

Club Fiesta PPCA Free: Release 8



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Choreography:

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Password: **SHAKE**

No.	Routine	Steps	Song/Artist
1	Warm Up	Say so vs Levitating(Mashup Remix) - Doja Cat meets Dua Lipa	
		130 BPM	
		1	Side taps
		2	Side waves L+R then add arm reaches
		3	Grapevines with claps L+R x 8
		4	Leg curls x 8
		5	Step F+B x 4
		6	jab cross F x 4 then Up x 4 repeat combo x 4
		7	Walks F+B x 4 then squats
8	Hip flexor stretches		
9	March + waves then waving arms		
2	Warm Up2	Shake Senora-Pitbull feat.T-Pain & Sean Paul 128 BPM	
		1 Marching with claps	
		2 Strike a pose!	
		3 Walk F with booty shakes x 4 then chest pumps back x 4, repeat combo x 4	
		4 Shake Senora: Shimmy and jump F+B , repeat x 2 then hip winds low x 4	
5 Step L+R then step F+F LR			
3	Plyo	Hey Mama – David Guetta feat. Nicki Minaj 92 BPM	
		1 1 knee 1 Jab, repeat x 4 then switch sides	
		2 Claps in circle L+R	
		3 3 x burpees then hey mama hips x 4 (U shape hip moves), repeat combo twice	
4 4x low side steps with floor touches, then 4 x side steps with high reaches			

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No.	Routine	Steps	Song/Artist
4	Pop	Do it again – Pia Mia feat. Chris brown & Tyga 96 BPM	
		1	Hip winds
		2	4 x waves + 2 reggaeton steps L+R, repeat x 2
		3	Tap tap scoop x 4 L+R
		4	8x funky side steps travelling L with arms up and down +4 waves & 4 heel digs, repeat to the R side
5	4 x body waves L+R		
5	Boxing	Big Energy (Handz Up Remix)– Latto 150 BPM	
		1	4 big breath arms
		2	Single front jabs
		3	Double jabs L+R then 4 x uppercut, repeat combo x 8
		4	Side shuffle jabs x 4 then punch Up and side x 2, repeat other side
		5	Side sprint fast jabs x 8 then punch up and side x 4, repeat other side
		6	SSD speed ball
		7	Jab cross + elbow, then 2 knee lifts x 4 , repeat combo on other side
8	Single combat knee lifts		
6	Dance	Twerk (Radio version) – City girls feat. Cardi B – 95 BPM	
		1	4 x side to side elbow arm steps travelling F, + side to side chest pumps, repeat combo travelling back
		2	Pretty girl walks
		3	Hip hip then twerk back, repeat x 4
4	Low twerk taps L+R		

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No.	Routine	Steps	Song/Artist	
7	Salsa	Liar (radio version) – Camila Cabello 98 BPM		Song/Artist
		1	Side salsa then front steps with arm waves over head	
		2	Slow side salsa cha cha cha, with arm reaches x 4	
		3	2 x L side travel steps +hip circles, repeat on other side	
		4	SSD front taps x4	
		5	Hip winds L+R	
		6	Finish with side salsa then hip circles RTW	
8	Arms	I can feel it (Electro Remix) – Sickick 128 BPM		Song/Artist
		1	Straight arm pumps down	
		2	Arm circles clockwise x 4 then anticlockwise x 4	
		3	Traffic arms combo R x4, ten repeat with L arm, do combo x 2	
		4	1 arm push across then reach above L x 4 then R x 4, repeat combo x 2	
9	Legs	Lets Groove (3P Remix)– Earth Wind & Fire 128 BPM		Song/Artist
		1	Squats	
		2	Heel lifts x 8 then low hip winds L+R x 4	
		3	4 squats with finger snaps + 2 walks F+B, repeat combo twice	
		4	Standing L leg lifts side x 4 then back x 4, repeat on R leg	
		5	Wide squats x 8 with 1 R leg heel lift, then repeat another 8 squats with L leg heel lift	
		6	Low squats with alternating heel lifts x 16	

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No.	Routine	Steps	Song/Artist
10	Floor	Sweat – Snoop Dogg & David Guetta 130 BPM	
		1	L leg glute pulse kicks x 16
		2	L leg fire hydrants x 8
		3	L leg straight leg circles x 4 clockwise then 4 x anticlockwise
		4	L leg across the rainbow x 8 (Up then across, up then back)
		5	Plank
		6	Repeat steps 1-4 on L leg
7	Glute bridges slow then fast, then swing it L+R		
11	Stretch	Africa (Radio version)-Toto 93 BPM	
		1	No Notes