

# Club Fiesta: Release 01



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# Routines:

# Club Fiesta: Release 01

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = FUN
1.	Warm up 1	<a href="#">Ricky Martin - Mr. Put It Down ft. Pitbull (Big Syphe Audio Remix)</a>	No example video
2.	Warm up 2	<a href="#">Eve - Tambourine</a>	<a href="#">Warm up 2</a>
3.	Boxing Plyo	<a href="#">The Kemist and DJ Braindead- Mayhem feat.Nyanda</a>	<a href="#">Boxing plyo</a>
4.	Recovery	<a href="#">Jax Jones - Instruction ft. Demi Lovato, Stefflon Don</a>	<a href="#">Release 1 Recovery</a>
5.	Cardio Fun	<a href="#">Steve Aoki,Daddy Yankee, Play-N-Skillz &amp; Elvis Crespo - Azukita</a>	<a href="#">Cardio fun</a>
6.	Hip Hop	<a href="#">Memphis Bleek feat Swizz beats - Like that</a>	<a href="#">Hiphop</a>
7.	Dancehall	<a href="#">Mohimbi - Bumpy Ride</a>	<a href="#">Dancehall</a>
8.	Salsa/Reggaeton	<a href="#">Daddy Yankee - Sigueme y Te Sigo</a>	<a href="#">Salsa Reggaeton</a>
9.	Legs Norwegian	<a href="#">Dopebwoy - Cartier feat.Chivv &amp; 3robi</a>	<a href="#">Legs norway hiphop</a>
10.	Arms	<a href="#">Kelly Rowland- Work (Freemasons Radio Edit)</a>	<a href="#">Arms</a>
11.	Floor Booty	<a href="#">Shake Dat (feat.Jojo) Sass-Soca Gold 2014</a>	<a href="#">Floor</a>
12.	Stretch	<a href="#">Mario &amp; Screechy Dan - Let me love you soca remix</a>	No example video

# Choreography:

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No.	Routine	Steps
2.	Warm Up 2	1. 4 x Jabs + 2 chest pumps 2. 2 x side jabs + Roll X 2 then switch sides 3. 2 taps L+R Travelling back + Tambourine arms wide walk forward ( Chorus) 4. Low snaps L+R
3.	Boxing Plyo	1. Jab F + Up + Hooks 2. Floor Snaps L + R 3. Sprints 4. Burpees 5. Wide leg jumps x 4 + Twerk back
4.	Recovery	1. Sexy hips + Stripper touch (chorus) 2. Dancehall Clap walk back + Walk forward(chorus) 3. Hand flicks Up and Down x 3 + Rolls to front 4. Stomps
5.	Cardio Fun	1. Stomps+walk F + twerks 2. SSD Soca kicks 3. 1 x walk F + Hip flick 4. Hand whip (Instrument)
6.	Hip Hop	1. 3 x Side pumps + waves 2. SSD Knees 3. 4 x Back sweeps + jump jack Forward 4. Jump L + R then Chest Pumps
7.	Dancehall	1. Bumpy Ride Combo ( 8 x F Jabs, 4 x high knees, 4 hip circles , 4 twerks) 2. Head waves, + 2 x reggaeton stomps L and R 3. 2 x Low taps then scoop

# Choreography continued

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No.	Routine	Steps
8.	Salsa Reggaeton	Salsa S To S then Back to Back + 3 Stomps 4 x Hip walks + 2 x Taps L+R Jump L+R then Side stomps Side hips to front, then twerk SSD taps
9.	Legs Norwegian	1.Cartier Stamps L + R 2.Chest Pumps 3.Wide march stomps 4.Heel lift squats Wide 5.Narrow legs, heel lifts moving down and up.
10.	Arms	Arms straight to side, thumbs up and down Shuffle arms to front Belly dancer arms
11.	Floor booty	Leg lifts Leg pulses Dog pees Dog pees + leg extension