

Club Fiesta PPCA Free: Release 9



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Choreography

Club Fiesta PPCA Free

Release 9

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Password: **POPULAR**

No.	Routine	Steps	Song/Artist
1	<i>Warm Up</i>	Boy's a Liar Pt.2 (Future pop Remix) – Pink pantheress,ice Spice 133 BPM	
		1	Step touches then add body waves
		2	Leg curls
		3	Grapevibes
		4	Front punches and up punches
		5	Stretches
		6	Box steps
2	<i>Warm Up2</i>	Pause – Pitbull 128 BPM	
		1	Walk to left, Stop arms, drop dwn low then circle out then in on the “pase”, repeat other side
		2	Double side steps L+R
		3	Add shimmy on the double side steps
		4	Step L leg F+B x 4 then body waves, repeat other side
3	<i>Plyo</i>	I like it – Cardi B, Bad Bunny, & J Bavin – 150 BPM	
		1	Side salsa x 4 L+R
		2	Low L Leg forward step + 2 hops x 2, then repeat on R side
		3	Single big marches
		4	Full burpees x 4 then SSD mountain climbers x 4

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No.	Routine	Steps	Song/Artist
4	<i>Pop</i>	Talk Dirty – Jason Derulo -100 BPM	
		1	L leg front then side taps x 4 , then repeat with R leg
		2	Body dip + hip circles
		3	Claps round the world L+R
		4	L leg 2 back slide steps + 2 front steps, repeat with R leg
5	<i>Boxing</i>	Dancing's Done – Ava Max – 150 BPM	
		1	2 front punches L+R then 4 uppercuts
		2	Travelling front punches x 3 + 1 side kick, run back, repeat on other side
		3	Low squats
		4	Sumo squat with heel reaches slow then fast
		5	Front jab cross x x 16, then front jabs x 4 + 2 hooks
6	<i>Dance</i>	2 Be Loved (Am I Ready) – Lizzo – 156 BPM	
		1	L leg step then slide, R leg step slide , repeat x 6 then 4 side to side steps
		2	Hops with arms up L+R x 4 , then 2 side steps LR
		3	Hops with arms up L+R x 4 , then shimmy F+B x 4
7	<i>Pop</i>	Popular – The Weeknd, Playboi carti, Madonna – 99 BPM	
		1	Side salsa then forward salsa
		2	Side L arm punch punch then 1 R arm punch + big body wave, repeat x 4 then repeat combo on other side
		3	4 hip ficks towards front then 2 back jumps with hip circles
		4	SSD knee lifts

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No.	Routine	Steps	Song/Artist
8	<i>Fun</i>	Dance the Night – Dua Lipa – 110 BPM	
		1	Side steps travelling forward with shoulder shrugs x 4, then sexy back steps x 4
		2	3 side steps L+R
		3	Side travel steps with arms up and down x 2 then stop and wave hips side to side with arms touching body up, repeat travelling to other side
		4	Side to side hip dips
9	<i>Latin</i>	La Gozadera -Gente de Zona feat.Marc Anthony – 95 BPM	
		1	Side travelling steps L+R then back steps L+R
		2	Side salsa + 4 front taps with shimmy
		3	Salsa L front then R back x 4, then repeat starting with salsa R front then L back
10	<i>Arms</i>	Blinding Lights – The Weeknd – 171 BPM	
		1	Arms to side with thumbs up and down
		2	Tricep bicep combo x 8 L then R
		3	Tricep bicep combo with both arms
		4	L arm 1 side push 1 up push x 6 then wave arms towards right side, then repeat with R arm 1 side push 1 up push combo

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No.	Routine	Steps	Song/Artist
11	Legs	Toxic – Britney Spears – 143 BPM	
		1	Low squat pulses x 3 then 1 high heel lifts up
		2	Circle to L+1 low squat, repeat x 4 then repeat with circle to R + 1 squat
		3	Heel lifts
		4	Knee knee + 2 twerks
		5	Low hip dips then low squats
12	Floor	Alone – Kim Petras & Nicki Minaj	
		1	Slow glute lifts
		2	1 glute hold + 1 L leg kick, repeat the lift with R leg kick
		3	Hip swings
		4	Hip circles x 4 L+R
13	Bonus Track	Gangsta Boo (Radio version) -Ice Spice & Lil Tjay – 74 BPM	
		1	Sexy hips then 2 low knee drops, repeat x 4
		2	Push R arm away and step R leg back , then front leg taps L+R, repeat other side , repeat twice
		3	Bum kicks with rolling hands, then pump arms up, repeat x 4
		4	1 Kick then twerk, round the world
		5	Slow then fast fast waves with a wide squat