

Club Fiesta: Light 3



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Routines:

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No.	Routine	YouTube Song Link	Video Link & Password
1	Warm up 2	DJ Flex - Bum Tum (Jersey Club)	Release 23 Warm up 2 password STRONGER
2	Recovery	Chris Brown - Questions	Release 23 recovery password STRONGER
3	Latin	Chimbala - Tumbala	Release 23 Latin password STRONGER
4	Carnival	Samba de Janeiro-Bellini	Release 23 Carnival password STRONGER
5	Arms	KSI – Really Love (feat. Craig David & Digital Farm Animals)	Release 23 Arms password STRONGER
6	Pop	Jason Derulo x Nuka - Love Not War	Release 20 pop (TIKTOK)
7	Brazil Funk	MC Lan, Major Lazer, Anitta - Rave De Favela	Release 13 Brazil funk (STRONG)
8	Hiphop recovery	Ne-Yo, Bebe Rexha, Stefflon Don - PUSH BACK	Release 15 Hip hop (JULY)
9	Pop	Jason Derulo - Savage Love	Release 16 pop (ROLEX)
10	Arms	YES (feat. Akon)	Release 16 arms (ROLEX)
11	Latin	Raka Taka Taka - Dj BryanFlow	Release 17 Latin (ROVER)
12	Legs	Migos, KAROL G, Snoop Dogg & Rock Mafia – My Family ("The Addams Family" OST)	Release 19 legs (SIZZLE)
13	Fun dance	STATIC & BEN EL- SHAKE YA BOOM BOOM	Release 20 fun dance (TIKTOK)
14	Caribbean	Olakira - In My Maserati	Release 20 Caribbean (TIKTOK)
15	Afro	Master KG - Jerusalema [Feat. Nomcebo]	Release 20 Afro (TIKTOK)

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No.	Routine	Steps
1	Warm up2	1.Double low leg tap L+R 2.Travelling chest pumps L+R 3.Chest pumps around the world L+R 4.Forward heel heel then star jump 5.Jabs F x4 then side to side x 4
2	Recovery	1.Chest pumps L+R then 4 x forward taps 2.Side salsa + forward salsa + tap tap scoop x 4, repeat salsa starting other leg. 3.3 afro stamps L+R
3	Latin	1.Cha cha cha L+R x 3 then reach side to side +body wave 2.L side circular pumps x 2, then repeat on R side 3.SSD side steps 4.side hip flicks L+R
4	Carnival	1.Samba slow then fast 2.Hips side to side then runs 3.hops side to side with arms up and down + hip swings L+R 4.Sprints 5.2 x side whips then 3 hops back

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5	Arms	<ol style="list-style-type: none"> 1.Thumbs up and down with arms to side 2.Wall slams up and down then fast 3.Arm circles 4.Pump arms side to side then aeroplane arms 5.Aeroplane arms travelling F then pump arms side to side travelling back 6.Pump arms up x 2 then side x 2 , then x1 up and x 1 side.
6	Pop	<ol style="list-style-type: none"> 1.Tiktok arms + double side steps with hammer arms L+R 2.4 x front taps, then 4 high knees 3.4 x body waves L+R 4.Bridge: Low hips L+R
7	Brazil Funk	<ol style="list-style-type: none"> 1.Hip swings 2.Afro claps moving to L + R, then chest pumps x 3 travelling L+R 3.Hops 4.Hip thrusts F then B + Twerks to side 5.Low knees touching the floor 6.Belly dance hips x 8 L+R 7.Knee knee + Hip circles (standing or floor) then low taps L+R to finish
8	Hip hop recovery	<ol style="list-style-type: none"> 1.SSD sexy knee lifts 2.2 slow hips travelling then fast hips L+R 3.Bumpa clap back then low knees x 4 + twerk x 4 4.L leg travel towards front then L leg wind hips back to the start, repeat other leg 5.Low steps F L+R then side to side then SSD sexy knee lifts

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9	Pop	<ol style="list-style-type: none"> 1.SSD Side steps with strong arms 2.Single front taps then double knee lift 3.Slide and snap fingers L+R 4.Savage Love arms (Left hand - tap R+L shoulder then point up +wind your hips, repeat other side) 5. Savage arms with SSD side steps
10	Arms	<ol style="list-style-type: none"> 1.Salsa + thumbs up and down 2.Arm circles 3.Push side then up x 4 L+R 4.Wall slams back slow then fast 5.Helicopter arms 6.Pumps down
11	Latin	<ol style="list-style-type: none"> 1.8 x Pumps L+R 2.SSD reggaeton stamps 3.Tap tap scoop x 4 L+R 4. Low 2 taps L+R moving back, then wide walks F touching the body 5.Hips then with arms around the world
12	Legs	<ol style="list-style-type: none"> 1.Single squats 2.Squats with L leg heel lift x 8, repeat other side. 3.Squats with single heel lifts L+R 3.Low walks F + B 4.Low side squats with big arms 5.Narrow squats x 4 + wide squats x 4 then 16 narrow squats

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13	Fun	1.L hip flicks x 4 towards middle, then stop and shake hips down, repeat other side. 2.Wide stance, punch L arm down to opposite side, then pull up like a bow, repeat other side 3.Side step touch L+R with chest pumps x 4 , then hip circles x 4 to the step touches 4.Salsa Forward 5.SSD hip flicks
14	Caribbean	1.Low knees L+R 2.Jump then shake hips +driving car arms 3.Low afro wave F+B 4.3 afro stamps L+R 5.Cross arms across chest then touch hips then touch head + Big side steps
15	Afro	1.Step L Leg F+shake L hip x 4, then step R leg F+shake R hipx 4 2. 4 leg alternating taps F, 3. Big travel forward with arms, then facing side do the cha cha 3 times, then walk back. Repeat combo all around the room.