

Club Fiesta:

Release 44



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Choreography:

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Password: **TRIBE**

No.	Routine	Steps	Song/Artist
1	Warm Up	Trompeta – Willy William	
		1	Side steps with arms circles L+R then circle both arms F+B
		2	Grapevines
		3	Side to side body dips with arms
		4	Stretches L+R then wide leg stretches with shoulder drops
		5	Squats
		6	Forward punches + Up punches
2	Warm Up2	La la la – Willy William	
		1	SSD stomps x 8
		2	Single stomps then fast runs
		3	Side steps with chest pumps
		4	SSD heels
		5	Low sexy taps x 8 L+R
		6	Step F+B x 4 L then R
3	Cardio	4 A.M (Clubstar UK Remix) - Scooter	
		1	L Leg 1 x Knee 1 x Kick x 8 then runs
		2	Run F then 2 star jumps, run back then 2 x star jumps
		3	Skaters
		4	Super mans travelling L+R

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4	Latin	Vida Linda (feat. Ale Blake & Angelika Vee) – Sasha Lopez	
		1	3 x R leg side big steps to the left side then foot ball change to R side
		2	4 x L hip roll with R arm Pull down, switch to other side
		3	Side salsa
		4	Steps F L+R then walk back + SSD waves
5	Boxing	X Gon' Give it to Ya - DMX	
		1	Intro: Low dips L+R
		2	2 x L arm side punches + speed ball x 2 Left side, then repeat on R side
		3	4 x front punches then 4 x uppercuts
		4	Punch Punch then hook combo x 3, then low punches L+R
6	Pop	Cooped Up/ Return of the Mac – Post Malone, Mark Morrison & Sickick	
		1	SSD front taps
		2	Step touch
		3	SSD front taps x 4, then Hip Hip twerk back x 4
		4	Side step back travel L x 2 with wave arms, Then L leg 2 x side taps, repeat with other leg travelling back
		5	4 x Low waves + 2 leg taps L+R

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7	Afro	One Wine (Feat.Major Lazer)- Michel Montano & Sean Paul	
			Song/Artist
		1	Afro step L leg with R arm wave, then repeat other leg x 4 then Step touch with hip circles
		2	2 x upperbody round the world, 4x single shoulders +Double shoulder L+R, repeat combo other side
		3	(hip winds through this arm moves) Shoulder touch touch, hip head then cross arms in front
		4	L arm R arm aggressive pumps Front front back back, then fast runs
		5	3 x Burpees. + 4 x chest pumps(option : Squats OR Jump legs in and out + 4 chest pumps).
8	Pop	Chill Like That – Sunday Scaries & PiCKUPLiNES	
			Song/Artist
		1	SSD knee lifts x 2, turn to side then twerk , turn to other side +twerk, then turn to front and arm pump SSD
		2	Side steps + Hip with an arm up flick
		3	Beyonce front steps x 4, then steps back with arm sweeps
		4	sprints
9	K-POP	ANTIFRAGILE – LE SSERAFIM	
			Song/Artist
		1	Front walk with arm swings Up and down + 4 hips back, repeat walking back
		2	SSD front steps
		3	4 x side steps with arm pumps L+R
		4	R arm swing x 2 L+R
		5	2 x side double runs with strong arms then shake back
		6	Hip bounces L+R then shoulder shrugs L+R

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10	Arm+Legs	Me & U (feat.Kelsey) - Majestic	
		1	Wide Low squats + Front bicep curls
		2	Front single shoulder touches with SSD heel lifts
		3	Side single shoulder touches with SSD heel lifts
		4	Wide squats 1 x bicep curl 1 x overhead shoulder press
		5	Scissor chopping arms with squats
11	Floor	Tribes – Chase and status	
		1	R Leg Side lifts slow x 8
		2	Triple pulse then drop leg x 8
		3	Single leg lifts
		4	Roll to centre, rest on elbows then bicycle legs
		5	Repeat combo on the L leg