

# Club Fiesta: Release 18



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# Routines:

# Club Fiesta Release 18

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link <b>Password = CANNIBAL</b>
1	Warm up	<a href="#">Ida Corr feat. Fatman Scoop - Tonight I'm Your DJ</a>	No example video (use supplied choreography steps)
2	Warm up 2	<a href="#">Little Mix - Power (Official Video) ft. Stormzy</a>	<a href="#">Release 18 pop</a>
3	Pop	<a href="#">Kesha - Cannibal</a>	<a href="#">Release 18 Pop</a>
4	Afro	<a href="#">Party Tun Up Remix (feat. Sean Paul, Fatman Scoop)</a>	<a href="#">Release 18 Afro</a>
5	Latin urban	<a href="#">ROSALÍA, Travis Scott - TKN</a>	<a href="#">Release 18 Latin urban</a>
6	Latin	<a href="#">AYA NAKAMURA feat. MALUMA – DJADJA Remix</a>	<a href="#">Release 18 Latin</a>
7	Arms	<a href="#">Alex Ross - Dreams (Official Lyric Video) ft. Dakota, T-Pain</a>	<a href="#">Release 18 arms</a>
8	Floor	<a href="#">Goleo VI feat. Lumidee vs. Fatman Scoop - Dance!</a>	<a href="#">Release 18 floor</a>
9	Stretch	<a href="#">Rotimi - In My Bed (Official Video) (feat. Wale)</a>	No example video (use supplied choreography steps)

# Choreography:

# Club Fiesta Release 18

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"><li>1.Step touches , leg curls</li><li>2.Grapevines + claps</li><li>3.Squats then side taps</li><li>4.Jabs and uppercuts</li><li>5.Stretching side to side</li><li>6.Side snaps</li><li>7.SSD side taps</li></ol>
2	Warm up2	<ol style="list-style-type: none"><li>1.4x side hip rolls L+ shoot arms up as you switch to other side, repeat on R side</li><li>2.Double wide hops with punching arms Up Up down down</li><li>3. Grab Grab then pushing arms up</li><li>4.1 x L jab down across opposite side, then R arm jab opposite side up , repeat combo x 4 then other side</li><li>5.High knee runs L+R</li></ol>
3	Pop	<ol style="list-style-type: none"><li>1.Arm cross shoulder, then slap thighs plus 4 shoulder drops</li><li>2.Side steps moving forward with hammer arms x 4 then stripper hips</li><li>3.Cannibal arms (claw hands up down L+R then claw hands Side to side, slow then speed up.</li><li>4.Arm waves</li></ol>

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No.	Routine	Steps
4	Afro	<ol style="list-style-type: none"> <li>1.Side hip body waves x 4 L+R</li> <li>2.Chest pumps travelling forward x 4 + Hip hops travelling back x 4</li> <li>3.Low Side big tap L+R then afro legs walk forwards, repeat going back</li> <li>4.Low knee drops slow then fast +sprint</li> </ol>
5	Latin urban	<ol style="list-style-type: none"> <li>1.Low taps Forward slightly moving to the side L+R</li> <li>2.1 low side hip flick + 1 Chest pump</li> <li>3.Whip arms + sexy low body roll</li> <li>4.SS reggaeton steps with big wave arm</li> <li>5.SSD front taps</li> </ol>
6	Latin	<ol style="list-style-type: none"> <li>1.Low hip swings</li> <li>2.sexy bellydance hips x 2 L+R</li> <li>3.SSD knee lifts</li> <li>4.L+R Shoulder travelling F then wide jump squats back x 2</li> <li>5.4x hip swings to front then low taps walking back L+R</li> </ol>
7	Arms	<ol style="list-style-type: none"> <li>1.Wall slams L+R</li> <li>2.Strong arms waving up and down</li> <li>3.Double arm pumps up then side , then Single arm pumps Up then side</li> <li>4.Straight arms to side pumps down then straight arms to front pumps down + point them L+R</li> </ol>
8	Floor	<ol style="list-style-type: none"> <li>1.Single crunches + add arms</li> <li>2.Leg criss cross moving it up and down</li> <li>3.Legs up in air then add the single crunches + arms</li> <li>4.Side to side crunches reaching to the opposite knee.</li> <li>5.Ab Pulses with legs up</li> </ol>