

# Club Fiesta: Release 22 (Best of 2020)



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# Routines:

# Club Fiesta Release 22

iTunes reference Playlist Link: <https://music.apple.com/au/playlist/club-fiesta-release-22/pl.u-6mo4Myvi46b8EG>

No.	Routine	YouTube Song Link	Video Link Passwords in () below:
1	Warm up	<a href="#">Regard - Ride It (Dimitri Vegas &amp; Like Mike vs Quintino Remix)</a>	No example video (use supplied choreography steps)
2	Warm up 2	<a href="#">Daddy yankee - gasolina</a>	<a href="#">Release 20 warm up 2 (TIKTOK)</a>
3	Plyo	<a href="#">Big Freedia, Diplo, DJ Snake - Drop</a>	<a href="#">Release 14 Plyo (BOSS)</a>
4	Pop	<a href="#">Jason Derulo x Nuka - Love Not War</a>	<a href="#">Release 20 pop (TIKTOK)</a>
5	Pop	<a href="#">Kesha - Cannibal</a>	<a href="#">Release 18 Pop (CANNIBAL)</a>
6	Brazil Funk	<a href="#">MC Lan, Major Lazer, Anitta - Rave De Favela</a>	<a href="#">Release 13 Brazil funk (STRONG)</a>
7	Cardio	<a href="#">Scooter - The Logical Song</a>	<a href="#">Release 12 cardio (BELIEVE)</a>
8	Pop	<a href="#">Doja Cat - Boss B*tch</a>	<a href="#">Release 14 pop (BOSS)</a>
9	Boxing	<a href="#">Set You Free (Hixxy Remix)</a>	<a href="#">Release 14 boxing (BOSS)</a>
10	Hiphop recovery	<a href="#">Ne-Yo, Bebe Rexha, Stefflon Don - PUSH BACK</a>	<a href="#">Release 15 Hip hop (JULY)</a>
11	Hip hop	<a href="#">Megan Thee Stallion - Savage Remix (feat. Beyoncé)</a>	<a href="#">Release 15 Hip hop (JULY)</a>
12	Pop	<a href="#">Jason Derulo - Savage Love</a>	<a href="#">Release 16 pop (ROLEX)</a>
13	Arms	<a href="#">YES (feat. Akon)</a>	<a href="#">Release 16 arms (ROLEX)</a>
14	Latin	<a href="#">Raka Taka Taka - Dj BryanFlow</a>	<a href="#">Release 17 Latin (ROVER)</a>
15	Legs	<a href="#">Migos, KAROL G, Snoop Dogg &amp; Rock Mafia – My Family ("The Addams Family" OST)</a>	<a href="#">Release 19 legs (SIZZLE)</a>
16	Fun dance	<a href="#">STATIC &amp; BEN EL- SHAKE YA BOOM BOOM</a>	<a href="#">Release 20 fun dance (TIKTOK)</a>
17	Caribbean	<a href="#">Olakira - In My Maserati</a>	<a href="#">Release 20 Caribbean (TIKTOK)</a>
18	Boxing	<a href="#">Steve Aoki x Timmy Trumpet - Tarantino ft. STARX</a>	<a href="#">Release 20 boxing (TIKTOK)</a>
19	Afro	<a href="#">Master KG - Jerusalema [Feat. Nomcebo]</a>	<a href="#">Release 20 Afro (TIKTOK)</a>
20	Plyo	<a href="#">Henry Fong - Jump In The Line ft. General Degree</a>	<a href="#">Release 15 Plyo (JULY)</a>

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21	Floor	<a href="#">Skrillex &amp; Poo Bear - Would You Ever</a>	<a href="#">Release 13 Floor</a> (STRONG)
22	Legs	<a href="#">Nfas - lento (version dj tao)</a>	<a href="#">Release 14 Legs</a> (BOSS)
23	Latin Cardio	<a href="#">Deorro &amp; Henry Fong - Pica</a>	<a href="#">Release 16 Latin cardio</a> (ROLEX)
24	Floor	<a href="#">Show Me Love (Hardwell's Sunrise Remix)</a>	<a href="#">Release 15 floor</a> (JULY)
25	Cool down	<a href="#">Ir-Sais - Dream Girl (Prod. Iri)</a>	No example Video

# Choreography:

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"><li>1.Low side to side step touches</li><li>2.Leg curls</li><li>3.Jabs Up then Forward</li><li>4.SSD stamps</li><li>5.Stretch side to side,</li><li>6.Squats</li><li>7.Grapevines plus claps</li></ol>
2	Warm up2	<ol style="list-style-type: none"><li>1.Hip circles then shoulder snaps L+R</li><li>2. Sprint then smack the floor</li><li>3.3 x hip swings L+R</li><li>4.4 x Jumps F then double back walking taps L +R</li><li>5.SSD reggaeton walks</li><li>6.Big Step touches L+R</li><li>7.L hand Jabs F then up,repeat other side then</li></ol>
3	Plyo	<ol style="list-style-type: none"><li>1.Wide marches</li><li>2.Wide walk F &amp; B with claps x 4, then switch sides</li><li>3.Sprint then hit the floor</li><li>4. Burpees, then mountain climbers</li><li>5.Little Jumps with hips around the world L+R</li><li>6.Squats and squat pulses.</li></ol>
4	Pop	<ol style="list-style-type: none"><li>1.Tiktok arms + double side steps with hammer arms L+R</li><li>2.4 x front taps, then 4 high knees</li><li>3.4 x body waves L+R</li><li>4.Bridge: Low hips L+R</li></ol>

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No.	Routine	Steps
5	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>
6	Brazil Funk	<ol style="list-style-type: none"><li>1.Hip swings</li><li>2.Afro claps moving to L + R, then chest pumps x 3 travelling L+R</li><li>3.Hops</li><li>4.Hip thrusts F then B + Twerks to side</li><li>5.Low knees touching the floor</li><li>6.Belly dance hips x 8 L+R</li><li>7.Knee knee + Hip circles (standing or floor) then low taps L+R to finish</li></ol>
7	Cardio	<ol style="list-style-type: none"><li>1.Knee lift x 4 L+R</li><li>2.Sprints then add arms Up and down to pump chest</li><li>3.Front kicks</li><li>4.Scooter move</li><li>5.squats</li></ol>
8	Pop	<ol style="list-style-type: none"><li>1.3 Stamps L+R</li><li>2.Sweep sweep then jump up with arms Up - down then wind your hips</li><li>3.Muscle arms, then touch your head,shoulders knees and toes</li><li>4.Hip shakes moving up and down</li></ol>

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No.	Routine	Steps
9	Boxing	1. Combat stance cross arms throw Forward, then Side to Side 2. Double jabs L+R 3. Single Jabs 4. 2 x Uppercuts L+R 5. 2 x knee Lifts L+R
10	Hip hop recovery	1. SSD sexy knee lifts 2. 2 slow hips travelling then fast hips L+R 3. Bumpa clap back then low knees x 4 + twerk x 4 4. L leg travel towards front then L leg wind hips back to the start, repeat other leg 5. Low steps F L+R then side to side then SSD sexy knee lifts
11	Hip hop	1. Low beyonce walks F then waves back 2. SSD side steps with ghetto arms 3. Savage combo: Savage arms+ swing hips + L hip sweep + R hip sweep + act stupid + shimmy F +B 4. Knee Knee + Leg curls x 2
12	Pop	1. SSD Side steps with strong arms 2. Single front taps then double knee lift 3. Slide and snap fingers L+R 4. Savage Love arms (Left hand - tap R+L shoulder then point up +wind your hips, repeat other side) 5. Savage arms with SSD side steps

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No.	Routine	Steps
13	Arms	<ol style="list-style-type: none"><li>1.Salsa + thumbs up and down</li><li>2.Arm circles</li><li>3.Push side then up x 4 L+R</li><li>4.Wall slams back slow then fast</li><li>5.Helicopter arms</li><li>6.Pumps down</li></ol>
14	Latin	<ol style="list-style-type: none"><li>1.8 x Pumps L+R</li><li>2.SSD reggaeton stamps</li><li>3.Tap tap scoop x 4 L+R</li><li>4. Low 2 taps L+R moving back, then wide walks F touching the body</li><li>5.Hips then with arms around the world</li></ol>
15	Legs	<ol style="list-style-type: none"><li>1.Single squats</li><li>2.Squats with L leg heel lift x 8, repeat other side.</li><li>3.Squats with single heel lifts L+R</li><li>3.Low walks F + B</li><li>4.Low side squats with big arms</li><li>5.Narrow squats x 4 + wide squats x 4 then 16 narrow squats</li></ol>
16	Fun	<ol style="list-style-type: none"><li>1.L hip flicks x 4 towards middle, then stop and shake hips down, repeat other side.</li><li>2.Wide stance, punch L arm down to opposite side, then pull up like a bow, repeat other side</li><li>3.Side step touch L+R with chest pumps x 4 , then hip circles x 4 to the step touches</li><li>4.Salsa Forward</li><li>5.SSD hip flicks</li></ol>

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No.	Routine	Steps
17	Caribbean	<ol style="list-style-type: none"><li>1.Low knees L+R</li><li>2.Jump then shake hips +driving car arms</li><li>3.Low afro wave F+B</li><li>4.3 afro stamps L+R</li><li>5.Cross arms across chest then touch hips then touch head + Big side steps</li></ol>
18	Boxing	<ol style="list-style-type: none"><li>1.SSD ball change</li><li>2.Single jabs</li><li>3.Combat combo (Cross arms Up then throw it down, then combat arms L+R</li><li>4.High jumps</li><li>5.Hooks then Uppercuts</li><li>6.Single uppercuts</li></ol>
19	Afro	<ol style="list-style-type: none"><li>1.Step L Leg F+shake L hip x 4, then step R leg F+shake R hipx 4</li><li>2. 4 leg alternating taps F,</li><li>3. Big travel forward with arms, then facing side do the cha cha 3 times, then walk back. Repeat combo all around the room.</li></ol>
20	Plyo	<ol style="list-style-type: none"><li>1.4x Left hip swings + F and B left leg taps, switch sides</li><li>2.Jump squat L, R then F and B</li><li>3.Sprints</li><li>4.Burpees</li><li>5. Chest pumps L+R x 4 then side sexy salsas L+R x 4</li></ol>



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No.	Routine	Steps
21	Floor	<ol style="list-style-type: none"><li>1. On hands and knees with one leg straight to your side lift up and down, then x 3 pulses then release</li><li>2. Tap side leg F + B double times Then single leg lifts</li><li>3. Planks</li><li>4. Leg lifts while planking</li><li>5. Back to side leg pulses then taps</li></ol>
22	Legs	<ol style="list-style-type: none"><li>1. Squats</li><li>2. Low travelling squats x 4 L+R</li><li>3. Squat wide, jump in and out then stand</li><li>4. Low taps L+R</li><li>5. Tap tap scoop</li><li>6. 4 squats wide, then narrow</li></ol>
23	Latin Cardio	<ol style="list-style-type: none"><li>1. 4 x Steps F then back, repeat other side</li><li>2. Slam hips with both hands on beat + add chest pumps later</li><li>3. 4 x Scissor runs then 4 jumping jacks</li><li>4. Slow mountain climbers then speed them up</li><li>5. Slow Forward cha cha cha Left +R</li></ol>

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No.	Routine	Steps
24	Floor	Starting with the left leg : 1. Single donkey kicks 2.Hip pulses 3.Straight leg circles x 4 clock wise then x 4 anti clock wise 4.Straight leg lifts x 8 5.Hamstring curls  Repeat 1-5 with the Right leg.
25	Cooldown	No example notes.
26	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