

CLUB FIESTA

HALA FITNESS BE FIT. BE FIERCE

PPCA Free:

Release 11



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Choreography:



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[PowerMusic Link](#)

[Release Collection Link](#) & Password: **SUMMER**

No.	Routine	Steps	Song/Artist
1	<i>Warm Up</i>	What It Is(Block Boy) (Electro Remix) – 128 BPM	
		1	Step touches
		2	Ducks + reaches
		3	Box steps F+B L then R
		4	Grapevines
		5	Leg curls
2	<i>Warm Up2</i>	100% Pure Love(House Remix)- Years & Years 132 BPM	
		1	1 step 1 slide x 4 with arms cross then up
		2	L leg box step + arm waves L+R, repeat twice then switch other side
		3	Chest pumps travelling L+R x 4
		4	Hips low arm swings x 8
		5	Hip rotation Back, Right, forward then left , repeat twice
		6	Runs
3	<i>Plyo</i>	Know No Better (workout Mix)-Major Lazer feat.Travis Scott, Camilla Cabello & Quavo 125 BPM	
		1	Side steps then across the river
		2	Single squats then double pulse squats + double pulse lunges
		3	High knee raises x 4 L+R, repeat twice
		4	Scissor runs x 8 then 4 jumping jacks (option 2: Mountain climbers + Legs in & out), repeat combo x 4
5	SSD runs x 8 (or SSD mountain climbers)		

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No.	Routine	Steps	Song/Artist
4	Dance	Water (Radio version) – Tyla 117 BPM	
		1	SSD knee lifts
		2	2 slow side steps then 4 fast steps L+R
		3	Water combo (hands up down, shoulder cross, throw arm to left then twerk, repeat then throw arm to right side)
5	Boxing	Monster (Handz Up Remix)- Shawn Mendes & Justin Bieber 146 BPM	
		1	Double pulse squat + double pulse lunges with power pose , repeat x 4
		2	SSD jabs front x 8 then SSD uppercuts x 8
		3	Front kicks L+R x 4
		4	Jabs front x 4 then up x 4
		5	Side punches Up and down left side x 4 then right side x 4
		6	Heres Johnny Combo (4 jabs + 4 uppercuts + 2 slow hooks then legs in and out), repeat x 4
6	Latin	Un x100to (radio version)- Grupo Frontera, Bad bunny 102 BPM	
		1	Side salsa with big arm sweeps L+R, repeat x 4
		2	Travelling forward double side steps with arms up + back salsa, repeat travelling back with hands out and on chest + back salsa
		3	Side salsa + 4 front taps, repeat x 4
		4	4 L side travel steps + 2 heels F+B, repeat on other side
		5	Hips around the world L+R

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No.	Routine	Steps	
7	Fun	Bow Chika Wow It(Electric Remix) – Kali J LiTTie 128 BPM	
		Song/Artist	
		1	Cross shoulders then smack thighs x 2 + 4 shoulder drops
		2	Walk backs LR x 8 with head flicks then double side skips forward LR x 4
		3	Hip swings x 4 then body shimmy up then runs
4	2 Side steps to left with big claps + 4 side twerks with big arm circle back to front, repeat other side		
8	Pop	Do what U Want – Lady Gaga 98 BPM	
		Song/Artist	
		1	Jump Jump then wide jump
		2	Double side leg taps L+R then 4 knees up
		3	Low walks back then walks forward with hands touching body up
		4	4 hip flicks then 2 back jumps with hip circles, repeat other side
		5	SSD front taps
6	4 x body snakes L+R with finger snaps		
9	Hiphop	Savage (Radio Version)- Megan Thee Stallion 84 BPM	
		Song/Artist	
		1	Low walks forward with whips + walk back with arm up going down
		2	Savage combo (Tiktok arm + hip hip +elbow L+R then silly hands + shimmy forward and back
		3	SSD reggaeton bounces
4	Smack knee knee + leg curl		

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No.	Routine	Steps	Song/Artist
10	Arms	Hooked (Hot Stuff) (funky House Remix) – Rika & Galantis 128 BPM	
		1	Thumbs up and down x 16
		2	Chest press + Palms down front combo x 8
		3	Front slam downs x 16 then smack LR x 16
		4	Big circles F then B x 4
		5	Small circle bounces x 16 Forward then x 16 back
		6	Traffic officer arms L+R
11	Legs	Fuego – power music 140 BPM	
		1	Booty shakes
		2	1 low squat 1 heel lifts with finger snaps
		3	Lunges x 4 L+R , repeat combo twice
		4	Knee drops then 2 booty squeezes
		5	Double squats narrow then wide x 4 travelling left, then travel right
12	Floor	Borderline (Future House Remix) – Tove Lo 128 BPM	
		1	Russian twists L x 4 then R x 4, repeat twice
		2	Wide sumo squats with L arm then R arm reaches down
		3	Standing oblique crunches Lx4 then R x 4, repeat x 4
		4	Glute squeezes