

# Club Fiesta PPCA Free: Release 6



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# Choreography:

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Password:

**SCREAM**

No.	Routine	Steps	Song/Artist
1	<b>Warm Up</b>	<b>Con Calma (Melbourne Bounce Remix) Daddy Yankee feat. Snow 128 BPM</b>	
		1	Side step touches
		2	Low waves L+R then add reaches
		3	Side steps with arm waves
		4	4 x punches forward then 4 x punches up
		5	Heel digs
		6	SSD stamps
		7	Side stretches the sumo squat with shoulder drops
		8	Grapevines
		9	L leg wide steps F+ B x 4, then repeat with R leg
10	Squats then leg curls		
2	<b>Warm Up2</b>	<b>Hot In it – Tiesto &amp; Charli XCX 128 BPM</b>	
		1	4 sexy steps forward, then 4 x sexy hips steps back
		2	L arm up, R arm up, jump up down then touch body up, Pumba clap walking back then walk forward with “come here” hands
		3	4 x forward punches then 4 x punches up , repeat combo 8 times
4	Side jump steps		
3	<b>Plyo</b>	<b>Break My Soul – Beyonce 150 BPM</b>	
		1	Runs (option marches on the spot)
		2	L leg 1 knee 1 kick +R leg 1 knee 1 kick, repeat combo x 4
		3	Supermans L+R
		4	SS Scissor runs + 1 hip flick
		5	Run forward + 2 x jumping jacks
6	Frog burpees		

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No.	Routine	Steps	Song/Artist	
4	<b>Recovery</b>	<b>Ride it – Regard 118 BPM</b>		<b>Song/Artist</b>
		1	Step touches	
		2	4 Hip circles L then R	
		3	Big arm wave + legs in and out	
		4	SSD stamps	
5	<b>Boxing</b>	<b>I Feel Good – Pitbull,Anthony Watts, DJ White Shadow 150 BPM</b>		<b>Song/Artist</b>
		1	(Johnny combo) 4 x front punches, 4 x uppercuts, 4 x hooks then legs in and out x 2	
		2	Low squats	
		3	L side shuffle punches x 4 then punch up and side x 2, repeat on R side	
		4	L side fast punches x 8 with sprints then punch up and side x 4, repeat on R side	
		5	Front Kicks L+R	
6	<b>Dance</b>	<b>I Need your love – Shaggy Feat.Costi,Faydee &amp; Mohombi 90 BPM</b>		<b>Song/Artist</b>
		1	Bellydance hips Right, Left, then triple Right, repeat other side	
		2	Sharp throw arms left, right then shake hips with prayer arm coming down	
		3	SSD side steps with thinking arms x 2, then SSD side steps with bellydance clasped arms x 2	
		4	L leg low step 90 degree F, then R leg low step 90 degree F, then shake hips with arms touching body up, repeat combo twice	
		5	Double steps travelling diagonally forward, then walk back, repeat combo x 4	
		6	Walks F x 4 with shimmy, then double steps back diagonally , repeat x 2	

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7	Pop	<b>OUT OUT – Joel Corry &amp; Jax Jones feat.Charli XCX &amp; Saweetie</b>	
		128 BPM	
		1	Sexy walks Forward x 4 then sexy hips back x 4, repeat twice
		2	SSD shoulder pops x 2, then booty smacks x 4, repeat combo twice
		3	4 x knee lifts + 2 big waves
		4	Reach and pull x 8 front
		5	Double pulls x 2 repeat x 8
6	Hip winds L+R x 4		
8	Reggaeton	<b>Tiempo – Wisin, Natti Natasha &amp; Los Legendarios</b>	
		105 BPM	
		1	Front afro taps with body wave L+R
		2	SSD reggaeton steps with arms up x 2, then front afro taps x 4
		3	3 x side afro stamps L+R
4	SSD front reggaeton leg taps		
9	Arms	<b>Take me home- Cash Cash feat.Bebe Rexha</b>	
		128 BPM	
		1	Thumbs up and down
		2	Swimming arms x 8
		3	Diving arms x 8
		4	Big arm circles x 8 clockwise then x 8 anticlockwise, repeat combo abd speed it up
		5	2 x ceiling pushes up then 2 x side wall pushes
6	1 x ceiling push then 1 x side wall push		

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No.	Routine	Steps	Song/Artist
10	Legs	STAR WALKIN'(League of legends Worlds Anthem)(Radio version) 142 BPM	
		1	Slow squats
		2	3 x low squat pulses then 1 heel lift with finger snap
		3	1 x hip circle to left + 1 squat, repeat 4 times then do combo to the right.
		4	Wide legs heel lifts
5	(Towards the end) 7 x wide low squat pulses, then 7 x low narrow low squat pulses		
11	Floor	Scream – Usher 128 BPM	
		1	Basic crunches x 4 then 8 x knee front reaches
		2	Opposite knee reaches L+R
3	Bicycle crunches X 8, then 4 x leg raises		