

Club Fiesta PPCA Free: Release 2



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Choreography:

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[PowerMusic Link](#)

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Password: **FREE**

No.	Routine	Steps	Song/Artist
1	<i>Warm Up</i>	Bed – Joel Corry, RAYE & David Guetta 128 BPM (No video)	
		1	Step touches with finger snaps
		2	Low step waves L+R
		3	Grapevines
		4	Punches Forward then Up
		5	Stretch reaches L+R
		6	Low squats
2	<i>Warm Up2</i>	Taki Taki – DJ Snake feat.Selena Gomez, Ozuna & Cardi B 96 BPM	
		1	Side taps L+R x 4, then sexy hips
		2	Hip winds Round the world
		3	Salsa x 4 then 2 squats wide then narrow
		4	Belly dance L+R
3	<i>Plyo</i>	Turn down for what – DJ Snake & Lil Jon BPM 100	
		1	Runs + floor smacks
		2	Burpees
		3	Mountain climbers (option lunges or scissor runs)
		4	Jump Side steps
		5	Squat pulses

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4	<i>Fun</i>	Just Got paid – Sigala, Elle Eyre & Meghan Trainor BMP 128	
			Song/Artist
		1	1 step 1 slide L+R then 1 side step with shoulder shrugs
		2	Arms cross L+R then Up, 2 x hips L then 2 x hips R then 2 x hips L
		3	Side stance with L arm Up and down x 4, repeat other side
		4	3 x arm pushes L then 3 x arm pushes R then SSD Hips
		5	Kick ball change L+R
5	<i>RnB</i>	Return of the Mack – Mark Morrison BPM 99	
			Song/Artist
		1	1 step 1 slide L+R then 1 side step with shoulder shrugs
		2	Arms cross L+R then Up, 2 x hips L then 2 x hips R then 2 x hips L
		3	Side stance with L arm Up and down x 4, repeat other side
		4	3 x arm pushes L then 3 x arm pushes R then SSD Hips
		5	Kick ball change L+R
6	<i>Cardio Latin</i>	Azukita – Steve Aoki, Daddy Yankee ,Play-N-Skillz & Elvis Crespo BP 130	
			Song/Artist
		1	Hip winds x 4 L+R , repeat 4 times
		2	Left stomp, then stomp stomp R+L then Run forward, twerk back, Runs
		3	SSD side jumps with hammer arms
		4	Step Forward L+R then 1 R hip flick, step R+L then 1 L hip flick
		5	4 x hip swings L+R with whipping arms

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No.	Routine	Steps	Song/Artist
7	<i>Pop</i>	Yummy – Justin Bieber BPM 73	
		1	Side body waves x 8 L then R side
		2	4 x Sexy hiphop pumps, then 4 x low knee drops
		3	Walk F x 4 with sweeping arm, then walk back with pulling arm
		4	Side low wide jumps with booty circle x 4 then sexy snaps forward, repeat other side
8	<i>Arms</i>	Ferrari – James Hype, Dela Rosa BPM 128	
		1	Arms bring elbows together then push arms Up infront then chest press
		2	Chest presses
		3	Chest press then rotator shoulder hammer down
		4	Wall slams
		5	Fast wall slams
9	<i>Legs</i>	The business – Tiesto BPM 128	
		1	Slow squats
		2	2 x low squat pulses then 1 heel lift with hands up
		3	4 x heel lifts + 1 step F+B
		4	Low steps F+B Left leg x 4, repeat other leg

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No.	Routine	Steps	Song/Artist
10	Floor	Mad Love – Mabel BPM 99	
		1	Basic crunches
		2	Climb the rope
		3	Bend leg extensions
		4	Legs up in the air with crunches
		5	Straight leg extensions
6	Crunch + reach both arms		