

# CLUB FIESTA

HALA FITNESS BE FIT. BE FIERCE

**PPCA Free:**

**Release 12**



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### Choreography:

[PowerMusic Link](#)

[Videos Link](#) & password: **GALWAY**

No.	Type	Genre	Steps	Song/Artist	
1	Warmup	Fun Dance	<b>Hello Friday (HumanJive Remix) – Flo Rida feat. Jason Derulo 128 BPM</b>		<b>Song/Artist</b>
			1	Step touches	
			2	Ducks with arm reaches	
			3	SSD stamps	
			4	Walks forward + step touch with claps, repeat going back	
			5	Side stretches L+R	
			6	Wide squat with shoulder drops	
2	Warmup 2	Pop	<b>Purple Hat (Electro Rock Remix)- Sofi Tukker 128 BPM</b>		<b>Song/Artist</b>
			1	Side steps then front steps	
			2	Wide squats then low pulses	
			3	Wide steps F+B x 4, left then right	
			4	SSD heel jumps	
			5	8 booty slaps round the world L+R	
3	Cardio	Electric Dance Music	<b>Galway girl (DJ Shocker Remix)- Ed Sheeran 136 BPM</b>		<b>Song/Artist</b>
			1	Walks and claps	
			2	Jump side to side	
			3	Runs forward + 2 star jumps, repeat going back	
			4	Supermans x 4 L+R	
			5	SSD scissor runs with hip flicks	

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No.	Type	Genre	Steps	Song/Artist	
4	Dance	Pop	<b>ASI ED LA VIDA(Radio version)- Enrique Iglesias, Maria Becerra 128 BPM</b>		
			1	Bachata Step in place	
			2	Bachata basic step+ step in place, repeat other side	
			3	Body wave to front then slow turn to switch to other side	
			4	Sexy walk to front then open arms and sway side to side, repeat combo going back	
5	L leg side front tap with cross arms front, then cha chat cha shimmy travel to R side and repeat with R Leg side tap with cross arms				
5	Boxing	Electric Dance Music	<b>Make My Day(Handz Up Remix)- Coi Leray 150 BPM</b>		
			1	4 front punches + 4 uppercuts	
			2	Big breath, then combat poses slow then fast	
			3	Single punches	
			4	2 side L arm punches + R elbow then 2 x R high knee lifts	
5	Single uppercuts				
6	Dance	Pop	<b>Feel me (Fitness Remix)-Selena Gomez 122 BPM</b>		
			1	SSD side body wave steps with arm reaches	
			2	Sexy Walk forward then sexy hips back	
			3	SSD knee lifts with arms to side, arms up, then feel body down and up.	
			4	Side salsa	
			5	2 fast side arm pulls then 3 <sup>rd</sup> one moving to the other side	
6	Hip swings L+R				

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No.	Type	Genre	Steps			
7	Dance	Hip-Hop	<b>Butter (Radio Version)- Snow Tha Product 103 BPM</b>		<b>Song/Artist</b>	
			1	Hip Hip then twerk back		
			2	SSD front taps		
			3	2 side steps with big waves + 2 front taps, repeat other side		
			4	Travel hip flicks towards front then low twerks back		
5	Body waves on the spot					
8	Cardio	Pop	<b>Pretty girls walk (Future Rave remix) – Big boss Vette 128 BPM</b>		<b>Song/Artist</b>	
			1	(Recommend split class in 2 groups like a dance battle) Cross shoulder smack thighs then 4 shoulder drops		
			2	SSD side jumps with hammer arms		
			3	Group A: Sexy walks forward, then Group B follows		
			4	Group A: Sexy walks back, then group B follows		
			5	Group A: Low zombie walks x 4 + 2 squats, walk back ( or bear crawls + push ups)		
6	Group B : Low zombie walks x 4 + 2 swuats, walk back(or bear crawls)					
9	Dance	TikTok	<b>Lil Boo Thang (Radio Version)- Paul Russell 115 BPM</b>		<b>Song/Artist</b>	
			1	Kick ball change legs x 4 then R arm up down x 2 + shoot the hoop		
			2	Side steps travelling forward with claps, then sexy hips back with arm circles		
			3	SSD low front taps		
4	Push hips back then pull front					

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No.	Type	Genre	Steps	Song/Artist	
10	Arms	Pop	<b>Rush(House Remix)-Troy Sivan 128 BPM</b>		<b>Song/Artist</b>
			1	Tricep twists x 8 L+R	
			2	Arms circles	
			3	Traffic officer arms L+R	
			4	Vogue	
5	Chest press x 2 then overhead presses x 2				
11	Legs	Pop	<b>Girls Like – Tinnie Tempah feat.Zara Larisson 120 BPM</b>		<b>Song/Artist</b>
			1	Single squats with snaps	
			2	Squat pulse x 3 then knee lift, repeat pulse then other knee lift	
			3	R leg tap forward,side, forward x 4, repeat with L leg	
4	Wide low squats then add shoulder drops				
12	Floor	Pop	<b>A different Way- DJ Snake feat.Lauv 105 BPM</b>		<b>Song/Artist</b>
			1	Single Glute bridges	
			2	Glute pulse up x 3 then drop	
			3	Hip circles x 4 clockwise then anticlockwise	
4	Single glute bridges then fast pulses at top half				