

# Club Fiesta: Release 10



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# Routines:

# Club Fiesta Release 10

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = <b>LOVE LIFE</b>
1	Warm up	<a href="#">Loud Luxury feat. brando - Body (Orjan Nilsen Remix)</a>	No example video (use supplied choreography steps)
2	Warm up 2	<a href="#">Yellow Claw &amp; DJ Mustard - In My Room Ft. Ty Dolla \$ign &amp; Tyga</a>	<a href="#">Release 10 warm up 2</a>
3.	Plyo	<a href="#">Dillon Francis &amp; Nitti Gritti - Salsabahton (Shake That Booty)</a>	<a href="#">Release 10 Plyo</a>
4.	Recovery	<a href="#">RAYE – Confidence feat. Maleek Berry &amp; Nana Rogues</a>	<a href="#">Release 10 recovery</a>
5.	SOCA	<a href="#">HITZ - WHISTLE AND WORK (SOCA 2019)</a>	<a href="#">Release 10 Soca</a>
6.	Latin	<a href="#">Muévelo - Nicky Jam &amp; Daddy Yankee</a>	<a href="#">Release 10 Latin</a>
7.	Tribal fun	<a href="#">Major Lazer - Love Life (Feat. Azaryah)</a>	<a href="#">Release 10 Tribal fun</a>
8.	Cardio	<a href="#">Hard to Say I'm Sorry (feat. DJ Cap) (DJ Gollum Remix Edit)</a>	<a href="#">Release 10 Cardio</a>
9.	Arms	<a href="#">Modjo - Lady (Hear Me Tonight)</a>	<a href="#">Release 10 arms</a>
10.	Legs	<a href="#">Gas Pedal (Dave Audé Radio Remix)</a>	<a href="#">Release 10 Legs</a>
11.	Floor	<a href="#">Drax Project - Woke Up Late ft. Hailee Steinfeld</a>	<a href="#">Release 10 floor</a>
12.	Stretch	<a href="#">Wetin Dey · Odunsi (The Engine)</a>	No example video

# Choreography:

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No.	Routine	Steps
1	Warm up	1.step touch 2.Low dip L+R 3.Squats Narrow, then wide 4.SSD stamps 5.Grapevines
2	Warm up2	1.Narrow Jump Jump + Wide drop squat 2.4 x Low head waves + 2 reggaeton steps L +R 3.(Slightly face the side) : 3 x Jabs + 1 Big Body wave and smack thighs 4. 1 x Burpee + Side to side hips
3	Plyo	1.4 x side heel salsa digs L +R 2.Chest pumps + 2 hip rolls 3. 4 x Shimmy Jumps F + twerk back 4. Burpees 5.Sprints + 2 Low squats
4	Recovery	1.Low Afro steps L+ R 2.3 x Forward Jabs + 1 Big Body Wave +smack thighs 3.4 x low head waves + 4 x steps side to side 4. Salsa L+R + Salsa F F then hips
5	Soca	1.(Introduction) Chest pumps 2.SSD Soca kicks 3.2 x Forward Wide squats + wide walk back 4. 2 x Afro Stomps L+R 5. Wide Jumps then Bounce with hand on floor (Options :Low squats standing Or bounce standing)

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No.	Routine	Steps
6	Latin	<ol style="list-style-type: none"><li>1. 2 x Afro claps L + R then hip rolls</li><li>2. Pumps then hand waves travelling Forward x 3 then low walks back</li><li>3. SSD reggaeton stamps</li><li>4. SSD front taps</li><li>5. 2 x low drops towards front then low knee drops towards the back, repeat other side</li></ol>
7	Tribal fun	<ol style="list-style-type: none"><li>1. 3 x Afro stamps L +R</li><li>2. SSD Knee lifts</li><li>3. Bumpa clap hands walking to the walk + 4 Leg steps forward with waving hands + Walk towards front</li><li>4. 4 x Hip flicks towards front + 2 winding hip jumps L +R</li></ol>
8	Cardio	<ol style="list-style-type: none"><li>1. 4 x runs + 2 front kicks</li><li>2. 4 x Supermans L+R</li><li>3. 4 x Knee Lift L+R</li><li>4. 1 x knee then 1 x Kick x 5</li><li>5. Runs Forward + 4 x Kicks</li></ol>

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No.	Routine	Steps
9	Arms	1.Thumbs up and down 2. Wall slams L+R 3. rotations 4.chopping salad + low squats
10	Legs	1.heel lifts L+R 2.Squats wide then pulses 3.Low squats Side to side then low side taps 4.Diamond shape low taps L +R
11	Floor	1.Basic crunches + reach rope 2.Bridges up and down, slow singles then pulses at the top 3.Swing hipes side to side