

FOLD

COVER

**Conversation starters:**

- 1 Have you ever gone to a school dance?
- 2 What are your all-time favorite top 3 dance songs?
- 3 What's your favorite way to work up a sweat?



- 1 **All Nite** Janet Jackson
- 2 **Into The New** Vallejo
- 3 **Whatever** Imogen Heap
- 4 **Tilt Ya Head Back** Nelly
- 5 **Disco Science** Mirwais
- 6 **Throwing Shapes** Dirty Vegas
- 7 **True Grit** The Crystal Method

- 8 **Sadiddy** Brandy
- 9 **Ivanka** Imperial Teen
- 10 **Devil Inside** Utada
- 11 **Burning Up** Madonna
- 12 **Twist** Goldfrapp
- 13 **Montana** Venus Hum
- 14 **Head** Tin Star

**True**  
LIVE. LOVE. LEARN.

FOLD

FOLD

FOLD



# TRUE GRIND

TRUE GRIND

Music to work up a sweat to...



- 1 **All Nite** Janet Jackson
- 2 **Into The New** Vallejo
- 3 **Whatever** Imogen Heap
- 4 **Tilt Ya Head Back** Nelly
- 5 **Disco Science** Mirwais
- 6 **Throwing Shapes** Dirty Vegas
- 7 **True Grit** The Crystal Method
- 8 **Sadiddy** Brandy
- 9 **Ivanka** Imperial Teen
- 10 **Devil Inside** Utada
- 11 **Burning Up** Madonna
- 12 **Twist** Goldfrapp
- 13 **Montana** Venus Hum
- 14 **Head** Tin Star

TRUE GRIND

**True**  
LIVE. LOVE. LEARN.

FOLD

FOLD