



CLASS TRACK LISTS

The list below shows you all the music that has been used in the great classes we have brought you over the years. To make the classes even better and more personal to you, we are now giving you the chance to create your very own Class Track List.

Check out the music below and choose your favourite piece of music for track 1-track 2 etc, then please fill in the box below with your favourite tracks. When you have filled in your tracks please email your list to us and within 2 weeks we will deliver your unique class.

All we ask is:

- 1. You email us a track for all the 10 tracks.*
- 2. Tell us why there your favourite tracks.*
- 3. The time of the class you attend.*
- 4. Telling us your name is optional.*
- 5. Why you like Body combat and any information you would like to share with us. I.E the results you have got from the class.*

BODYSTEP	Release No.	Song title	Artist
Track 1			
Track 2			
Track 3			
Track 4			
Track 5			
Track 6			
Track 7			
Track 8			
Track 9			
Track 10			
Track 11			
Track 12			

WHAT'S NEW- **WHAT'S NEW**- WHAT'S NEW- **WHAT'S NEW**



BODYSTEP™ is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get huge motivation from sing-a-long music and approachable instructors. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Every three months, **DS TRAINING** releases a new BODYSTEP™ class with fresh choreography and music. This is a great time for new participants to try out a class, as the class is new to everyone.

BODY STEP 78

Launch

Saturday 30th January at 10.30am.

DON'T HESITATE – NUMBERS ARE LIMITED SO BOOK IN TODAY!

Previous Class Artists and Tracks for you to choose from:

STEP 77	Song title	Artist
77 – Track 1	Live your life	Global nation
77 – Track 2	The boy does nothing	Alesha Dixon
77 – Track 3	Hot 'n' Cold	Martina Lorene
77 – Track 4	Hot shot	DJ Microman
77 – Track 5	Survivor	Pearl Star
77 – Track 6	C'mon C'mon	buzzBoxx
77 – Track 7	Burn	Jessica Mauboy
77 – Track 8	Just dance	Dutch swing
77 – Track 9	In person	Tone Tonic
77 – Track 10a	Fire	DJ Reflex
77 – Track 10b	It's not right	Party Playaz
77 – Track 11	Feel it 2008	dB Bomb
77 _ Track 12	Stand by me	seal

STEP 76	Song title	Artist
76 – Track 1	In the Ayr/twilight zone	MC X and PI
76 – Track 2	Keeps getting better	Body Tronixx
76 – Track 3	Step back in time	Christina Aguilera
76 – Track 4	Start it	Global Nation
76 – Track 5	Space jam	Annie Lee
76 – Track 6	Venus or mars	Tone Tonic
76 – Track 7	Up	East Blokk
76 – Track 8	Single ladies	The Saturdays
76 – Track 9	The time warp	Freakmaster
76 – Track 10	Walikin' in the neon	Karamelody
76 – Track 11a	Planet Claire	21 st Arms of Dub
76 – Track 11b	century life	Technologic
76 – Track 12	Space	Sam sparrow

STEP 75	Song title	Artist
75 – Track 1	Can you feel it	W.L.E.M
75 – Track 2	How far we've come	Matchbox Twenty
75 – Track 3	Walk this way	Danger Crew
75 – Track 4	Free your mind	TTC
75 – Track 5	I can't get no satisfaction	Ronnie Reactive
75 – Track 6	Start all over	Carla cross
75 – Track 7	4 minute	Martina Lorene
75 – Track 8	Turn it up	DJ Zoom Zoom
75 – Track 9	Holiday	Maximum
75 – Track 10	When I grow up	Sadie Mack and reflex
75 – Track 11a	No stress	Double time
75 – Track 11b	dangerous	Cardinal Offshall
75 – Track 12	One step at a time	Jordan sparks

STEP 74	Song title	Artist	
74 – Track 1	Get up	JoJo and Rudie	
74 – Track 2	Stamp your feet	Donna Summer	
74 – Track 3	Route 66	Sadie Mack and Reflex	
74 – Track 4	Ring the alarm	Alicia Grace	
74 – Track 5	Boom! Shake the room	Sadie Mack and Reflex	
74 – Track 6	Speed	Roger Power	
74 – Track 7	The way you make me feel	Michael Jackson	
74 – Track 8	Me, myself & I	colourBox	
74 – Track 9	Wild world	The Magics	
74 – Track 10a	Here comes the hot stepper	Digital Factory	Roger
74 – Track 10b	speed	power	
74 – Track 11	Work	Kelly Rowland	
74 – Track 12	Run the show/Daylight	Kat DeLuna/Kelly Rowland	

STEP 73	Song title	Artist
73 – Track 1	Here I Come	Bootylicious
73 – Track 2	Green Light (Freemasons Remix)	Beyoncé
73 – Track 3	Express Yourself	Jerry Watson
73 – Track 4	Queen Of The Night	Club4life
73 – Track 5	The Hitman	JoJo & Rudi
73 – Track 6	We're Not Gonna Take It	Badlands Inc
73 – Track 7	7. Feedback (Moto Blanco Edit)	Janet Jackson
73 – Track 8	8. Fuego	Pearl Star
73 – Track 9	9. Jumpin' Live	Jamie Friend
73 – Track 10	10. Thnks Fr Th Mmrs	Overflow
73 – Track 11 a	11a. Live Your Life (Rivaz &	Housefeller feat. Cheryl Porter
73 – Track 11b	Zucchi Classic Mix)	aka Christin
	11b. Wall To Wall	Chris Brown e Moore
73 – Track 12	12. Oh!	Eric Hutchinson

STEP 72	Song title	Artist
72 – Track 1	I got it from my mama	Club4life
72 – Track 2	Mama	HouseFeller
72 – Track 3	Hot stuff	Decibel Bomb
72 – Track 4	Crash	Fiona dancer
72 – Track 5	Vogue	Maximum
72 – Track 6	Shut up and drive	Rockout
72 – Track 7	Like this like that	Se-sa
72 – Track 8	Footworkin’	Minna Roberto
72 – Track 9	Footloose	Pyramid Kid
72 – Track 10	Flirt	Sadie mack & Reflex
72 – Track 11a	Let me think about it	KopyKatz
72 – Track 11b	Release	Timberland
72 – Track 12	Bubbly	Colbie Caillat

STEP 71	Song title	Artist
71 – Track 1	Keep it coming	Rhythm twins
71 – Track 2	Do it well	Jennifer lopez
71 – Track 3	You aint seen nothing yet	Pyramid kid
71 – Track 4	Love is the music	Maximum
71 – Track 5	Rok Da House	G & G
71 – Track 6	I don’t wanna stop	Badlands Inc.
71 – Track 7	It’s tricky	Run DMC
71 – Track 8	Get me bodied	Stardancer II
71 – Track 9	Tequila	Groove4Life
71 – Track 10	Can’t touch it	Sadie Mack
71 – Track 11a	Thriller	Red Rhythm
71 – Track 11b	I fell in love with the DJ	Che’nelle
71 – Track 12	Put your records on	Corinne Bailey Rae

STEP 70	Song title	Artist
70 – Track 1	Gonna have a good time	Hard out crew
70 – Track 2	This aint a scene	Fall out boy
70 – Track 3	Play that funky music	Southern light
70 – Track 4	Leave me alone	Red band
70 – Track 5	Good vibrations	Crustee Crew
70 – Track 6	She works hard for the money	Sandra hill
70 – Track 7	Work	Masters at work
70 – Track 8	Shake your groove thing	Solar collective
70 – Track 9	Clap, shake, jump	Behaviour
70 – Track 10	U drive me crazy	Pure essence
70 – Track 11a	Breakaway	Inaya Day
70 – Track 11b	Boogie shoes	KC and The Sunshine Band
70 – Track 12	Real girl	Mutya Buena

STEP 69	Song title	Artist
69– Track 1	Are you ready	Kracked image
69 – Track 2	Somethin' serious	Audio club
69 – Track 3	Everybody's a winner	Maximum
69 – Track 4	Beware of the dog	Minna Roberto
69 – Track 5	Fergalicious	Minna Roberto
69 – Track 6	Jump	Bootylicious
69 – Track 7	Too legit to quit	Dj Denzi
69 – Track 8	Hit me up	Mc hammer
69 – Track 9	Candyman	Marija Storm
69 – Track 10	Keep your hands off my girl	Club4Life
69 – Track 11	Upside down	Disco deejays
69 – Track 12	Take your time	Simon Webb

STEP 68	Song title	Artist
68 – Track 1	New sensation	Onezeroone
68 – Track 2	My love	Paul oakenfold
68 – Track 3	I don't feel like dancin'	Double A
68 – Track 4	Something kinda oooh	Pearl star
68 – Track 5	3-2-1-pump	Hard out crew
68 – Track 6	Another one bites the dust	Buckwild
68 – Track 7	Rock this party	Everybody dance now
68 – Track 8	Strut	Sandra hill
68 – Track 9	Ant music	Brother Steve
68 – Track 10	Stand tough	Pure essence
68 – Track 11	Déjà vu	Beyonce
68 – Track 12	Happening all over again	Young divas

STEP 67	Song title	Artist
67– Track 1	All fired up	Buckwild
67 – Track 2	A public affair	Jessica Simpson
67 – Track 3	Down under	Buckwild
67 – Track 4	Wild women do	Sandra hill
67 – Track 5	We run this	Rhythm twins
67 – Track 6	Hip to be square	Jon banks
67 – Track 7	Sexyback	Justin Timberlake
67 – Track 8	Don't you know	Party playaz
67 – Track 9	Cha cha	Latin invasion
67 – Track 10	Do we rock	Pure essence
67 – Track 11a	Oh yeah	Yello
67 – Track 11b	Irrespectable	Beyonce
67 – Track 12	Dance!	Fat man scoop

STEP 66	Song title	Artist
66 – Track 1	Are you ready	Buckwild
66 – Track 2	Walk away	Kelly Clarkson
66 – Track 3	Hitchin' a ride	Jon banks
66 – Track 4	I've got the music in me	Onezeroone
66 – Track 5	Walk on the wild side	Red band
66 – Track 6	Pour some sugar on me	Rhythm twins
66 – Track 7	Aint no other man	Christina Aguilera
66 – Track 8	Rough day	Pearl star
66 – Track 9	Love is a contact sport	Sandra hill
66 – Track 10	Someone that your with	kopyKatz
66 – Track 11	Brown skin	India Arie
66 – Track 12	Follow your dream	Emmanuel carella

STEP 65	Song title	Artist
65– Track 1	When will I be famous	Rhythm twins
65 – Track 2	Watchin' you	Rogue traders
65 – Track 3	Just what I needed	kopyKatz
65 – Track 4	Round and round	Onezeroone
65 – Track 5	Run it	Colourbox
65 – Track 6	Be good Johnny	Southern light
65 – Track 7	Dirty	Reliable
65 – Track 8	25 miles	Dynamix
65 – Track 9	Breakthrough	Maximum
65 – Track 10	Hit me with our best shot	Pure essence
65 – Track 11	Come rain come shine	Jenn cuneta
65 – Track 12	No worries	Simon webbe

STEP 64	Song title	Artist
64 – Track 1	Start me up	Rolling stones
64 – Track 2	Love is a crime	Anastacia
64 – Track 3	Life is a highway	Rhythm twins
64 – Track 4	Gloria	kopyKatz
64 – Track 5	Slam dunk	Maximum
64 – Track 6	Let's go	Pure essence
64 – Track 7	Crazy chick	Charlotte church
64 – Track 8	Dance dance	Thalia
64 – Track 9	Great gosh almighty	Southern light
64 – Track 10	This is how a heart breaks	Rob Thomas
64 – Track 11	Something	Silosonic
64 – Track 12	stuckwitu	The pussy cat dolls

STEP 63	Song title	Artist
63 – Track 1	Get it on	T rex
63 – Track 2	Pon de replay	Rihanna
63 – Track 3	More than a feeling	Maximum
63 – Track 4	I am who I am	Kopykatz
63 – Track 5	Holliback girl	Reliable
63 – Track 6	born in the usa	Rogue traders
63 – Track 7	Voodoo child	Rhythm twins
63 – Track 8	I go to rio	Pure essence
63 – Track 9	Walking on sunshine	Southern light
63 – Track 10	Boys are back in town	Thin lizzy
63 – Track 11	These boots are made	Jessica Simpson
63 – Track 12	N De Say	Nelly

STEP 62	Song title	Artist
62– Track 1	Tilt ya head back	Maximum
62 – Track 2	u-turn	Usher
62 – Track 3	Filthy/Gorgeous	Jackie ‘O’
62 – Track 4	Think	One zero one
62 – Track 5	One night in Bangkok	Vinyl shaker
62 – Track 6	Born to be wild	Southern light
62 – Track 7	This love	Maroon 5
62 – Track 8	Rich girl	Pure essence
62 – Track 9	River deep mountain high	Rhythm twins
62 – Track 10	Since you been gone	Colorbox
62 – Track 11	1.2 step	Clara
62 – Track 10b	Lonely no more	Rob Thomas

STEP 61	Song title	Artist
61– Track 1	A little bit of action	Nadia
61 – Track 2	Caught up	Usher
61 – Track 3	I believe in a thing called love	The darkness
61 – Track 4	Just the music	Jodie Lei
61 – Track 5	Here comes the hammer	Maximum
61 – Track 6	Just like paradise	Danger crew
61 – Track 7	Like I love you	Justin Timberlake
61 – Track 8	9 to 5	Southern light
61 – Track 9	Heat wave	OneZeroOne
61 – Track 10	Do somethin’	kopyKatz
61 – Track 11	soldier	Destiny’s child
61 – Track 12	Let me love you	Mario

STEP 60	Song title	Artist
60 – Track 1	Let's get it started	Rolling stones
60 – Track 2	Ride it	Geri
73 – Track 3	Express Yourself	Jerry Watson
60 – Track 4	Proud Mary	Rand fries
60 – Track 5	Yeah!	OnezeroOne
60 – Track 6	Leader of the gang	Southern light
60 – Track 7	Lose my breathe	Destiny's child
60 – Track 8	I just wanna be happy	Gloria Estefan
60 – Track 9	Boogie woogie bugle boy	DJ Denzi
60 – Track 10	Hot in here	Reliable
60 – Track 11	Is it cos I'm cool?	Mousse T
60 – Track 12	These words	Natasha bedingfield

STEP 59	Song title	Artist
59 – Track 1	Superstar	Karaka
59 – Track 2	I'm right here	Samantha mumba
59 – Track 3	Born to be alive	Voyage 2000
59 – Track 4	Red blooded women	S.H.E
59 – Track 5	Poppin' Da Bazz	DJ RPM
59 – Track 6	Cum On Feel The Noize	Party Playas
59 – Track 7	Turn it up	Oaktowns 3.5.7.
59 – Track 8	Girls are happy to party	Koda
59 – Track 9	I want candy	Rhythm twins
59 – Track 10	Fighter	kopyKatz
59 – Track 11	My perogative	Rod Michael
59 – Track 12	Take my breath away	Jessica Simpson

STEP 58	Song title	Artist
58 – Track 1	Toxic	Helen
58 – Track 2	Independent women	Destiny's child
58 – Track 3	Wild boys	Phixx
58 – Track 4	Ice ice baby	Kacey Baker
58 – Track 5	Without me	MC Boy
58 – Track 6	You shook me all night long	Peter Bang
58 – Track 7	Tom Jones international	Tom Jones
58 – Track 8	You make me feel good	Pat Hodge
58 – Track 9	Walk like an Egyptian	Bangles
58 – Track 10	Mony mony	Billy idol
58 – Track 11	Dive	Debby holiday
58 – Track 12	Every little step	Mercury 4

STEP 57	Song title	Artist
57 – Track 1	I'm Your Man (Shanghai Surprises East End Pop Mix)	Shane Richie
57 – Track 2	Love Revolution	Pat Hodges With The Sweet Inspirations
57 – Track 3	You Make Me Feel	Funk Project
57 – Track 4	Yeh Yeh Yeh (Shanghai Surprise Remix)	Melanie C
57 – Track 5	Senorita	Justin Timberlake
57 – Track 6	Self Control 2004 (Force Four Remix)	Laura Branigan
57 – Track 7	All Things (Just Keep Getting Better)	Widelife With Simone Denny
57 – Track 8	Cha Cha Slide (Hardino Mix)	DJ Casper
57 – Track 9	Drink Drank Drunk	The Atomic Fireballs
57 – Track 10	Tribal Dance 2.4 (Xtreme Sound Radio Edit)	2 Unlimited
57 – Track 11	My Time	Dutch feat. Crystal Waters
57 – Track 12	Signed, Sealed, Delivered (I'm Yours)	Blue feat. Stevie Wonder & Angie Stone

STEP 56	Song title	Artist
56 – Track 1	Venus	Andrea Anatola
56 – Track 2	U Talking To Me	Disco Montego
56 – Track 3	Slave To The Music	Nick Skitz
56 – Track 4	Jumpin'	Liberty X
56 – Track 5	Shake Ya Shimmy	Porn Kings Vs Flip & Fill
56 – Track 6	How Much Is The Fish?	Scooter
56 – Track 7	A Deeper Love	Aretha Franklin
56 – Track 8	It's My Party	Thalia
56 – Track 9	Chihuahua	DJ Bobo
56 – Track 10	Miss Independent	Billy Lawrence
56 – Track 11	Get My Party On	Shaggy
56 – Track 12	Have A Little Faith In Me	Mandy Moore

STEP 55	Song title	Artist
55 – Track 1	Wanna Get Up	2 Unlimited
55 – Track 2	Get Down On It	Peter Andre
55 – Track 3	Everybody Get Up	Five
55 – Track 4	Don't Stop	Gloria Estefan
55 – Track 5	Feel It	The Tamperer feat. Maya
55 – Track 6	B-Boys & Flygirls	Bomfunk MCs
55 – Track 7	100% Pure Love	Crystal Waters
55 – Track 8	Let's Get Loud	Jennifer Lopez
55 – Track 9	Neutron Dance	Pointer Sisters
55 – Track 10	Final Countdown	Miriam Stockley
55 – Track 11	Can't Take My Eyes Off You	Hermes House Band
55 – Track 12	Back To The World	Tevin Campbell

STEP 54	Song title	Artist
54 – Track 1	Better get ready	Lulu
54 – Track 2	If you wanna dance	Nobody's Angel
54 – Track 3	You spin me round	Mad House
54 – Track 4	Rising	Elle Patrice
54 – Track 5	The Wreckoning	Boomkat
54 – Track 6	I'm flying	E-Type
54 – Track 7	Situation	Tom Jones
54 – Track 8	Balia	Jennifer Lopez
54 – Track 9	Ballroom Blitz	Tia Carrere
54 – Track 10	Everybody	Clock
54 – Track 11	When I see you	Macy Gray
54 – Track 12	Your body is a wonderland	John Mayer

STEP 53	Song title	Artist
53 – Track 1	Everybody's Free	Aquagen feat. Rozalla
53 – Track 2	Strength of a Woman	Shaggy
53 – Track 3	Alive	S Club
53 – Track 4	Feels like I'm in love	The Dolly Rockers
53 – Track 5	Work it	Nelly
53 – Track 6	Nessaja	Scooter
53 – Track 7	I like it, I luv it	Koolmatch
53 – Track 8	Instant Replay	Yell
53 – Track 9	Lifestyles of the rich and famous	Good Charlotte
53 – Track 10	Whoomph! (There it is)	Clock
53 – Track 11	Jenny from the block	J.Lo
53 – Track 12	Big yellow taxi	Counting Crows feat. Vanessa Carlton

STEP 52	Song title	Artist
52 – Track 1	Music Gets The Best Of Me	Sophie Ellis Bextor
52 – Track 2	Whatchulookinat	Whitney Houston
52 – Track 3	We’ve Got It Going On	Blacksweet Boys
52 – Track 4	Things That Go Bump In The Night	Allstars
52 – Track 5	I’m Here To Chill	Absurd
52 – Track 6	Let It Rain	East 17
52 – Track 7	Love One Another	Amber
52 – Track 8	Disco Inferno	Tina Turner
52 – Track 9	Rock This Town	Stray Cats
52 – Track 10	Take Me To Heaven	Paul Goodyear with Shauna Jensen
52 – Track 11	Why’d You Lie To Me	Anastacia
52 – Track 12	Beautiful	Christina Aguilera

STEP 51	Song title	Artist
51– Track 1	Time After Time	Novaspace
51 – Track 2	Get Over You	Sophie Ellis Bextor
51 – Track 3	Same Old Brand New You	A1
51 – Track 4	I Got My Pride	Barry Harris feat. Pepper Mashay
51 – Track 5	Flash’s Theme	U96
51 – Track 6	I’ll Find A Way	E-Type
51 – Track 7	Rock The Discotech	Orgasmatron
51 – Track 8	Dance With Me	Debelah Morgan
51 – Track 9	Freeze-Frame	J. Geils Band
51 – Track 10	Don’t Leave Me This Way	Sheena Easton
51 – Track 11	Alive	J Lo
51 – Track 12	The Tide Is High (Get The Feeling)	Atomic Kitten

STEP 50	Song title	Artist
50 – Track 1	One Day In Your Life	Anastacia
50 – Track 2	Ain't It Funny	J-Lo
50 – Track 3	Everybody	Backstreet Boys
50 – Track 4	Absolutely Not	Deborah Cox
50 – Track 5	Bring That Beat	DJ RPM
50 – Track 6	You Think You're A Man	Full Frontal
50 – Track 7	Boom	Anastacia
50 – Track 8	Let's Celebrate	2 Unlimited
50 – Track 9	Man With A Hex	The Atomic Fireballs
50 – Track 10	Faster Harder Scooter	Scooter
50 – Track 11	Don't Turn Off The Lights	Enrique Iglesias
50 – Track 12	Underneath Your Clothes	Shakira

STEP 49	Song title	Artist
49 – Track 1	Gotta tell you	Samantha Mumba
49 – Track 2	Murder on the dance floor	Sophie ellis bextor
49 – Track 3	Pop	Houseboyz
49 – Track 4	A woman's got the power	Jennifer Halliday
49 – Track 5	Club Raid	Nick Skits
49 – Track 6	Thunderstruck	Blizzard brothers Inc
49 – Track 7	Move it like this	Bah Men
49 – Track 8	Best years of our lives	Bah Men
49 – Track 9	Ready for a miracle	Patti La Belle
49 – Track 10	Eye of a tiger	Heart attack
49 – Track 11	Play	J-Lo
49 – Track 12	World's greatest	R Kelly

STEP 48	Song title	Artist
48 – Track 1	Sky	Sheldon
48 – Track 2	I'm real	Jennifer Lopez
48 – Track 3	Hey baby	2 amigos
48 – Track 4	Bring the house down	S Club 7
48 – Track 5	All u Dee jays	Nick Skitz
48 – Track 6	Heaven's on fire	Star
48 – Track 7	U should be dancing	Happy project
48 – Track 8	So fabulous, so fierce	Thunder puss
48 – Track 9	Let's go surfin'	Waikiki
48 – Track 10	She Bangs	Red hardin
48 – Track 11	I'm a slave for you	Britney spears
48 – Track 12	Sexual revolution	Macy gray

STEP 47	Song title	Artist
47 – Track 1	Fame	Lorraine velez
47 – Track 2	Starlight	The superman lovers
47 – Track 3	It's my life	Axel force
47 – Track 4	Scream if you wanna go faster	Geri Halliwell
47 – Track 5	Rock ad Funky Beats	Public domain
47 – Track 6	Jump	The movement
47 – Track 7	Because we can	Fat boy slim
47 – Track 8	Shake up the party	Joy Enriquez
47 – Track 9	Turning Japanese	The vapours
47 – Track 10	Venus	Pump sisters
47 – Track 11	Just a gigolo	Lou Bega
47 – Track 12	Love train	Love parade

STEP 46	Song title	Artist
46 – Track 1	Reach out	Generation
46 – Track 2	Don't stop movin'	S Club 7
46 – Track 3	Beat it	Killer shadows
46 – Track 4	It's raining men	Geri Hallwell
46 – Track 5	Slammer jammer	Perfect Phase
46 – Track 6	Underneath the radar	Underworld
46 – Track 7	Jump up	Da Beat Brothers
46 – Track 8	Loaded	Ricky Martin
46 – Track 9	Zoot suit riot	Cherry poppin' Daddies
46 – Track 10	I'm on fire	2 fabiola
46 – Track 11	All for you	Janet Jackson
46 – Track 12	Eternal flame	Atomic Kitten

STEP 45	Song title	Artist
45 – Track 1	Never can say goodbye	Sheena Easton
45 – Track 2	Can't fight the moonlight	Leann Rimes
45 – Track 3	Larger than life	Baker street
45 – Track 4	Shout	Aretha Franklin
45 – Track 5	Operation blade	Public domain
45 – Track 6	The race	Captain jack
45 – Track 7	American woman	Lenny Kravitz
45 – Track 8	Knock on wood	Amanda baker
45 – Track 9	I'm still standing	Elton john
45 – Track 10	Rocky dance	Euro beat girls
45 – Track 11	You all Dat	Baha men
45 – Track 12	I'm like a bird	Nelly furtao

STEP 44	Song title	Artist
44 – Track 1	Do you wanna funk	
44 – Track 2	The power	
44 – Track 3	Who let the dogs out	
44 – Track 4	Original prankster	
44 – Track 5	Jump	Pointer sisters
44 – Track 6	Peace	
44 – Track 7	Pour some sugar	
44 – Track 8	Jump for my love	
44 – Track 9	Lay your love on me	
44 – Track 10	The ride	
44 – Track 11	Can't take my eyes	
44 – Track 12	It wasn't me/cruisin'	