

CLUB FIESTA

HALA FITNESS BE FIT. BE FIERCE

PPCA Free:

Release 10



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Choreography



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Password: **SWEAT**

No.	Routine	Steps	Song/Artist
1	Warm Up	Desire (Future Rave Remix)- Calvin Harris with Sam Smith 140 BPM	
		1	Side step touches
		2	Side to side body bounce then add arms
		3	Left leg step F+B x 4 , then repeat with R leg
		4	Stretches
		5	Wide squats then drop shoulders L+R
		6	Jab cross x 4 F then x 4 Up
2	Fun Dance	Speed Drive – Charli XCX 174 BPM	
		1	1 step 1 slide L+R
		2	Hop L+R x 4 then 2 side steps L+R
		3	Hip bounce L+R then shimmy front and back
3	Cardio	JUMPIN (Melbourne House Remix)- Pitbull, Lil Jon 128 BPM	
		1	1 Low Squat then 1 burpee
		2	Step L+R with hammer arms then 4 knee drops
		3	Step L+R with hammer arms then 4 jumps
		4	Straight L then R arm big circle back to front then wide walks x 4 with shimmy, repeat going back
		5	1 burpee (or 2 squats) + 4 chest pumps
		6	Stand to side and twerk L+R

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No.	Routine	Steps	
4	Pop	Sweat (Funky House Remix)- Majestic & Karen Harding	
		128 BPM	
		1	Hand flicks Up and down x 2 then step F+B, repeat other side
		2	Hip circle to back L+R
		3	Step L+R forward, walk back then side steps with hand reaches + chest circles
4	Step touches		
5	Boxing	Creepin'(Handz Up Remix) – Metro Boomin', The Weeknd, 21 Savage 150 BPM	
		21 Savage 150 BPM	
		1	Double punch L+R then 4 uppercuts
		2	L Step and punch x 3 forward, 1 side kick then run back, repeat with R side
		3	Low squats with big breathes
		4	2 low squats + 2 low lunges L+R
		5	Jab cross x 16 LR, then jab cross L arm hook + 2 R arm uppercuts repeat combo x 4
6	Single hooks		
6	Pop	Barbie World – Nicki Minaj & Ice Spice 72 BPM	
		72 BPM	
		1	Leg curl moving F+ gangsta wave back
		2	SSD side steps with lasso arms
3	Punch both arms forward in a line x 4 then 4 whips		

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No.	Routine	Steps	Song/Artist
7	Cardio	Choose your fighter(Handz Up Remix) – Ava Max 145 BPM	
		1	Side taps L+R or wide umps
		2	1 knee 1 kick L+R
		3	1 Gravevine + 2 low jumps or taps
		4	Run forward + 2 jumping jacks, run back + 2 jumping jacks
		5	Squats
8	Reggaeton	Te Cura (Radio version)– Maria Becerra 98 BPM	
		1	Front afro taps
		2	L leg side step then hips circles, repeat with R leg then hip circles
		3	Wide walks F with hip pumps x 3 arms cross then down , side to side hips then repeat moving back
		4	(Ohh laa laa) SSD side steps
		5	SSD reggaeton steps
9	Arms	Be My Lover(Future Rave remix) - Hypton, David Guetta, La Bouche 128 BPM	
		1	Thumbs up and down
		2	1 tricep 1 bicep squeeze x 8 L+R
		3	Arm vibrations
		4	Double arm pushes x 3 then 1 up
		5	2 arm side pushes then 2 up (ceiling) pushes
6	1 Up 1 side arm pushes		

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No.	Routine	Steps	Song/Artist
10	Legs	Starships – Nicki Minaj 125 BPM	
		1	Single squats
		2	1 L hip circle + 1 squat combo x 4, then repeat combo to R
		3	3 low squat pulses + 1 heels lift
		4	SSD heel lifts
		5	Both feet heel lifts
		6	Low squat pulses
11	Floor	Padam Padam (Electro House Remix) – Kylie Minogue 128 BPM	
		1	Single ab crunches
		2	Bicycle legs hold hold + 4 singles
		3	Hip lifts
		4	Straight leg extensions
		5	Single ab crunches with legs up
12	Cool Down	Special - Lizzo	
		1	No Notes