

Club Fiesta: Light 2



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Routines:

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No.	Routine	YouTube Song Link	Video Link & Password
1	Dance	Riton x Nightcrawlers - Friday (Dopamine Re-Edit) [feat. Mufasa & Hypeman]	Release 25 Dance password DETERMINED
2	Latin	Daddy Yankee - Dura	Release 25 Latin password DETERMINED
3	Bellydance	Dhurata Dora ft. Soolking - Zemër	Release 25 Bellydance password DETERMINED
4	Fun Dance	Jason Derulo - Take You Dancing	Release 25 Fun dance password DETERMINED
5	Afro	Conkarah - "Banana (feat. Shaggy)	Release 25 Afro password DETERMINED
6	Legs	Sean Paul, David Guetta - Mad Love ft. Becky G	Release 25 legs password DETERMINED
7	Warm up 2	Esa Nalga Brinca - DJ Bryanflow	Release 24 warm up 2 password MINDSET
8	Dance	Sigala, Ella Eyre, Meghan Trainor - Just Got Paid (Lyric Video) ft. French Montana	Release 24 Dance password MINDSET
9	Latin	Los Tiburones - Inocente	Release 24 Latin password MINDSET
10	Pop	Ricky Martin - Come With Me	Release 24 Pop password MINDSET
11	Hiphop	She Lit (feat. Fatman Scoop, Tommy Gunz, Menju)	Release 24 Hip hop password MINDSET
12	Latin recovery	Aya Nakamura - Copines	Release 24 Latin recovery password MINDSET
13	Arms	The Weeknd - Blinding Lights	Release 24 arms password MINDSET
14	Legs	will.i.am - #thatPOWER ft. Justin Bieber	Release 24 legs password MINDSET

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No.	Routine	Steps
1	Dance	1.1 side tap L leg then slide to other side, repeat with R leg 2.Step to left with a Left arm side push, then step with R leg with a R arm side push, then jump your legs out and in x 2 with arms up then down 3.Beyonce arms + arms reach up, down then wind your hips 4.SSD shoulders 5.Side steps with shoulder shrugs side to side.
2	Latin	1.Hip circles. 2.Single elbow pumps , then pumping helicopter L arm while having R arm straight, moving towards middle with leading L leg, walking backwards with hips sticking out, repeat on the other side 3.SSD Reggaeton side steps 4.3 Chest pumps L side, then repeat on R side 5.SSD front taps
3	Bellydance	1.Bellydance hips, then SS body roll x 3, repeat other side. 2.Side walks with hip flick x 4, then step left leg with left hip flick flick then step back, repeat twice then travel to other side repeat combo. 3.Jump step left leg F then B x 4, repeat with right leg. 4.Slow double side steps L+R with arms up, then stop in centre and travel down and up with waving arms. As tempo increases, repeat same combo but use stronger arms with middle part becoming a stepping L+R 5.Travel forward with chest pumps, then muppet move travelling back.
4	Fun Dance	1.Walking forward x 4 + step touch, walk back x 4 + step touch 2.Run run x 4 +step touch, then wide steps moving backwards with chest touches + wave wave. 3.Side salsa x 2 then forward salsa x 2 4.Step ball change x 4, then standing with feet close, and whipping arms SSD

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5	Afro	1.1 Elbow+1 wave L+R x 4 then wide walk F+B x 1 with sweeping arms. 2.SSD side steps 3.Hip circles with arms crossing shoulders, touching outside shoulders then hips then head (or just back to shoulders). 4.Helicopter arms traveling forward then Jump side to side, move back repeat combo.
6	Legs	1.Hip waves side to side 2.Low pulse squats x 3 then 1 left knee lift, repeat with lifting R knee lift 3.Low narrow squat hold then step L leg forward, side, forward then back to start, repeat x 4 then repeat on right leg.
7	Warm up2	1.SSD side steps 2.Pumps hands next to waist, then pumps with hands up 3.4 x low knee drops with arms up, then 4 x low knee drops with arms down 4.Double foot tap walks to back x 4, then wide walks forward touching body up 5.Standing wide, L side hip thrusts x 8, then R side hip thrusts x 8 then travel the R leg round the world 6.Tap tap scoop 7.Travel the L leg round the world
8	Dance	1.Side Step touches, then add double shoulders 2.Hand Cross opposite shoulder then throw them up , 2 hips moving to L,then 2 hips moving to R, then to L 3.Standing side wise, throw your R hand up and down x 4 then repeat other side with L hand up and down 4.3 x L hand side Pushes to L, x 3 R hand side pushes to R, then SSD hips 5.Step ball change

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9	Latin	1.SSD knee lifts with arms to side, then arms up, then side then crossing arms 2.Side hip flicks with Bollywood arms 3.SSD front taps, then tap tap and kick 4.Side salsa
10	Pop	1.3 x L flicks Up and down, then middle ball change and switch other side 2.Jump Jump, then Side taps 1 each side. 3.Big Hops 4.Big breathing arm up, then slowly and dramatically pull them down 5.Side hip swing L+R with arms up 6. Skip F x 4 then 2 low steps back 7.4 x L side hip circles, then repeat other side
11	Hiphop	1.SSD knee lifts 2.Big body waves x 2 travelling to L, then L leg tap F+B, repeat other side 3.Hip flicks L+R then twerk 4.2 x hops to L then 2xhops to R then chest pumps in middle 5.Hops with claps around the world 6.Hop to one side and wave hands in air, repeat other side
12	Latin recovery	1.Salsa side to side x 4, then side steps with hammer arms x 4 2.Front afro taps 3.Side to side step touches with pushing arms 4.L hand touching outer shoulder then inner shoulder then up, lift L Knee then R knee, repeat with R hand, then repeat combo with both hands going up then going down. 5.3 Side stamps L +R

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13	arms	<ol style="list-style-type: none">1.Thumbs up and down2.Side pushes3.Up pushes4.Pumping Straight arms with Palms face down5.Extend R arm to side, L arm Side push, Up push combo then moving both arms to other side6.Extended arms with palms down, moving forearm inwards then outwards
14	Legs	<ol style="list-style-type: none">1.Full range single squats2.Slow squat down with arms up, hold, then side hips3.4 x squat pulses then rise up with heel lift4.SSD heel lifts, then sink it deeper5.2 x 2 counts wide squats, then 2 x 2 counts narrow squats6.Low squat pulses