

# Club Fiesta PPCA Free: Release 7



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# Choreography:

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[PowerMusic Link](#)

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Password: **SLIDIN**

No.	Routine	Steps	Song/Artist
1	<b>Warm Up</b>	<b>MONTERO(call me by your name) (Melbourne Bounce Remix) -Lil Nas X - 128 BPM</b>	
		1	Side steps with snaps
		2	Waves L +R then add hand reaches
		3	Leg curls
		4	Side stretches
		5	SSD stamps
		6	Grapevines
		7	Stretches then punches
2	<b>Warm Up2</b>	<b>Do it to it (Radio Version) – Acraze feat.Cherish – 126 BPM</b>	
		1	Side steps L+R
		2	Side step to the left then sexy hip flicks x 3 with finger snaps, repeat other side
		3	Side stomps with hammer-elbow arm x 4, cross shoulder touch , touch hips then put both arms up, wave them side to side
		4	SSD hip twerks
		5	Stand to the side then twerks , repeat on other side
		6	Stand to the side then sprints , repeat other side
3	<b>Cardio</b>	<b>Turn up the Music(DJ Shocker Remix) – Chris brown</b>	
		1	Grapevine + side steps L, repeat other side
		2	Walk F with shimmy, then wave up wave down, repeat going back
		3	Skaters
		4	Heel digs SSD
		5	Jump lunges
		6	Squats then squat pulses
		7	Low squat with heel lifts
8	Squat jumps F+B		

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No.	Routine	Steps	Song/Artist
4	<b>Dance</b>	<b>Shape of you – Ed Sheeran 96 BPM</b>	
		1	2 side steps L+ 2 side steps R leg then hip swings
		2	2 low side taps L+R then 4 knee lifts
		3	4 x low side travelling leg with punches, then twerks back, repeat with other leg
		4	Walks F with hand shakes, then wipe down move, repeat travelling back.
5	Leg jump in and out then hip circles.		
5	<b>Pop</b>	<b>Rain on me (Radio version) Acraze feat.Cherish 126 BPM</b>	
		1	Big breaths, then hands to back with low back circle forward L+R
		2	Big hip circles L+R and hands forward on the second circle
		3	Front taps with arms crossed above head, then Rain on me arms.
		4	Hands cross in front of face, open them then jumps x 8 to the back, robot moving forward, repeat other side.
		5	4 front taps plus arm up on 4 <sup>th</sup> count, repeat combo twice then side push steps
		6	Shimmy plus head flick down x 4 Left side, then repeat on right side
8	Arm waves slow then quick		
6	<b>Dance</b>	<b>Slidin' (Radio version) – Jason Derulo feat.Kodak Black 100 BPM</b>	
		1	Single single side steps with push arms, then slide to other side + 3 front taps + claps, repeat combo to other side
		2	Travel steps forward L+R then walk back with shoulder pops
		3	Side travel snaps with arms up and down x 4, repeat other side
4	SSD knee lifts		

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No.	Routine	Steps	Song/Artist
7	<i>Legs</i>	<b>Jump (House Remix) – Ciara Feat.Coast Contra 128 BPM</b>	
		1	Slow squats
		2	3 squat pulses then heels lift up with finger snap
		3	1 low squat 1 heels lift on the “ Jump”
		4	Single heel lifts
		5	Low squat walks F+B
8	<i>Floor</i>	<b>Suave (kiss me) (DJ Shocker remix) – Nayer feat.Mohombi &amp; Pitbull 128 BPM</b>	
		1	Basic crunches
		2	3 pulse reaches to the top
		3	Opposite knee reaches x 8 L+R
		4	Leg extensions
		5	Leg drops