

# CLUB FIESTA

HALA FITNESS BE FIT. BE FIERCE

**PPCA Free:**

**Release 13**



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### Choreography:

[PowerMusic Link](#)

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

No.	Type	Genre	Steps	Song/Artist	
1	Warmup	Fun Dance	<b>Seven (Future House Remix) - Jung Kook &amp; Latto 128 BPM</b>		Song/Artist
			1	Walks F+B x Left leg x 4 then Right leg x 4	
			2	Side to side ducks x 16	
			3	Grapevines	
			4	Leg curls x 16	
			5	Repeat steps 1-4	
			6	Stretches	
			7	Punches front x 4 then Up x 4	
2	Warmup 2	Pop	<b>Murder on the dancefloor(House Remix) - Sophie Ellis-Bextor 128 BPM</b>		Song/Artist
			1	Step slide with crossarms then Up	
			2	Side steps F+B with shimmy's L+R	
3	Plyo	Electric Dance Music	<b>Freaks (Club Remix) - Timmy Trumpet 128 BPM</b>		Song/Artist
			1	Walks + claps	
			2	4 high knees L+R side to side repeat twice	
			3	High knees face front x 16	
			4	4 Side punches L+R	
			5	Front punches x 4 then high punches x 4, repeat twice	
			6	Scissor Runs + 4 jumping jacks (Low Option : Lunges + side to side steps- High Option: Mountain climbers + 4 leg taps out and in)	
			7	Heres Johnny Combo: 4 punches,4 uppercuts, 4 hooks then jump legs in & out	
8	Walks with claps x 4 L+R				

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4	Dance	Latin	<b>Clavaito (Radio Version) - Chanel &amp; Abraham Mateo) 133 BPM</b>		Song/Artist
			1	Bachata (Side to side steps with hips)	
			2	Bachata travel forward L+R then L leg tap + slide, repeat with R Leg tap + slide, repeat going back	
			3	Walk forward + bounce side to side, repeat walking back, repeat once	
			4	Walk forward + bounce side to side then add side steps with chest pumps	
			5	1 Side step + shoulder circles going down, repeat other side then double side steps + shoulder circles, repeat other side	
6	Bachata side to side				
5	Boxing	Electric Dance Music	<b>Baby Don't hurt me (Handz Up Remix) - David Guetta, Anne-Marie, Coi Leray 150 BPM</b>		Song/Artist
			1	Double F Punch L+R	
			2	1 Knee 1 Kick L+R	
			3	Split side stance: Single jab crosses then add energy x 16, repeat on other side	
			4	Side kicks L+R	
			5	1 Across body skull crusher + 1 oblique twist, repeat x 4 then switch sides	
			6	Single uppercuts	
7	4 Punches 4 uppercuts				
6	Dance	Pop	<b>Dinero (Radio Version) - Jennifer Lopez feat.DJ Khaled &amp; Cardi B 64 BPM</b>		Song/Artist
			1	Salsa +cha cha cha L+R	
			2	L leg 2 stomps moving to side then stripper head flick, repeat other side	
			3	2 hip flicks +_ 2 knee drops with money hands	
			4	2 travelling steps forward then ghetto wave back	
5	Beyonce bounce SSD				

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No.	Type	Genre	Steps	Song/Artist	
7	Dance	Hip-Hop	<b>Lovin On Me – Jack Harlow 105 BPM</b>		Song/Artist
			1	3 front punches LRL + 2 hand shakes L+R	
			2	Hip Hip then twerk twerk	
			3	4 front taps + 4 knees up	
			4	4 side body waves L+R	
			5	Repeat combo 1-3	
6	2 travelling back slides with body waves x 2 then 2 L leg taps. Repeat other side				
8	Cardio	Pop	<b>Flashy - City Girls, Kim Petras 116 BPM</b>		Song/Artist
			1	Side to side bounces with funky arms	
			2	Step + elbow L+R then walk back Left right left right with hand shake off	
			3	Travel side steps x 2 then hips up, repeat other side	
4	Front taps x 4 then wave wave + clap L, wave wave +clap R				
9	Dance	Pop	<b>A Different Way - DJ Snake feat. Lauv 105 BPM</b>		Song/Artist
			1	4 slow hip circles with one arm Up L+R	
			2	Side salsa x 4 then front salsa x 4 with arms circling head	
			3	2 side hips + serve, repeat other side	
4	Bollywood combo (arms in and out x 2 then cross legs with twist lightbulb hands), repeat other side.				

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No.	Type	Genre	Steps	Song/Artist	
10	Arms	RnB	<b>Play Hard (DJ Shocker Remix)-David Guetta feat. Ne-yo &amp; Akon 130 BPM</b>		Song/Artist
			1	Big arm circles	
			2	Double arm pumps Up then side	
			3	Scare crow arms SSD	
			4	1 side arm push across then reach across x 4, repeat other side	
			5	Arm circles	
11	Legs	Pop	<b>Always Be a Fan (Radio Version) - Eva Grace 84 BPM</b>		Song/Artist
			1	Squats with heel lifts	
			2	Stagger squats Down down then Up up	
			3	3 tempo squats down then 1 up with heel lifts	
12	Core	Pop	<b>Try Again (Future house remix) - Max+Johann, Charming Horses 128 BPM</b>		Song/Artist
			1	Side oblique reaches x 2 L+R	
			2	Front leg raises with toe reaches	
			3	Wide sumo squat hold with 2 big breathes then reaches side to side	
			4	1 knee to elbow then 1 low squat L+R	
13	Cool Down	Pop	<b>Closer - The Chainsmokers feat. Halsey 95 BPM</b>		Song/Artist
			<b>No NOTES</b>		