

# Club Fiesta: Release 15



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# Routines:

# Club Fiesta Release 15

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link <b>Password = JULY</b>
1	Warm up	<a href="#">Qwote feat. Pitbull &amp; Lucenzo -- Throw Your Hands Up (Dancar Kuduro)</a>	<a href="#">Release 15 Warm up</a>
2	Warm up 2	<a href="#">Mambo No. 5 (Remix) - Matias Deago</a>	<a href="#">Release 15 warm up 2</a>
3	Plyo	<a href="#">Henry Fong - Jump In The Line ft. General Degree</a>	<a href="#">Release 15 Plyo</a>
4	Recovery Salsa	<a href="#">Ir-Sais - Dream Girl</a>	<a href="#">Release 15 recovery</a>
5	Cardio	<a href="#">DJ Snake - Ocho Cinco (Senor Roar Remix)</a>	<a href="#">Release 15 Cardio</a>
6	Hip hop	<a href="#">Megan Thee Stallion - Savage Remix (feat. Beyoncé)</a>	<a href="#">Release 15 Hip hop</a>
7	Kick Boxing	<a href="#">Flosstradamus &amp; DJ Sliink - CROWD CTRL</a>	<a href="#">Release 15 kickboxing</a>
8	Afro	<a href="#">Machel Montano, GuiltyBeatz, Mr Eazi, Pappy Kojo &amp; Patapaa - AKWAABA (Trinidad Remix)</a>	<a href="#">Release 15 Afro</a>
9	Hip hop	<a href="#">Ne-Yo, Bebe Rexha, Stefflon Don - PUSH BACK</a>	<a href="#">Release 15 Hip hop</a>
10	Arms	<a href="#">Bob Sinclair - Sound of freedom (club mix)</a>	<a href="#">Release 15 arms</a>
11	Legs	<a href="#">Dizzee Rascal &amp; Calvin Harris - Dance Wiv Me</a>	<a href="#">Release 15 Legs</a>
12	Floor	<a href="#">Show Me Love (Hardwell's Sunrise Remix)</a>	<a href="#">Release 15 floor</a>
13	Cool down	<a href="#">WizKid - Come Closer ft. Drake</a>	No example video

# Choreography:

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No.	Routine	Steps
1	Warm up	1.Step touches 2.Low taps, leg curls 3.Grapevines L+R 4.Star jumps 5.Marches and deep breaths with reaching arms 6.Squats
2	Warm up2	1.Side salsa 2.SS front taps then 2 x L side taps, switch sides 3.2 x hops L+R then chest pumps 4.Hips around the world
3	Plyo	1.4x Left hip swings + F and B left leg taps, switch sides 2.Jump squat L, R then F and B 3.Sprints 4.Burpees 5. Chest pumps L+R x 4 then side sexy salsas L+R x 4
4	Recovery	1.SSD sexy knee lifts 2.Salsa L+R then. Salsa F + F 3.SSD front taps 4.Back salsa then travel it L+R
5	Cardio	1.Sprints 2.Capoeira 3.2 high knee jumps then sprint 4.4 x runs then 2 start jumps on floor (standing option is 4 high knee lifts + 2 squats) 5.2 low squat jumps forward, then wide low march back 6.Turn to side and do long squat jumps, the turn and repeat on other side(frog jumps)

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No.	Routine	Steps
6.	Hip hop	1.Low beyonce walks F then waves back 2.SSD side steps with ghetto arms 3.Savage combo: Savage arms+ swing hips + L hip sweep + R hip sweep + act stupid + shimmy F +B 4.Knee Knee + Leg curls x 2
7	Kick Boxing	1.Punch Up Up Down Down then switch 2. Single jabs Forward 3.High jumps 4.1 x knee then 1 x jab x 4 L then R 5.Front kicks 6. Side kick then low squat x 4 R then L 7.Hooks , then uppercuts Then repeat steps 1, 5 then 6
8	Afro	1.Wide Step Forward, jump jump then afro waves L+R 2.SSD side steps 3.Akwaaba move (Low crossed jazz hands then side disco trigger hands) 4.Very low travel squat L+R then side steps with trigger hands L+R 5.Heel lifts with chopping arms travelling to L then 1 L arm up then R arm up, switch sides.
9	Hip hop recovery	1.SSD sexy knee lifts 2.2 slow hips travelling then fast hips L+R 3.Bumpa clap back then low knees x 4 + twerk x 4 4.L leg travel towards front then L leg wind hips back to the start, repeat other leg 5.Low steps F L+R then side to side then SSD sexy knee lifts

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No.	Routine	Steps
10	Arms	<ol style="list-style-type: none"><li>1.Thumbs up + down</li><li>2.L arm Wall taps then both arms side circles, R arm wall taps then both arms side circles.</li><li>3.Straight arm side wall taps</li><li>4.drumming arms, side to side, up up down down then around the world ( be creative with this song)</li></ol>
11	Legs	<ol style="list-style-type: none"><li>1.Standing feet under hips, with hands on hips Single pelvic thrust</li><li>2.Fast Pelvic thrusts</li><li>3.L leg step Forward, side then back, repeat with R leg</li><li>4.Low walking squats x 2 L then R</li></ol>
12	Floor	<p>Starting with the left leg :</p> <ol style="list-style-type: none"><li>1. Single donkey kicks</li><li>2.Hip pulses</li><li>3.Straight leg circles x 4 clock wise then x 4 anti clock wise</li><li>4.Straight leg lifts x 8</li><li>5.Hamstring curls</li></ol> <p>Repeat 1-5 with the Right leg.</p>