

Club Fiesta: Release 14



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Routines:

Club Fiesta Release 14

[iTunes Playlist Link](#)

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No.	Routine	YouTube Song Link	Video Link Password = BOSS
1	Warm up	Con Calma (Workout Remix 128 BPM)	No example video (use supplied choreography steps)
2	Warm up 2	Text Ur Number (feat. DJ Envy & Fetty Wap) (Remix)	Release 14 warmup 2
3	Plyo	Big Freedia, Diplo, DJ Snake - Drop	Release 14 Plyo
4	Pop	Doja Cat - Boss B*tch	Release 14 pop
5	Boxing	Set You Free (Hixxy Remix)	Release 14 boxing
6	Latin	Tropkillaz, J. Balvin, Anitta - Bola Rebola ft. MC Zaac	Release 14 Latin
7	Latin cardio	Sak Noel, Luka Caro, Ruben Rider Feat. Sito Rocks - Pinga	Release 14 Latin cardio
8	Reggaeton Afro	Major Lazer - Buscando Huellas (Feat. J Balvin & Sean Paul)	Release 14 Reggaeton Afro
9	Arms	Imanbek & Martin Jensen - I'm Just Feelin'	Release 14 Arms
10	Legs	Nfas - lento (version dj tao)	Release 14 Legs
11	Floor	StoneBridge ft Therese- Put 'Em High	Release 14 Floor
12	Stretch	Ir-Sais - Dream Girl (Prod. Iri)	No example Video

Choreography:

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No.	Routine	Steps
1	Warm up	1.Step touches 2.Grapevines 3.Jabs Forward then Up 4.Leg curls 5.Runs Plus jumping jacks 6.Squats 7.Stretch Side to side
2	Warm up2	1.SSD Ball change 2.Chest pumps travelling L+R 3.Kick kick the n 1 x jumping jack 4.Jabs F then Side to side 5. 2 x jabs then hip dip
3	Plyo	1.Wide marches 2.Wide walk F & B with claps x 4, then switch sides 3.Sprint then hit the floor 4. Burpees, then mountain climbers 5.Little Jumps with hips around the world L+R 6.Squats and squat pulses.
4	Pop	1.3 Stamps L+R 2.Sweep sweep then jump up with arms Up - down then wind your hips 3.Muscle arms, then touch your head,shoulders knees and toes 4.Hip shakes moving up and down

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No.	Routine	Steps
5	Boxing	1. Combat stance cross arms throw Forward, then Side to Side 2. Double jabs L+R 3. Single Jabs 4. 2 x Uppercuts L+R 5. 2 x knee Lifts L+R
6	Latin	1. Step to side, 3 pumps down then hips moving F and B, switch sides 2. Low side taps L+R then flicks L+R 3. Hip Hip then Twerk twerk 4. Low hip winds L+R 5. Walk F+B with claps
7	Latin Cardio	1. Skips on spot plus claps 2. Salsa 3. 4 x Side salsa L +R 4. Tuck jump then jump squat 5. 3 Level plank 6. Merengue
8	Reggaeton Afro	1. SSD Reggaeton steps 2. Forward afro taps, then cross arms throw them down with knee lifts, L+R 3. Bollywood arms F+B x 2, then whip arms, repeat other side 4. Hip rolls L+R then Afro arms waving to back
9	Arms	1. Thumbs up and down slow then fast 2. Wall slams slow then up and down then fast 3. Arm rotations 4. Tricep squeezes then fast pumps

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No.	Routine	Steps
10	Legs	<ol style="list-style-type: none">1.Squats2.Low travelling squats x 4 L+R3.Squat wide, jump in and out then stand4. Low taps L+R5.Tap tap scoop6.4 squats wide, then narrow
11	Floor	<ol style="list-style-type: none">1.Single sit ups2.Sit up with reaching hands3.Glute bridges Singles, fast, then swing side to side4.Side to side reaches