

Club Fiesta: Release 19



Ownership of Intellectual Property Rights

All Club Fiesta licensed releases are owned by Hala Fitness and as such must not be distributed or shared and is for the licensed Instructors sole use within their own fitness classes.

Routines:

Club Fiesta Release 19

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = SIZZLE
1	Warm up	Regard - Ride It (Dimitri Vegas & Like Mike vs Quintino Remix)	No example video (use supplied choreography steps)
2	Warm up 2	Anitta "Me Gusta" (Feat. Cardi B & Myke Towers)	Release 19 Warm up 2
3	Cardio	J Balvin, Willy William, Steve Aoki - Mi Gente (Steve Aoki Remix)	Release 19 Plyo
4	Latin Recovery	Steve Aoki, Maluma - Maldad	Release 19 Latin
5	Boxing	Dimension & Sub Focus - Desire	Release 19 Boxing
6	Soca	MR KILLA - OIL IT	Release 19 Soca
7	HIIT	DJ Snake x Eptic - SouthSide (Ship Wrek Remix)	Release 19 HIIT
8	Afro	Ahzee- Go Gyal	Release 19 Afro
9	Arms	Jack Harlow - WHATS POPPIN	Release 19 arms
10	Legs	Migos, KAROL G, Snoop Dogg & Rock Mafia – My Family ("The Addams Family" OST)	Release 19 legs
11	Floor	Party Till I Die - Kim Petras	Release 19 floor
12	Stretch	THEY. - "Play Fight" with Tinashe	No example video (use supplied choreography steps)

Choreography:

Club Fiesta Release 19

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none">1.Low side to side step touches2.Leg curls3.Jabs Up then Forward4.SSD stamps5.Stretch side to side,6.Squats7.Grapevines plus claps
2	Warm up2	<ol style="list-style-type: none">1.SSD Side samba2.Salsa Left Leg F then Salsa R leg back x 4, then repeat combo with R leg3.Slow Slow side travelling hip then speed it up, L then R4.Hip Hip then twerk5.L leg steps forward then Side x 4 , repeat other leg
3	Cardio	<ol style="list-style-type: none">1.Sprints then ladder runs2.Squats3.Low wide marches L+R4.Sprint then smack the floor5.3 step plank out, then 3 step plank in6.Mountain climbers7.4 x side jabs then ball roll moving to the other side, repeat combo8.8 x mountain climbers + 4 Floor star jumps

Choreography:

Club Fiesta Release 19

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	Steps
4	Latin recovery	1.SSD reggaeton steps 2.Low waves Side to side then Salsa L+R and front body wave 3.Bollywood combo (straight L arm + L leg moving front and back same time) x 2 then R arm whips it as your R leg heel digs , L arm whips as your L leg heel digs. Repeat combo 4.Low squats L +R
5	Boxing	1.Big breathing arms 2.SSD front jabs 3.3 x travelling jabs to front then Side kick + high knees skipping back, repeat other side 4.4 x front jabs + 2 slow Upper cuts L +R 5.Capoeira move. 6.Single uppercuts
6	Soca	1.Low Afro forward stamps 2.Cross arms to opposite shoulders, then touch hips then head, then get low and drop knees x 4 3.SSD knee lift + oil it up arms + Pull Pull knees+ ball roll at front of the body 4.3 Side stamps L+R
7	HIIT	1.Side steps 2.Rebound squat jumps 3.Run to front then touch floor, run back and touch floor 4.Standing option: Scissor runs then jump side to side Floor option: Mountain climbers then step side to side

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	Steps
8	Afro	1.L leg side tap then L leg step across the right side, switch sides 2.Front low Afro stamps 3.Go gyal combo: Throw L arm+ R arm low then shake hips, throw arms to side then shake hips, then throw arms above head then shake hips 4.Side step + low squat , then side step + snake hips 5. Floor option: 2 bum kicks then runs Standing option: 2 low squats then shake hips side to side or runs
9	Arms	1.Straight arms to side with thumbs up and down 2.Wall slams slow then fast 3.Arm rotations 4.Tik tok Poppin combo (Cross L arm up across chest then push it down as R arm pushes up the ceiling, repeat other side) 5.Side pumps then front pumps
10	Legs	1.Single squats 2.Squats with L leg heel lift x 8, repeat other side. 3.Squats with single heel lifts L+R 3.Low walks F + B 4.Low side squats with big arms 5.Narrow squats x 4 + wide squats x 4 then 16 narrow squats
11	Floor	1.Sit up+ 1 reach both arms 2.Side reaches L+R 3.3 sit up pulses at the top 4.Hip bridges