

Club Fiesta: Light 1



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Choreography:

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No.	Routine	YouTube Song Link	Video Link & Password
1	Recovery	Jax Jones - Instruction ft. Demi Lovato, Stefflon Don	Release 1 Recovery password FUN
2	Warm up	Touch It Perreo - DJ Niar	Release 27 warm up 2 password TWERK
3	Latin recovery	Nicky Jam & Steve Aoki - Jaleo	Release 27 Latin recovery password TWERK
4	Dance	Teshar x Jason Derulo - Jalebi Baby	Release 27 Dance password TWERK
5	Caribbean	Sigala, Fuse ODG, Sean Paul - Feels Like Home	Release 27 Caribbean password TWERK
6	Pop	Doja Cat - Like That (Audio) ft. Gucci Mane	Release 27 Pop password TWERK
7	Arms	Majestic x Boney M. - Rasputin	Release 27 arms password TWERK
8	Legs	Tiesto - The Business	Release 27 Legs password TWERK
9	Warm up 2	DJ Flex ~ Eggplant Afrobeat (Feat. AStar & EDouble)	Warm up 2 password BRAVE
10	Fun	Jason Derulo x Puri x Jhormountain - Coño	Release 26 fun password BRAVE
11	Latin	Daddy Yankee - EL PONY	Release 26 Latin password BRAVE
12	Fun dance	Ava Max - My Head & My Heart	Release 26 Fun dance password BRAVE
13	Arms	ATB x Topic x A7S - Your Love (9PM)	Release 26 arms password BRAVE
14	Legs	Charly Black, Juan Magan - You're Perfect (Remix)	Release 26 legs password BRAVE

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No.	Routine	Steps
1	Recovery	<ol style="list-style-type: none">1.Sexy hips +stripper touch (chorus)2.Dancehall clap walk back + walk forward (chorus)3.Hand flicks Up and down x 3 + Rolls to front4.Stomps
2	Warm up2	<ol style="list-style-type: none">1.Sprints then smack the floor2.Small taps Forward L+R x 4 with sharp chest pumps, then turn to side and twerk up and down, repeat other side3.3 x travelling steps to L side with winding arms plus knee lift on 3rd count, repeat on the other side then Leg drops4.Round the world hips5.SSD side reggaeton steps
3	Latin Recovery	<ol style="list-style-type: none">1.3 Low side stamps L+R2.Forward low steps with strong arms3.SSD knee hip flicks4.L leg travelling towards front with shoulders, then twerk back, repeat other side
4	Dance	<ol style="list-style-type: none">1.Salsa2.SSD front taps3.Round the world hips4.L leg forward step with L arm, then back to middle and shake touching your body all the way up, repeat other side5.Hip flick travels to L x 4 then 2 x L heel digs, repeat other side.6.Bellydance hips x 4 then 2 slow ones, L then R

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5	Pop	1.Step touches with behind head wave then snap x 4 , then walk to front then walk back with tiktok arm variation 2.SSD front taps 3.Hip hip then twerk 4.4 low waves then 4 side steps 5.Body snaps L then R
6	Arms	1.Thumbs up and down with wide arms to side 2.4 x wall slams then 4 x arm circles 3.Fast arm circles 4.2 arm pumps up, then 2 arm pumps to side 5.Single arm pump up then side 6.Chopping arms
7	Legs	1.Slow squats 2.2 squat pulse then snap your hands up 3.1 wide squat walk Forward, back then 4 heel lifts L+R 4.Low squat hold then wave upper body side to side
8	Warm up2	1.Double afro stamp 2.Walk F and B x 4 , then repeat other side 3.Knee drops then twerk 4.Side steps chest pumps x 3 then knee lift, repeat other side

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9	Fun	1. Front taps 2. 4x L hip flicks then walk back, repeat other side 3. "Cono Combo" : Elbow, elbow then guard up + 4 hip swings + 4 head waves 4. Head waves + 1 clap, repeat other side
10	Latin Cardio	1. L Pony arms x 3 , then switch other side 2. Side step + chest pumps x 2 , then Beyonce bounce 3. Reggaeton step then wave arm , stepping back with pulling arms 4. Steps to side and sliding arms up and down x 4, then face forward and punch L + R arm forward forward, then back back, repeat on other side. 5. SSD stomps at the end of the track.
11	Fun dance	1. Slow walks F with side taps, then sexy walks back 2. Salsa L+R 3. Head and heart combo : (L Side step with L arm reach+ touch head, then R side step with R arm reach then touch heart , narrow feet alternating touching head going down) 4. 3 x L side leg taps then clap in middle, repeat with 3 x R side leg taps then clap 5. 4 x shoulder shrugs then round the world arms
12	Arms	1. Side arm rotations slow and fast 2. Side push reach then push up , repeat with other arm 3. Double pushes up then double pushes to side, then reduce to 1 up push then 1 side push
13	Legs	1. L leg front step, side step, back step then together combo x 4, then repeat other leg 2. Big Afro claps x 4 on left, then repeat other side 3. Big front wave then wind hips x 4 4. 2 x Wide low squats, then 2 x narrow low squats, then 2 wide low squats then drop knee knee.