

Club Fiesta: Release 16



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Routines:

Club Fiesta Release 16

[iTunes Playlist Link](#)

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[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = ROLEX
1	Warm up	The Outhere Brothers Boom Boom	No example video (use supplied choreography steps)
2	Afro	Machel Montano & Sean Paul - One Wine	Release 16 Afro
3	Plyo	Ayo & Teo - Rolex (Steve Aoki Remix)	Release 16 Plyo
4	Latin	Dasoul, Nacho - Kung Fu	Release 16 Latin
5	Boxing	F.C.B. - Excalibur	Release 16 boxing
6	Pop	Jason Derulo - Savage Love	Release 16 pop
7	Latin Cardio	Deorro & Henry Fong - Pica	Release 16 Latin cardio
8	Carnival	Federico Scavo - Balada (Nicola Fasano & Miami Rockets Rmx)	Release 16 Carnival
9	Dance battle	Henry Fong x Bad Royale - Rock Ya Hips	Release 16 Dance battle
10	Bollywood	DJ Snake - Magenta Riddim	Release 16 Bollywood
11	Arms	YES (feat. Akon)	Release 16 arms
12	Legs	Willy William - Ego	Release 16 legs
13	Floor	Marc Benjamin - Turn Up	Release 16 floor
14	Stretch	Type a Way (Spanish Remix)	No example video (use supplied choreography steps)

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"> 1.Step touches with claps 2.Front heel taps L +R 3. Squats 4.Leg curls +Jumping jacks 5.Runs 6.Jabs 7.3 Stamps L+R
2	Afro	<ol style="list-style-type: none"> 1.Front Afro stamps L+R x 4 then side steps with shoulders 2.Big slow wind up, then single shoulder lifts then double each side. 3.Wind hips plus hands cross shoulders then touch hips then shoulders again 4.Pumping hands L+R F then B then sprint 5.1 x squat then wind hips , repeat 3 times then sexy hip flicks L+R x 4
3	Plyo	<ol style="list-style-type: none"> 1.Rolling L+R then middle + Legs in out then knee lift L then R 2.2 x Leg curls Forward, then nae nae walk back 3.Sprints with rolling hands RTW (round the world) 4. 8 x Full jumping burpees 5. (second half of the song) 4 x Mountain climbers then 4 x Floor star jumps, then slow it down.
4	Latin	<ol style="list-style-type: none"> 1.SSD knee lifts 2.SSD Reggaeton steps with open arms on third step 3.4 x low waves, then 4 x wind up with open hands 4. Left leg step and jab x 4 , twerk back, switch sides 5. "Bridge" Left leg Low tap tap squat x 4, then switch sides

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No.	Routine	Steps
5	Boxing	<ol style="list-style-type: none"> 1. Front kicks L+R 2. Low Slam jabs x 12 L+R 3. Front Kick + a hard "Push" 4. 4 x jabs + 4 x uppercuts 5. 8 x high knees L+R 6. Single jabs
6	Pop	<ol style="list-style-type: none"> 1. SSD Side steps with strong arms 2. Single front taps then double knee lift 3. Slide and snap fingers L+R 4. Savage Love arms (Left hand - tap R+L shoulder then point up +wind your hips, repeat other side) 5. Savage arms with SSD side steps
7	Latin Cardio	<ol style="list-style-type: none"> 1. 4 x Steps F then back, repeat other side 2. Slam hips with both hands on beat + add chest pumps later 3. 4 x Scissor runs then 4 jumping jacks 4. Slow mountain climbers then speed them up 5. Slow Forward cha cha cha Left +R
8	Carnival	<ol style="list-style-type: none"> 1. Slow taps Forward L+R then speed up to samba 2. Wind hips 3. Hammering moves + Drumming (listen out to the song and mimic the sounds) then jump with claps! Hype them up! 4. L leg Tap F+B moving Left + Jump F x 4 with shimmy then twerk back 5. Side latin stamps L+R

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No.	Routine	Steps
9	Dance battle	<ol style="list-style-type: none"> 1. Wide squats then add claps 2. Big low circles then claps around the world 3. Hops then sprints 4. Jumps F with strong punch up arms + push backs 5. Low taps L+R then speed up
10	Bollywood	<ol style="list-style-type: none"> 1. Jumping Heels forward L+R with Bollywood arms 2. Bollywood Straight arm Forward then back , repeat x 3 then Crab hop to the other side – repeat move 3. Wide low squat position small jumping feet with Bollywood arms pointing L+R 4. Side lunges with Bollywood arms
11	Arms	<ol style="list-style-type: none"> 1. Salsa + thumbs up and down 2. Arm circles 3. Push side then up x 4 L+R 4. Wall slams back slow then fast 5. Helicopter arms 6. Pumps down
12	Legs	<ol style="list-style-type: none"> 1. Slow full squats 2. Low Waves side to side then Olay arms 3. 2 x chest pumps then high runs (floor option drop both knees then runs x 4) 4. Squats Forward x 4 L+R 5. 2 x travelling squats L+R
13	Floor	<ol style="list-style-type: none"> 1. Basic Single crunches 2. Reaches L+R 3. Glute bridges slow then fast then swing it side to side