

Club Fiesta: Release 11



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Routines:

Club Fiesta Release 11

[iTunes Playlist Link](#)

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No.	Routine	YouTube Song Link	Video Link Password = YUMMY
1	Warm up	Beyonce - Green Light (Freemasons Remix)	No example video (use supplied choreography steps)
2	Warm up 2	Daddy Yankee - El Ritmo No Perdona	Release 11 warm up 2
3	Plyo	Irie (feat.Craig T) Henry Fong and Rawtek	Release 11 Plyo
4	Pop	Justin Bieber - Yummy	Release 11 Pop
5	Boxing	Daddy Yankee Ft. Emelee - Lose Control	Release 11 boxing
6	Latin	Major Lazer - Que Calor (feat. J Balvin & El Alfa)	Release 11 latin
7	Arms	Blonde - I Loved You (feat. Melissa Steel)	Track 11 arms
8	Legs	Break Your Heart Lyrics-Taio Cruz ft. Ludacris	Track 11 legs
9	Floor	RMA feat. Fatman Scoop - Lick U	Release 11 floor
10	Stretch	Tory Lanez & Ozuna - Pa Mí	No example video

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"> 1.Step touch Side to side 2.Grapevines plus claps 3.Leg curls 4.Runs + Jumping jacks 5.Squats plus big arm rolls 6.Big stretches side to side
2	Warm up2	<ol style="list-style-type: none"> 1.Step Side to side + shimmy on second count 2.Hands forward + jumping hip rolls then travel it around 3.Reggaeton steps Left then Right 4.Chest Pumps getting low, then travel it around 5. SSD front taps
3	Cardio boxing	<ol style="list-style-type: none"> 1.4 x Forward Jabs, then 4 x Uppercuts 2.Sprints +Side Jabs then Up jab, side jab, repeat on other side 3.Jump burpee (option is lift heel then squat low,squat wide then squat low) 4. Mountain climbers (option is front scissors or low lunges L+R leg)
4	Recovery	<ol style="list-style-type: none"> 1.Body waves with bicycle arms then tucked it arms X4, then repeat other side 2.Jumping high knee lifts x 4, then low knee drops x 4 3.Whip the floor travelling forward x 4, then wind back x 4 4.(facing side) : Low jumps with rolling hips x 4 + Jlo walk forward, repeat other side

Choreography:

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No.	Routine	Steps
5	Boxing	<ol style="list-style-type: none">1.2 x jabs L + R2.2 x jabs L+R Then Hook Hook3.2 x jabs L+R then 4 x Uppercuts4.Left Jab travel forward then stop and Jab Jab+ Uppercut with R arm, travel back and repeat5. Jab Jab then uppercut in one spot.6. Uppercuts only
6	Latin	<ol style="list-style-type: none">1.Run and clap2.4 x side hips + head wave Front then back3.Box step forward with hips + Jump up and down with cross arms in and out4.Low taps then add knees5.Twerk x 2 then low taps6.Low taps travelling to back

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No.	Routine	Steps
7	Arms	1.Thumbs up and down 2.Slam the walls L + R 3. Chopping the salad arms front then move them to L+R 4.2 x hands pumping up x 2, then pumping to the side x 2 5.2 x hands Pumping Up x 2 then one each side
8	Legs	1.Single Squats 2.Wave Wave then wind down 3.4 Low pulsing squats then heel lifts side to side 4.4 narrow squats then 4 wide squats.
9	Floor	1.Bum kicks singles 2. 3 x pulses bum kicks then release 3.Straight leg big circles 4.Straight leg Bum lifts 5.Hamstring curls in and out