

Club Fiesta PPCA Free: Release 1



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Choreography:

Club Fiesta PPCA Free: Release 01

[PowerMusic Link](#)

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Password: PPCA1

No.	Routine	Steps	Song/Artist
1	Warm Up	I'm Good (Blue) (Handz Up Remix) -David Guetta, Bebe Rexha 150 BPM	
		1	Big breathes in and out
		2	Side to side squat toe taps with horizontal arm reaches then up reaches
		3	Forward punches x 4 then Up punches x 4
		4	Side stretches L+R Alt big arm reach overhead
		5	Leg curls
		6	L leg step Forward then back x 4, repeat with R leg
		7	Low squats, punches (step 3) then squats
8	Grapevines		
2	Warm Up2	Ride it (Future Bounce Remix) – Regard 128 BPM	
		1	Hip circles x 4 L+R
		2	1 x Leg jump in and out, then 1 x big body wave
		3	Low hip dips L+R + runs
		4	L arm Punch Forward then Up x 4, then repeat with R arm
5	SSD stamps		
3	Plyo	Turn me on (future House remix)-Riton and oliver heldens 128 BPM	
		1	Hip circles x 4 L+R
		2	Low travelling steps L+R moving F, then Sexy steps back
		3	2 x hips thrusts with arm reaches + side to side hips
		4	3 step out and in plank (option: 3 jumps out then 3 jumps in, or Left leg 3 steps out then 3 steps in, repeat with R leg
5	SSD scissor runs with hip flick (option : SSD front taps with hip flick)		

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4	Latin	Mamacita(electro Latin Remix) – Black eyed peas,Ozuna & J.rey Soul BPM 128	
		1	3 x side stamps L + R
		2	Hip flicks
		3	Step L leg + Step R leg Travel forward, then walk back with arm cross forward and out
		4	SSD knee lifts
5	Side Salsa x 4 then front leg taps with arms touching legs then moving them up		
5	Boxing	Pound the alarm – Nicki Minaj BPM 125	
		1	L arm Punch Forward +up x 4 , repeat with R arm
		2	4 x hooks then 4 x uppercuts
		3	Runs + floor slams
		4	Capoiera
		5	Skull crushers (Low Punches towards L leg) x 8, then repeat other side
6	Low squats x 2 then 1 high jump		
6	Pop	Lifestyle (Electro Remix)- Jason Derulo feat. Adam Levine	
		1	Salsa L + cha cha cha, then salsa R + cha cha cha
		2	Back travelling side steps with arm waves x 2 L+R, then single steps with arm waves
		3	Step L then R leg tap, step R then L leg tap Travelling forward, then SSD hip swings
		4	Side “ just got paid” arms (stand on side and arm flicks up and down)
		5	Punches Forward x 4, then Punches Up x 4
6	4 x side punches, then spin ball to the other side, repeat other side		

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No.	Routine	Steps	Song/Artist
7	Dance	Come with me (DJ shocker remix)- Ricky Martin BPM 125	
		1	3 x side hand shakes + big body wave in middle, repeat other side
		2	Jump Jump then single stamps L+R
		3	Runs
		4	Big breath with both arms reaching up then pull them down
		5	Side to side hip swings
		6	Runs forward (or walks forward) with big arms, then low steps back
		7	Side hips x 4 L+R
8	Arms	Sissy that walk – Ru Paul 126 BPM	
		1	Thumbs Up and down
		2	Arms Pushes Up x 4 up then pushes down x 4
		3	Helicopter arms
		4	Fast Thumbs up and down
9	Legs	Work (Radio version) – Lil Jon 128 BPM	
		1	Squats
		2	1 L leg step with wave then 2 chest pumps, repeat other side
		3	1 low squat, squat lunge, repeat other side
		4	Touch hips L+R arms then 2 hip pumps, touch head L+R arms then 2 x chest pumps, reach up down then 2 hips back
		5	Touch hips L+R, then head L+R, then reach up and down
		6	1 x side kick then 1 floor touch, repeat x 4 on left side, then do combo on the R side
		7	Quick jump then Jab jab
8	Lunge pulses x 4 L+R then single lunges (or jump lunges)		

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10	Floor	Would you ever (radio version) – Skrillex & Poo bear 128 BPM	
		1	Basic crunches
		2	1 crunch 1 reach
		3	Rope grabs
		4	L leg lifts x 8 then repeat other leg
		5	Slow Hip bridges
6	Hold hip bridge then leg extensions, then single hip bridges with holding leg straight		