

Club Fiesta PPCA Free: Release 5



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Choreography:

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Password: **HOT**

No.	Routine	Steps	Song/Artist
1	<i>Warm Up</i>	HOT – Daddy Yankee x Pitbull BPM 130	
		1	Step touches
		2	Hip winds
		3	Side to side steps L+R then Walk F+B with hot hands
		4	Grapevines
		5	Leg curls
		6	Side hip winds x 4 L+R
		7	Squats then squats with shoulder drops
		8	Punches F then Up
9	Stretches L+R		
2	<i>Warm Up2</i>	Tukoh Taka (Official FIFA Fan Festival A) Nicki Minaj, Maluma & Maryam Fares feat. FIFA Sound) BPM 124	
		1	Low foot taps x 7 then 2 L knee drops, repeat with other leg
		2	Side leg taps L+R with strong arm pumps then front taps with hammer arms
		3	L hip swings RTW Left + Right
4	Belly dance hips		
3	<i>Cardio boxing</i>	Savage Love (Handz Up remix) – Jawsh 685 x J. Derulo BPM 150	
		1	SSD side steps with alternating arms up
		2	Side steps with finger snaps x4
		3	Savage Love: Touch LR shoulder then arm Up, hip winds, repeat with other arm, then repeat with both arms up then repeat with both arms down.
		4	Punches x 4 F then Up x 4 then
		5	Uppercuts
		6	1 Knee 1 kick, then single kicks
7	Runs		

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No.	Routine	Steps	Song/Artist
4	Recovery	Sissy that Walk – Ru Paul BPM 126	
		1	SSD side steps with body waves
		2	Hip Winds
		3	L side hand shakes Up and down x 2, then L leg step F+B, repeat other side
		4	Walk forward x 4 with open hand rolls then wide step side to side, repeat with walking back x 4
5	Wave side to side then fast runs		
5	Boxing	Bangarang – Skrillex BPM 110	
		1	Single front punches
		2	Skull crushers x 7 L+R
		3	Front punches x 8 then 4 uppercuts
		4	Combat poses
		5	Fast jabs around the world
6	Combat block		
6	Pop	CUFF IT – Beyonce BPM115	
		1	Kick ball change L+R x 16
		2	Step back + body snap x 2 then step F+B x 2 Leg
		3	Small steps with fingersnaps x 4 then aeroplane, repeat other side
4	SSD knee lifts x 2 then SSD waves + claps		

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No.	Routine	Steps	Song/Artist
7	<i>Salsa</i>	Don't Go yet – Camila Cabello BPM 110	
		1	Side salsa L+R + 4 front taps with shimmy
		2	Travelling side steps x 2 L+R then Back salsa L+R
		3	Arm throws LRL then hip flicks
8	<i>Arms</i>	Black Magic – Little Mix BPM128	
		1	Thumps rotations
		2	Wall slams both arms
		3	Traffic officer arms x 4 L+R
		4	4 Up pumps then 4 side pumps
9	<i>Legs</i>	Levitating – Dua Lipa Feat.Madonna and Missy Elliott BPM116	
		1	4 squats with claps combo
		2	Hip winds with arms up then wind down
		3	Travelling side squats x 2 L then R
		4	3 x low travelling squats forward and back
		5	Low pulse squats

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No.	Routine	Steps	Song/Artist
10	Floor	Te Amo – Rihanna BPM 120	
		1	Leg lifts x 16
		2	Straighten the leg horizontal then 3x Hamstring curls, repeat combo x 8
		3	Straight leg lifts x 8
		4	Repeat steps 1-3 on other leg
11	Stretch	Its OK Not to be OK – Marshmello & Demi Lovato BPM 103	
			No example video