

# Club Fiesta: Release 17



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# Routines:

# Club Fiesta Release 17

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link <b>Password = ROVER</b>
1	Warm up	<a href="#">T-Pain - Turn All the Lights On (Audio) ft. Ne-Yo</a>	No example video (use supplied choreography steps)
2	Warm up 2	<a href="#">DJ Flex - Put Your Back In It (Afrobeat) Feat. Denise Belfon &amp; Equiknoxx</a>	<a href="#">Release 17 Warm up 2</a>
3	Plyo	<a href="#">Dawin - Life Of The Party</a>	<a href="#">Release 17 Plyo</a>
4	Bellydance	<a href="#">Didi...Milk &amp; Honey</a>	<a href="#">Release 17 Bellydance</a>
5	Boxing	<a href="#">Matrix &amp; Futurebound feat. Baby Blue - Magnetic Eyes (Extended DJ Mix)</a>	<a href="#">Release 17 Boxing</a>
6	Hip hop	<a href="#">S1MBA ft. DTG - Rover (Mu la la)</a>	<a href="#">Release 17 Hip hop</a>
7	Pop	<a href="#">Kat DeLuna - Run The Show ft. Busta Rhymes</a>	<a href="#">Release 17 Pop</a>
8	Latin	<a href="#">Raka Taka Taka - Dj BryanFlow</a>	<a href="#">Release 17 Latin</a>
9	Arms	<a href="#">Chris Brown - Yeah 3x</a>	<a href="#">Release 17 arms</a>
10	Legs	<a href="#">Oh Snap! &amp; Bombs Away – Squats</a>	<a href="#">Release 17 Legs</a>
11	Floor	<a href="#">Nea - Some Say - (Felix Jaehn Remix)</a>	<a href="#">Release 17 Floor</a>
12	Stretch	<a href="#">Davido, Chris Brown - Blow My Mind</a>	No example video (use supplied choreography steps)

# Choreography:

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No.	Routine	Steps
1	Warm up	1x grapevine + step touch L +R, repeat other side 2.Big waves L+R 3.Jabs 4.Squats 5.Runs + 2 Jumping jacks 6.Stretch and reach arms to the side L+R 7.Both arms big shoulder circles
2	Warm up2	1.Travelling chest pumps + hip pump , L+R 2.8 x jumping heel digs + 4 x star jumps 3.Knee Knee + Hip thrusts
3	Plyo	1.Low Walks F then high knee runs back 2.1 x side jab + elbow combo x 4 L + Repeat on R 3.Sprint and hit the floor 4.Burpees x 8 5.Jumping side lunges 6. SSD runs on the floor (standing option: SSD high knees OR Low option : Squats)
4	Bellydance	1.Snake hips 2. Belly dance hips x 16 Then step the front foot F+B x 9 then shimmy up 3.4 x side hip steps, then F step L +R leg, repeat other side 4.Bellydance hips around the world
5	Boxing	1.Slow walk F + heel heel, then back, repeat and speed up 2.SSD ball change arms 3.1 Knee 1 Jab Combo x 4 L+R 4.Shuffle Jabs x 8 L + R

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No.	Routine	Steps
6	Hip Hop	1.SSD Side steps with strong arms x 3 , then come over arms, then draw a "Love" shape, then shuffle clap hands down and up. 2. SSD side steps with arms touching body up and down 3.4 x side hips to front, then pull the rope and walk back, repeat other side. 4. 2 side hips L+R with dynamic arms
7	Pop	1.High knee runs + add clapping arms 2.4 x jabs to front + shake shake 3.Low 2 taps L+R moving back x 4 then wide walks F touching the body 4.4 x jabs to front, shake shake then 2 hips, then hops to the back + Heels inwards moving forward with muscle arms
8	Latin	1.8 x Pumps L+R 2.SSD reggaeton stamps 3.Tap tap scoop x 4 L+R 4. Low 2 taps L+R moving back, then wide walks F touching the body 5.Hips then with arms around the world
9	Arms	1.Wide arms Thumbs up and down 2.Big circles 3.Wall slams L +R then both arms 4. L arm Push side then push up combo x 4 , then repeat with R arm 5. 2x arm pumps Up then Side 6.Side Pushes, Forward pushes, side pushes
10	Legs	1.Knee Knee + hip thrust 2.Single Squats x 6 + 2 hips L+R 3.4 Forward Low walks Forward L+R 4.Heel lifts with exercise arms, then move it L+R

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No.	Routine	Steps
11	Floor	1. Single Donkey kicks, then pulses 2. Straight leg Kicks, then travel it to the side then back 3. Single Leg kicks