksoul Dub)  
Length: 7:10 – **approx. 132 bpm**  
Artist: Blue Six  
Album: Beautiful Tomorrow  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **32-count introduction**  
**Figure Four Stretch** – **24-counts** each leg between sides,  
**16-count transition** to other side,  
after **Figure Four Stretch** on the second side,  
repeat **Side Stretch** 2x each side, **32-counts** per side,  
repeat **Cat Stretch** 4x, slow **16-counts** each
7. **Workout 5: Cardio Legs**  
Music: El Vibe Latino (Silverius Club Mix)  
Length: 5:53 – **approx. 132 bpm**  
Artist: Silverius  
Album: Latin House  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **32-count introduction**  
**16-count transition** between sides,  
time to repeat the choreography exactly the same on both sides and finish with  
**Side Stretch 16-counts** each side,  
**Glute Stretch 16-counts** each side
8. **Workout 6: Standing Abs**  
Music: Jai Ho  
Length: 5:19 – **approx. 132 bpm**  
Artist: A.R. Rahman  
Album: Slumdog Millionaire  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **16-count introduction**  
**32-count transition** after second set of **Triangle** and **Rotation** to **Pull Down Center**
9. **Workout 7: Calf, Quad & Adductor**  
Music: Fatou Yo  
Length: 3:56 – **approx. 120 bpm**  
Artist: Touré Kunda  
Album: Sila Beto  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **16-count introduction**
10. **Floor Work 1: Abs, Back & Arms**  
Music: Caravan of Love  
Length: 5:41 – **approx. 96 bpm**  
Artist: The Isley Brothers  
Album: The Ultimate Isley Brothers  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **16-count introduction**  
**16-count transition** from **Rotation** and **Rotated Pulses** to **Push Ups**
11. **Floor Work 2: Cool Down & Stretching**  
Music: Fast Car  
Length: 4:57 – **approx. 96 bpm**  
Artist: Tracy Chapman  
Album: Tracy Chapman  
Download: [itunes.com](https://www.apple.com/itunes)  
Notes: **16-count introduction**  
repeat **Spine Stretch**, **Flexion & Extension** 4x each

\* Choreography adjusted for current music tracks. Revised March 2017.