

Club Fiesta PPCA Free: Release 4



Ownership of Intellectual Property Rights

All Club Fiesta licensed releases are owned by Hala Fitness and as such must not be distributed or shared and is for the licensed Instructors sole use within their own fitness classes.

Choreography:

Club Fiesta PPCA Free: Release 4

[PowerMusic Link](#)

[Release Collection Link](#)

Password: **MAGNETIC**

No.	Routine	Steps	Song/Artist	
1	Warm Up	History (Future house remix) – Joel Corry, Becky Hill 128 BPM		Song/Artist
		1	Step touches	
		2	Side waves L+R	
		3	Grapevines	
		4	Punches F then Up	
		5	Stretches L+R	
		6	Squats	
2	Warm Up2	Instructions (Radio version) – Jax Jones feat.Demi Lovato & Stefflon Don 121 BPM		Song/Artist
		1	Sexy Hips + Stripper touch (chorus)	
		2	Dancehall clap walk back + walk forward (chorus)	
		3	Hand flicks Up and down x 3 +Both arms wave infront	
		4	Stomps	
		5	Low booty bounces with big wave L+R	
3	Plyo	Light it Up (DJ Shocker remix) – Major Lazor 128 BPM		Song/Artist
		1	L arm Punch F then Up x 4, repeat with R arm	
		2	4 x L arm side punches, then spin ball change to other side, repeat 4x R arm side punches	
		3	4 x front punches forward then Up	
		4	1 x burpee 1 x chest pumps x4	
		5	Side jumping steps	

Choreography:

Club Fiesta PPCA Free: Release 4

[PowerMusic Link](#)

[Release Collection Link](#)

Password: **MAGNETIC**

No.	Routine	Steps	Song/Artist
4	Pop	My head My heart – Ava Max 116 BPM	
		1	Slow Walks F with side taps, then sexy walk back
		2	Salsa L+R
		3	Head and heart combo (L side step with L arm reach + touch head, then R side step with R arm reach then touch heart, narrow feet alternating touching head going down)
		4	3 x L side leg taps then clap in middle, repeat with other side
		5	4 x shoulder shrugs then round the world arms
5	Boxing	Magnetic Eyes – Matrix & Futurebound 174 BPM	
		1	Slow walk F + heel heel, then back, repeat and speed up
		2	SSD speed ball arms
		3	1x knee 1 x jab combo x 4 L+R
		4	Shuffle jabs x 8 L+R
6	Dance	Ziki Ziki – Static & Ben El & Snoop Dogg 104 BPM	
		1	3 x hip flicks L+R
		2	SS front taps + 2 knee lifts
		3	4 x travelling hip flicks + 2 jumps back with hip circles
		4	Side chest pumps L+R

Choreography:

Club Fiesta PPCA Free: Release 4

[PowerMusic Link](#)

[Release Collection Link](#)

Password: **MAGNETIC**

No.	Routine	Steps	Song/Artist
7	Fun	You don't know me – Jax Jones feat.RAYE 128 BPM	
		1	Hip Circles L+R then big hip circle left to right, then speed up
		2	Walk with side taps forward then sexy hips back
		3	2 hip flicks with arms across up and down, then 2 steps forward with windshield arms, repeat twice then hip circles moving towards back of class, walk back then quick head turn to look at them.
8	Arms	Family Affair – Mary J.Blige 128 BPM	
		1	Straight arms to the side with thumps up and down
		2	L arm wall slams up and down, repeat other side
		3	Arm rotations
9	Legs	The Motto – Tiesto feat.Ava Max 118 BPM	
		1	2 x hip flicks L+R then 2 squats with strong arms
		2	Low hip dips
		3	Squats
10	Floor	Red lights – Tiesto 125 BPM	
		1	Sit ups
		2	Side to side reaches
		3	Hip lifts
		4	Leg drops
5	Scissor legs		