

Club Fiesta: Release 13



Ownership of Intellectual Property Rights

All Club Fiesta licensed releases are owned by Hala Fitness and as such must not be distributed or shared and is for the licensed Instructors sole use within their own fitness classes.

Routines:

Club Fiesta Release 13

[iTunes Playlist Link](#) :

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = STRONG
1	Warm up	Shake It (feat. Fatman Scoop, Kat Deluna) (Enzo Falivene Remix)	No example video (use supplied choreography steps)
2	Cardio	Hardwell & Henry Fong feat. Mr. Vegas - Badam	Release 13 Cardio
3	Plyo boxing	50 Cent - Candy Shop (Knock2 Twerk Remix) 2015	Release 13 plyo boxing
4	Latin recovery	Nacho - Bailame	Release 13 Latin
5	Boxing	Skrillex-Ragga Bomb with Ragga Twins	Release 13 boxing
6	Afro	WizKid - African Bad Gyal feat. Chris Brown	Release 13 afro
7	Brazil funk	MC Lan, Major Lazer, Anitta - Rave De Favela	Release 13 Brazil funk
8	Hip hop	DJ Khaled - Jealous ft. Chris Brown, Lil Wayne, Big Sean	Release 13 hip hop
9	Fun	Doja Cat - Say So	Release 13 pop
10	Arms	Static & Ben El, Pitbull - Further Up	Release 13 arms
11	Legs	Dillon Francis, Skrillex - Bun Up the Dance	Release 13 legs
12	Floor	Skrillex & Poo Bear - Would You Ever	Release 13 Floor
13	Stretch	Jordin Sparks Feat. Chris Brown - No Air	No example video

Choreography:

Club Fiesta Release 13

[iTunes Playlist Link](#) : [Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	Steps
1	Warm up	1.Step touches 2.Squats +reaches 3.Grapevines + claps 4.SSD stamps 5.Jabs Forward then Up 6.Runs + jumping jacks 7.Stretch side to side
2	Cardio	1.3 hip shakes L+R 2.2 hip rolls +2 low squats 3.Knee knee + twerk 4.Chest pumps Forward then Dummy runs back 5.SSD runs standing or floor, then 2 knee ins (if standing 2 squats) then sprints
3	Plyo Boxing	1.Low Whips to the floor walking F then wave it back 2.Side shuffle jabs Up then down x 4, then switch sides 3.Jab Jab Hook + sprints 4.Tuck jumps x 8, then mountain climber runs +star jumps (standing option:Runs then star jumps) 5.Bear crawls Forward then Back 6.Battle ropes +skips L+R
4	Latin recovery	1.Big side squats then side salsa 2.Hammers hands on hips, then 2 x cross side heels L+R then hips RTW 3.2 x side steps with Bollywood arms L+R 4.Hip rolls +2 squats 5.SSD high knee flicks

Choreography:

Club Fiesta Release 13

[iTunes Playlist Link](#) : [Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	Steps
5	Boxing	1.SSD jabs 2.Jab+elbow combo x 4 L+R 3.Low punches x 8 L+R 4.Facing forward Jab Jab elbow combo 5. High knees x 8 L+R
6	Afro	1.SSD afro knees with arms variation (Wide, Cross at top, Wide, then cross at front) 2.low Left leg stamps to the front with arms crossing your shoulders, then twerk back with big arm up high, repeat other side 3.Afro front steps 4.March L,R then flick the L leg to the outside, repeat other side
7	Brazil Funk	1.Hip swings 2.Afro claps moving to L + R, then chest pumps x 3 travelling L+R 3.Hops 4.Hip thrusts F then B + Twerks to side 5.Low knees touching the floor 6.Belly dance hips x 8 L+R 7.Knee knee + Hip circles (standing or floor) then low taps L+R to finish
8	Hip hop	1.2 Hops throwing arms L+R then 4 knee lifts 2.Wide jump jump then narrow squat 3.4 low head waves + 4 side steps L+R 4.Tap tap scoop x 4 L+R 4.SSD front taps

Choreography:

Club Fiesta Release 13

[iTunes Playlist Link](#) :

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	Steps
9	Pop	<ol style="list-style-type: none">1.Jump and throw arms up x 4 +SSD hand waves2. Didn't know arms then one hand on head, other on hip(at same time tap twice)then sweep dramatically your arm to the front of body while stepping and facing side then add rolling arms +body waves + push your arms to the front (see video)3.SS elbow then sweep arm to the back on the third count x 2 then walk to front, repeat combo back.4.Walks to side then move your knee out then walk to the other side5.SSD hip flicks
10	Arms	<ol style="list-style-type: none">1.Thumbs up and down2.One arm push across the side of your body then same arm push up , repeat other side3.Both arms push up then side4.Arm circles5.Straight arm pumps to the front, then faster pumps
11	Legs	<ol style="list-style-type: none">1.3 Step squat down and up2.Hip rolls + 2 squats3.Cappeira4.3 wide squats + 1 knee in L+R
12	Floor	<ol style="list-style-type: none">1.On hands and knees with one leg straight to your side lift up and down, then x 3 pulses then release2. Tap side leg F + B double times Then single leg lifts3.Planks4.Leg lifts while planking5. Back to side leg pulses then taps