

Club Fiesta: Release 20



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Routines:

Club Fiesta Release 20

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No.	Routine	YouTube Song Link	Video Link Password = TIKTOK
1	Warm up	Wolfpack x Mike Bond x Fatman Scoop - Make Some Noise	No example video (use supplied choreography steps)
2	Warm up 2	Daddy yankee - gasolina	Release 20 warm up 2
3	Cardio	NIVIRO - The Ghost	Release 20 Cardio
4	Latin	Black Eyed Peas, Ozuna, J. Rey Soul - MAMACITA	Release 20 Latin
5	boxing	Steve Aoki x Timmy Trumpet - Tarantino ft. STARX	Release 20 boxing
6	Pop	Jason Derulo x Nuka - Love Not War	Release 20 pop
7	Plyo	Henry Fong & Knock2 - What's the Move (feat. General Degree)	Release 20 Plyo
8	Latin Fun	MI PAN SU SU SU SUM CANCION (TikTok Song) - DJ Bryanflow	Release 20 latin fun
9	Fun dance	STATIC & BEN EL- SHAKE YA BOOM BOOM	Release 20 fun dance
10	Caribbean	Olakira - In My Maserati	Release 20 Caribbean
11	Afo	Master KG - Jerusalema [Feat. Nomcebo]	Release 20 Afro
12	Legs	David Jay X FLAVAONE - Pronto	Release 20 legs
13	Floor	Sonix - The Roof Is On Fire	Release 20 Floor
14	Cool down	Marshmello & Demi Lovato - OK Not To Be OK	No example video

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"> 1.Step touch with claps then drumming hands 2.Grapevines 3.Waves then stretches side to side 4.Walks F then claps, walk back then clap 5.Jabs 6.Walk or run F then 2 start jumps, repeat on way back 7.Squats
2	Warm up2	<ol style="list-style-type: none"> 1.Hip circles then shoulder snaps L+R 2. Sprint then smack the floor 3.3 x hip swings L+R 4.4 x Jumps F then double back walking taps L +R 5.SSD reggaeton walks 6.Big Step touches L+R 7.L hand Jabs F then up,repeat other side then
3	Cardio	<ol style="list-style-type: none"> 1.Slow squats then low dips L+R 2.4 x knee lifts L+R 3.Sprints + reaching hands F then back, then sprint + smack floor 4.F Leg kicks then add claps 5.SSD Scissors + hip flick on the 3rd scissor
4	Latin	<ol style="list-style-type: none"> 1.Afro front taps 2.4 x L leg step touches towards front, then L leg twerk back, repeat other leg 3. Double side taps L+R then 4 knees up 4.Walk and shake touching your body up, then 2 wide low jumps back 5.Bollywood hips x 2 L+R, then salsa L+R then Forward snake the body down

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No.	Routine	Steps
5	Boxing	<ol style="list-style-type: none"> 1.SSD ball change 2.Single jabs 3.Combat combo (Cross arms Up then throw it down, then combat arms L+R) 4.High jumps 5.Hooks then Uppercuts 6.Single uppercuts
6	Pop	<ol style="list-style-type: none"> 1.Tiktok arms + double side steps with hammer arms L+R 2.4 x front taps, then 4 high knees 3.4 x body waves L+R 4.Bridge: Low hips L+R
7	Plyo	<ol style="list-style-type: none"> 1.4 x hooks + 2 Leg ins and outs 2.Tuck jumps then jump L+R (floor option is Leg kicks then step L+R) 3.Side Ab crunches L+R 4.L leg side kick then squat x 4 then repeat other side
8	Latin fun	<ol style="list-style-type: none"> 1.L arm straight to side while R arm punches above it then below it x 2 , then repeat other side 2.SSD travelling side hips 3.Fast hip+chest pumps travelling around the world, repeat other side 4.Tap tap knee in x 4 L then R 5.Double tap L+R leg travelling back + walk F 6.Low taps pumping hips up round the world L+R

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No.	Routine	Steps
9	Fun	<ol style="list-style-type: none"> 1.L hip flicks x 4 towards middle, then stop and shake hips down, repeat other side. 2.Wide stance, punch L arm down to opposite side, then pull up like a bow, repeat other side 3.Side step touch L+R with chest pumps x 4 , then hip circles x 4 to the step touches 4.Salsa Forward 5.SSD hip flicks
10	Caribbean	<ol style="list-style-type: none"> 1.Low knees L+R 2.Jump then shake hips +driving car arms 3.Low afro wave F+B 4.3 afro stamps L+R 5.Cross arms across chest then touch hips then touch head + Big side steps
11	Afro	<ol style="list-style-type: none"> 1.Step L Leg F+shake L hip x 4, then step R leg F+shake R hipx 4 2. 4 leg alternating taps F, 3. Big travel forward with arms, then facing side do the cha cha 3 times, then walk back. Repeat combo all around the room.
12	Legs	<ol style="list-style-type: none"> 1.Heels in L+R+L then 1 low squat, repeat heels in R+L+R then 1 low squat 2.Low knees L+R with whipping arms + 4 hip thrusts 3. 1 arm on the floor then 8 x floor runs + 2 knee drops , repeat combo with the other arm on floor (standing option 8 runs or 4 squats + 2 knee drops
13	Floor	<ol style="list-style-type: none"> 1.Plank position, tap L leg out and in, then R leg out and in , 2.slow mountain climber 3.4 alternating leg lifts