

# Club Fiesta: Release 21



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# Routines:

# Club Fiesta Release 21

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = NEWYEAR
1	Warm up	<a href="#">Jason Derulo x Puri x Jhormountain - Coño (Henry Fong Remix)</a>	No example video (use supplied choreography steps)
2	Warm up 2	<a href="#">Can You Keep Up - Red Eye Crew</a>	<a href="#">Release 21 Warm up 2</a>
3	Plyo	<a href="#">Dillon Francis, DJ Snake - Get Low</a>	<a href="#">Release 21 Plyo</a>
4	Fun	<a href="#">Marshmello, Imanbek - Too Much ft. Usher</a>	<a href="#">Release 21 Fun</a>
5	Boxing	<a href="#">Timmy Trumpet &amp; KSHMR feat. Zafir - The Prayer</a>	<a href="#">Release 21 Boxing</a>
6	Pop	<a href="#">Jawsh 685 - Sweet &amp; Sour (feat. Lauv &amp; Tyga)</a>	<a href="#">Release 21 Pop</a>
7	Cardio	<a href="#">ItaloBrothers - Radio Hardcore</a>	<a href="#">Release 21 Cardio</a>
8	Latin	<a href="#">Pinto "Wahin" &amp; DJ Ricky Luna - La Habana (feat. El Taiger)</a>	<a href="#">Release 21 Latin</a>
9	Recovery	<a href="#">Karl Wine Ft. NP Heaven - Fiesta ( The Dance Song )</a>	<a href="#">Release 21 recovery</a>
10	Legs	<a href="#">Lele Pons &amp; Guaynaa - Se Te Nota</a>	<a href="#">Release 21 Legs</a>
11	Floor	<a href="#">Afrojack ft. Eva Simons - Take Over Control</a>	<a href="#">Release 21 Floor</a>
12	Stretch	<a href="#">Selena Gomez, Marshmello - Wolves</a>	No example video

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"> <li>1.Step touches + reaches</li> <li>2.Leg curls</li> <li>3.Jabs</li> <li>4.Grapevines + claps</li> <li>5.Stretch side to side + big breaths</li> <li>6.Runs plus star jumps</li> </ol>
2	Warm up2	<ol style="list-style-type: none"> <li>1.Low side to side drumming hands then shimmy shoulders</li> <li>2. Side chest pumps x 3 L then knee lifts x 3, repeat other side</li> <li>3.SSD side steps</li> <li>4.Cowboy runs around the world</li> <li>5. Touch Head shoulder knees toes then sweeping arms L+R</li> </ol>
3	Plyo	<ol style="list-style-type: none"> <li>1.Big side to side high jumps then touch floor (touch knees for lower option)</li> <li>2.Hip circles + 2 low squats (note: Keep squats super low to achieve 2 squats)</li> <li>3.Side squat jumps L+R (must be low to look like a squat )</li> <li>4. Runs then sprints</li> <li>5.Burpees</li> </ol>
4	Fun	<ol style="list-style-type: none"> <li>1.1x hip circle moving to L reaching arms up as you step to the left + 1 x hip circle moving to R reaching arms up as you step to the right, then step touches side to side with arm reaches.</li> <li>2.Side step + snap your fingers</li> <li>3.Beyonce side steps L+R x 4, then side steps with arms reaching up to pull the "apple" down.</li> <li>4.SSD side snaps</li> <li>5.Side to side low hips +Low reaches F+B</li> </ol>

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No.	Routine	Steps
5	Boxing	<ol style="list-style-type: none"> <li>1. 2x jabs L+R then single jabs</li> <li>2. Strong combat arms</li> <li>3. 2 x thigh slaps then 1 clap</li> <li>4. Side shuffle to L then 1 x L side kick +L elbow, repeat other side</li> <li>5. Forward runs + 2 star jumps</li> <li>6. (Combo) 2x L jabs + 1 R elbow jab + 2 x L high knees</li> </ol>
6	Pop	<ol style="list-style-type: none"> <li>1. Elbow L+R + gun arms + arms touching your body reaching all the way up + SSD side steps</li> <li>2. 1 x side step L +R moving Forward, then walk back with arms touching body all the way up like "taking off your top"</li> <li>3. 4 x L Hip swings moving toward front of the class + (facing side of the class) Jump back with hip circles x 2 , repeat other side.</li> </ol>
7	Cardio	<ol style="list-style-type: none"> <li>1. Runs</li> <li>2. Side supermans L+R</li> <li>3. Grapevine + 2 side jumps</li> <li>4. 2 x star jumps + 2 front jumps</li> </ol>
8	Latin	<ol style="list-style-type: none"> <li>1. L side hip swings x 4 then L leg moving F then B</li> <li>2. Side salsa then forward low salsa</li> <li>3. 1 x Burpee then hip swing L+R (option 2 hip circles then hip swings L+R)</li> <li>4. Walk F + B with shimmy</li> </ol>

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9	Recovery	1. Tiktok arms + motorbike arms + pumping arms 2. Side pushes Up down L+R then ball roll arms in middle 3. Front jump wide walks with swinging arms to front then side, then waves L+R moving back 4. 2 x low side body waves + Bollywood arms , then 4 x reaches F+B
10	Legs	1. 2 x super low squats + 1 high reach 2. L leg Step Front, side, front then back to start position x 4, repeat with R leg (must be sitting low) 3. Wide low squat position: Tap L+R shoulder then twerk, repeat combo x 3 times then hip circles on the 4 <sup>th</sup> count.
11	Floor	1. Basic sit ups 2. Ab Bikes 3. Glute bridges 2 count up ,2 count down 4. Glute bridge 1 hold up+ 2 counts down 5. Glute swings L+R 6. Single Glute thrusts