

# Club Fiesta: Light 4



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# Routines:

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No.	Routine	YouTube Song Link	Video Link & Password
1	Warm up 2	<a href="#">Can You Keep Up - Red Eye Crew</a>	<a href="#">Release 21 Warm up 2</a> password NEWYEAR
2	Fun	<a href="#">Marshmello, Imanbek - Too Much ft. Usher</a>	<a href="#">Release 21 Fun</a> password NEWYEAR
3	Pop	<a href="#">Jawsh 685 - Sweet &amp; Sour (feat. Lauv &amp; Tyga)</a>	<a href="#">Release 21 Pop</a> password NEWYEAR
4	Latin	<a href="#">Pinto "Wahin" &amp; DJ Ricky Luna - La Habana (feat. El Taiger)</a>	<a href="#">Release 21 Latin</a> password NEWYEAR
5	Recovery	<a href="#">Karl Wine Ft. NP Heaven - Fiesta ( The Dance Song )</a>	<a href="#">Release 21 recovery</a> password NEWYEAR
6	Legs	<a href="#">Lele Pons &amp; Guaynaa - Se Te Nota</a>	<a href="#">Release 21 Legs</a> password NEWYEAR
7	Latin	<a href="#">Black Eyed Peas, Ozuna, J. Rey Soul - MAMACITA</a>	<a href="#">Release 20 Latin</a> password TIKTOK
8	Latin Fun	<a href="#">MI PAN SU SU SU SUM CANCION (TikTok Song) - DJ Bryanflow</a>	<a href="#">Release 20 latin fun</a> password TIKTOK
9	Warm up 2	<a href="#">Anitta "Me Gusta" (Feat. Cardi B &amp; Myke Towers)</a>	<a href="#">Release 19 Warm up 2</a> password SIZZLE
10	Latin Recovery	<a href="#">Steve Aoki, Maluma - Maldad</a>	<a href="#">Release 19 Latin</a> password SIZZLE
11	Soca	<a href="#">MR KILLA - OIL IT</a>	<a href="#">Release 19 Soca</a> password SIZZLE
12	Afro	<a href="#">Ahzee- Go Gyal</a>	<a href="#">Release 19 Afro</a> password SIZZLE
13	Legs	<a href="#">Migos, KAROL G, Snoop Dogg &amp; Rock Mafia – My Family ("The Addams Family" OST)</a>	<a href="#">Release 19 legs</a> password SIZZLE

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No.	Routine	Steps
1	Warm up2	1.Low side to side drumming hands then shimmy shoulders 2. Side chest pumps x 3 L then knee lifts x 3, repeat other side 3.SSD side steps 4.Cowboy runs around the world 5. Touch Head shoulder knees toes then sweeping arms L+R
2	Fun	1.1x hip circle moving to L reaching arms up as you step to the left + 1 x hip circle moving to R reaching arms up as you step to the right, then step touches side to side with arm reaches. 2.Side step + snap your fingers 3.Beyonce side steps L+R x 4, then side steps with arms reaching up to pull the “apple” down. 4.SSD side snaps 5.Side to side low hips +Low reaches F+B
3	Pop	1.Elbow L+R + gun arms + arms touching your body reaching all the way up + SSD side steps 2.1 x side step L +R moving Forward, then walk back with arms touching body all the way up like “taking off your top” 3.4 x L Hip swings moving toward front of the class + (facing side of the class) Jump back with hip circles x 2 , repeat other side.
4	Latin	1.L side hip swings x 4 then L leg moving F then B 2.Side salsa then forward low salsa 3.1 x Burpee then hip swing L+R (option 2 hip circles then hip swings L+R 4.Walk F + B with shimmy

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5	Recovery	1.Tiktok arms + motorbike arms + pumping arms 2.Side pushes Up down L+R then ball roll arms in middle 3.Front jump wide walks with swinging arms to front then side, then waves L+R moving back 4.2 x low side body waves + Bollywood arms , then 4 x reaches F+B
6	Legs	1.2 x super low squats + 1 high reach 2.L leg Step Front, side, front then back to start position x 4, repeat with R leg (must be sitting low) 3.Wide low squat position: Tap L+R shoulder then twerk, repeat combo x 3 times then hip circles on the 4 <sup>th</sup> count.
7	Latin	1.Afro front taps 2.4 x L leg step touches towards front, then L leg twerk back, repeat other leg 3. Double side taps L+R then 4 knees up 4.Walk and shake touching your body up, then 2 wide low jumps back 5.Bollywood hips x 2 L+R, then salsa L+R then Forward snake the body down
8	Latin fun	1.L arm straight to side while R arm punches above it then below it x 2 , then repeat other side 2.SSD travelling side hips 3.Fast hip+chest pumps travelling around the world, repeat other side 4.Tap tap knee in x 4 L then R 5.Double tap L+R leg travelling back + walk F 6.Low taps pumping hips up round the world L+R

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9	Warm up2	1.SSD Side samba 2.Salsa Left Leg F then Salsa R leg back x 4, then repeat combo with R leg 3.Slow Slow side travelling hip then speed it up, L then R 4.Hip Hip then twerk 5.L leg steps forward then Side x 4 , repeat other leg
10	Latin recovery	1.SSD reggaeton steps 2.Low waves Side to side then Salsa L+R and front body wave 3.Bollywood combo (straight L arm + L leg moving front and back same time) x 2 then R arm whips it as your R leg heel digs , L arm whips as your L leg heel digs. Repeat combo 4.Low squats L +R
11	Soca	1.Low Afro forward stamps 2.Cross arms to opposite shoulders, then touch hips then head, then get low and drop knees x 4 3.SSD knee lift + oil it up arms + Pull Pull knees+ ball roll at front of the body 4.3 Side stamps L+R
12	Afro	1.L leg side tap then L leg step across the right side, switch sides 2.Front low Afro stamps 3.Go gyal combo: Throw L arm+ R arm low then shake hips, throw arms to side then shake hips, then throw arms above head then shake hips 4.Side step + low squat , then side step + snake hips 5. Floor option: 2 bum kicks then runs Standing option: 2 low squats then shake hips side to side or runs

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No.	Routine	Steps
13	Legs	<ol style="list-style-type: none"><li>1. Single squats</li><li>2. Squats with L leg heel lift x 8, repeat other side.</li><li>3. Squats with single heel lifts L+R</li><li>3. Low walks F + B</li><li>4. Low side squats with big arms</li><li>5. Narrow squats x 4 + wide squats x 4 then 16 narrow squats</li></ol>