

# S.E.A.T. BEATS

Uses  
Rhythm sticks,  
Egg Shakers &  
Scarves!



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ONE CERTIFICATION COVERS BOTH S.E.A.T. AND S.E.A.T. BEATS!

## WHAT'S INCLUDED IN YOUR CERTIFICATION



Lectures



Music



Videos



Notes



Assessment



App

# Ill. S.E.A.T. BEATS

Track 1	RHYTHM AWAKENING C'Mon Feel the Noise	Beats 1
Intro	March	32
Verse	<b>MARCH / HEEL DIG</b> March 16, Heel Dig 8 (Arms: Fist hands, shoulder roll, patty cake)	2x
Chorus	<b>ABDUCTION / MARCH</b> Alt Abduction 4, March 16 (Arms: Hands slice, wrist circles 4)	2x
Bridge	<b>ALT OBLIQUE CRUNCH / CALF RAISE</b> Stationary Calf Raises (Arms: Behind head, elbows wide, open hand reach overhead)	8x
Finish	Patty Cake Hands	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

Track 3	GROOVE AND MOVE AM I WRONG	Beats 1
Intro	Hinge to Return Shakers & Pick Up Sticks	32
Verse	<b>MARCH / ABDUCT</b> March 16, Abduction 4 (Arms: Circle up Dbl click & down Dbl click, shoulder extension swings Dbl click)	2x
Chorus	<b>TEMPO CALF RAISES</b> Calf raises on beat 32 (Arms: Scapula retraction pulses 2, click overhead 2)	1x
Bridge	<b>HALF TEMPO HEEL DIG</b> Heel Dig 8, Repeats on Other Side (Arms: Row Dbl click, repeats on other side)	2x
Finish	Sticks in an X	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

Track 6	RHYTHM & BREATH NIGHT FEVER	Beats 1
Intro	SIDE BENT TO DROP SCARVES	16x
Verse	<b>KNEE LIFT / FIG 8</b> SGL Knee Lift 4x / Stationary 4x (Arms: DBL Reach Up 4x / alt: FIG 8 4x)	2x
Chorus	<b>SIDE TAP REACH / SNAP &amp; CLAP</b> ALT Side Tap 4x / March 8x (Arms: Opp reach overhead 4x, dbl center clap & snap 4x)	8x
Bridge	<b>ALT DEADBUG &amp; BEATER MARCH</b> ALT Deadbug 2x / March 8x (Arms: Alt "l" reach 2x / "beater" ctr 8x)	8x
Finish	Sit Tall (Arms: sides)	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

Track 9	RHYTHM CELEBRATION WATERLOO	Beats 1
Intro	SIDE BENT TO DROP STICKS & PICK UP SCARVES SIT TO STAND	
Verse	<b>UP REACH / SIDE SWOOP</b> Knee Lift 4x / March 4x to other side of chair (Arms: Reach & lower to knee 4x / marching arms 4x)	2x
Chorus	<b>ALT WAVE / HIP FLOW</b> Hip Shift 8x, Fast Hip Shift 16x (Arms: ALT wave 8x / fast arm swing 16x)	2x
Bridge	<b>SGL LEG SKI + HOLD</b> SGL Leg Ski 7x, Hold 1x (Arms: Opp reach 7x)	2x
Finish	JOYFUL V POSE (Arms: high "v")	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

Track 2	SHAKE THE SEAT THAT'LL BE THE DAY	Beats 1
Intro	Hinge to Pick Up 2 Shakers	32
Verse	<b>SLOW V-STEP / V-STEP</b> Slow V Step 4, Fast V Step 4 (Arms: Dbl jab, fast jab)	12x
Chorus	<b>STIR THE POT / BOUNCE</b> Alt Half Circle Slide 3, Bounce 3 (Arms: Alt stir the pot, hammer)	4x
Bridge	<b>ROCK N' ROLL / SHIMMY</b> Rock N' Roll & Stationary Feet 4, Shimmy 4, Repeat Other Side (Arms: Rock n'roll, small fwd flexion drum roll)	2x
Finish	Hold Jabs Front	

Track 4	STAND PROUD, BEAT LOUD ILLUSION	Beats 1
Intro	Hinge Return One Stick / Stand Behind Chair	32
Verse	<b>KNEE STRIKE / SLOW SQUAT ROTATION</b> Tap Toe, Drive Knee 8, Squat Rotation 3, move to other side (Arms: Straight, strike chair, circle strike chair)	1x
Chorus	<b>KNEE STRIKE / SLOW SQUAT ROTATION</b> Toe Tap, Knee Drive 8, Squat Rotation 3 (Arms: Straight, strike chair, circle strike chair) <b>Chorus 4</b> - Squats to finish	1x
Bridge	<b>TAP BACK / SLOW DONKEY KICK / CALF RAISE</b> Toe Tap Back 2, Donkey Kick, Calf Raise 4, Repeats Other Side (Arms: Holding chair or strike chair)	2x
Finish	Strike Chair	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

Track 7	STRENGTH TO THE BEAT LA COPA DE LA VIDA	Beats 1
Intro	SIDE BENT TO PICK UP SHAKERS	
Verse	<b>SSD IN-STEP TOUCH</b> SSD In-step Touch (Arms: Opp heel touch)	8x
Chorus	<b>½ TURN MARCH / ALT KICK</b> ½ Turn March, Alt Kick 4x (Arms: March pump / DBL FWD & side punch)	4x
Bridge	<b>LEG EXT &amp; HOLD</b> ALT Leg Ext & Hold (Arms: DBL "shake jab" side 2x)	4x
Finish	Push DBLs front	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

Track 10	RESET & RESTORE LISTEN TO YOUR HEART	Beats 1
Intro	RETURN TO CHAIR	
Verse	<b>POINT-HEEL OUT / IN</b> Point-Heel out 4x, Point-Heel in 4x (Arms: wave out/in 8x)	2x
Chorus	<b>LEG EXT W/ SPINAL ROTATION</b> SGL Out Leg Ext, Hold 1x (Arms: SGL arm out & cross body twist) 1x	2x
Bridge	<b>SIDE BEND &amp; LIFT</b> Grounded Side Bend (Arms: side lift & overhead reach 1x / chest open 1x)	2x
Finish	SIT TALL, ARMS ANGLE SIDE	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

Track 5	FEEL THE FLOW PERM	Beats 1
Intro	Hinge to Pick Up Scarves	32
Verse	<b>SALSA</b> Slow Salsa step out, in, in 8, Repeats Other Side (Arms: high to low v flick)	4x
Chorus	<b>SALSA HOLD &amp; MARCH</b> Slow Salsa, March 4, Repeats Other Side (Arms: follow salsa and march / repeat L side)	8x
Bridge	<b>SPINE ROTATION / HINGE HEEL / SKATER</b> Rotate 2, Leg Ext, Skater 4, Repeats Other Side (Arms: Paint leg brush 2, high to low)	2x
Finish	Arms in a High V	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	

Track 8	MEMORY BEATS LET'S GET LOUD	Beats 1
Intro	SIDE BENT TO DROP SHAKERS & PICK UP STICKS	
Verse	<b>V-STEP / JUMP ROPE</b> V-Step 3x, Jump Rope 2x (Arms: angle up & ctr click 2x / jump rope arms)	8x
Chorus	<b>ALT STEP TOUCH + NEURO DRILL</b> ALT Step Touch (Arms: Open close w/ clap to side angle) Neuro Drill: Multi-Word Association "On every clap to R or L, say a word you associate with the theme!"	16x
Bridge	<b>MARCH &amp; CLICK COMBO</b> March 8x (Arms: DBL click to chair-up 4x / click chair-legs-up 4x)	8x
Finish	Sit Tall	
V1	C1 B1 V2 C2 B2 V3 C3 B3 C4	