

Club Fiesta PPCA Free: Release 3



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Choreography:

Club Fiesta PPCA Free: Release 03

[PowerMusic Link](#)

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Password: **SHINE**

No.	Routine	Steps	Song/Artist
1	Warm Up	Love Not war (Future House Remix)-Jason Derulo & Nuka BPM 128	
		1	Marches on the spot
		2	Step touches with snap arms
		3	SSD stamps
		4	Waves L+R
		5	Grapevines
		6	Stretches L+R
		7	Sumo squats, then sumo squats with shoulder drops fast then slow
8	Runs + 2 jumping jacks		
2	Warm Up2	I know you want me (Calle Ocho) Power remix- Pitbull 127 BPM	
		1	Forward Salsa L, then cha cha cha, forward Salsa R leg then cha cha cha x 8
		2	Side travelling Salsa
3	Side pumps L+R, then Forward Taps L+R with Pump arms		
3	Plyo	Get Low (Workout remix) – Dillon Francis & DJ Snake BPM 128	
		1	Hip winds + Low squat
		2	Runs + Floor smacks
		3	Burpees
		4	Mountain climbers (option lunges)
		5	Jumping side steps
6	Punches Fx 4 then Up x 4		

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No.	Routine	Steps	Song/Artist
4	Dance	Don't Call me Up (Radio version) – Mabel BPM 99	
		1	4 x low leg taps + 4 knee lifts
		2	Walks forward x 4 then side steps, repeat walking back
		3	Hip winds with arm reaches, then point forward with L arm
		4	4 x heel twists with arms pointing u, then arrow arms, repeat combo with arms pointing down
		5	4 side steps F with R leg, then move back, turn around then repeat with 4 side steps moving back.
5	Cardio Boxing	Head & Heart (Hands Up Remix) – Joel Corry feat.MNEK 145 BPM	
		1	2 x Punches L+R + 4 uppercuts
		2	L arm travelling Punches x 3 + Run back , repeat other side
		3	Single front kicks L+R
		4	Front punches then quick punches
		5	Split stance L leg forward, Jab cross x 16, then split dance with R leg forward, jab cross x 16
		6	Single uppercuts
		7	Squats
6	Latin	Echame La Culpa – Luis Fonsi & Demi Lovato 96 BPM	
		1	Front taps L+R with waving arms
		2	3 x side stamps L+R
		3	R Hip winds around the world + Salsa R+L, repeat other side
		4	Punches x 8, hip winds x 2, hop back x 8, then heels in moving forward x 4

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No.	Routine	Steps	Song/Artist
7	<i>Kpop</i>	How you Like that (Electro Latin Remix)- BLACKPINK 128 BPM	
		1	Slide then hip swings
		2	Walks forward arms up then down, then 2 hips L+R, repeat walking back
		3	Bumpa clap back with chest pumps, then whips moving forward
		4	SSD shoulder shrugs x 3 then piano fingers in a circle
		5	SSD side steps with swing arms
		6	SSD side steps + jumps with pumping arms
		7	Chest pumps moving forward, then winding hips jumping back
8	<i>Arms</i>	Playd-A-Live The Bongo Song (Calimocho Club Mix)- Safri Duo 138 BPM	
		1	Drumming hands with squats
		2	Thumbs up and down
		3	Palms to ceiling push up x 4 then palms to floor push down x 4
		4	Palms to floor pushes
		5	Side pushes x 2 then ceiling pushes x 2
		6	Thumbs up and down
9	<i>Legs</i>	Break Your heart – Taio Cruz 122 BPM	
		1	Slow squats x 4
		2	Low squats x 2 then 1 heel lifts with snap fingers ,repeat x 8
		3	Wave L+R arm then wave them both down , repeat 4 times
		4	4 x low pulse squats, then low step F+B
		5	Low squats
		6	4 wide squats, then 4 narrow squats

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No.	Routine	Steps	Song/Artist
10	<i>Floor</i>	Unholy (Radio version) – Sam Smith feat.Kim Petras 131 BPM	
		1	Basic crunches
		2	Rope grabs x 7 then drop
		3	Opposite leg reaches x 8 L then R leg
		4	Leg extensions