

Club Fiesta: Release 12



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Routines:

Club Fiesta Release 12

[iTunes Playlist Link](#)

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[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = BELIEVE
1	Warm up	Regard - Ride It (Jonas Blue Remix)	No example video (use supplied choreography steps)
2	Warm up 2	AISHA "MAKE LOVE feat. BETO PEREZ"	Release 12 warm up 2
3	Plyo	Henry Fong x DJ BrainDead - Ventura	Release 12 Plyo
4	Fun	Riton x Oliver Heldens - Turn Me On ft. Vula	Release 12 Fun
5	Afro	Henry Fong - Bubblin Anthem	Release 12 Afro
6	Latin	Otilia - Aventura	Release 12 Latin
7	Boxing	North Base & ISVK feat. Ragga Twins - What R U Doing? (Trei Remix)	Release 12 boxing
8	Recovery	Weel feat. Ellai - MALIBU	Release 12 Recovery
9	Cardio	Scooter - The Logical Song	Release 12 cardio
10	Arms	Andrea & Otilia Feat. Shaggy - Passion	Release 12 arms
11	Legs	Sofia Reyes - R.I.P. (feat. Rita Ora & Anitta)	Release 12 legs
12	Floor	Skrillex & Diplo ft Justin Bieber - Where Are You Now	Release 12 floor
13	Stretch	Ne-Yo - Sexy Love	No example video

Choreography:

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No.	Routine	Steps
1	Warm up	1.Step touches + leg curls 2.runs + jumping jacks 3. Grapevines +Claps 4.Squats + Side reaches L+R
2	Warm up2	1.Reggaeton steps L+R 2.SSD front taps 3. 4 x Jumping jacks + hip shakes 4.Jumping jacks + 2 front jumps 5.Ghetto walks F Then arms wide with waves side to side 6.Instrument breakdown :Big body waves L+R
3	Plyo	1.Front Salsa +cha cha cha L, repeat other side 2.Sprints + ball change 3. Tuck jumps + Jump squat 4.2 x jumps + sprints (Floor or standing options)
4	Fun	1.4 x side hips L +R 2.Wise walks F with big arms, then steps back with chest opens/small pumps 3.2x hip thrusts +hip circles L+R 4.SSD stamps
5	Afro	1.2 x side steps L+R 2.1 x side step L+R then Front steps L+R 3.Sprints 4.8 x hip thrust jumps F then side steps moving back

Choreography:

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No.	Routine	Steps
6	Latin	1.2 x side steps with pushing arms L+R then zig zag steps F then walk back 2.Salsa L+R then Forward toe taps 3.Low step to side with shoulders then chest pop
7	Boxing	1.SSD jabs 2.Hooks + uppercuts 3.Single jabs
8	Recovery	1.Side Salsa + Front Salsa 2.Jump jump squat 3.Hip rolls Look L + R + L x 6 then Jump Jump, repeat 4.Side hips x 6 L +R
9	Cardio	1.Knee lift x 4 L+R 2.Sprints then add arms Up and down to pump chest 3.Front kicks 4.Scooter move 5.squats
10	Arms	1.Rotating arms 2.hip rolls + arms 3.hip rolls L +R with arms up and down 4.Bellydance arms 5.Thumbs up and down then vibrating arms 6.Bollywood hands

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No.	Routine	Steps
11	Legs	1.Squats 2.heel lifts L+R 3.2 big arms up then wind down 4.Low squat walks F +B 5.3 low pulse squats then knee ins
12	Floor	1.2 crunches up and down 2.1 x crunch then reach ups 3.Leg crosses, moving down and up 4.Leg kicks