

Club Fiesta: Release 23



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Routines:

Club Fiesta Release 23

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No.	Routine	YouTube Song Link	Video Link Password = STRONGER
1	Warm up	James Hype - More Than Friends (ft. Kelli-Leigh)	No example video (use supplied choreography steps)
2	Warm up 2	DJ Flex - Bum Tum (Jersey Club)	Release 23 Warm up 2
3	Plyo	Major Lazer & Nucleya - "Jadi Buti" feat. Rashmeet Kaur	Release 23 plyo
4	Recovery	Chris Brown - Questions	Release 23 recovery
5	Cardio	Fatman Scoop - Be unfaithful (Kuta bootleg mix)	Release 23 Cardio
6	Latin	Chimbala - Tumbala	Release 23 Latin
7	Boxing	Henry Fong - Rave Tool	Release 23 Boxing
8	Carnival	Samba de Janeiro-Bellini	Release 23 Carnival
9	Afro	Spice - Indicator	Release 23 Afro
10	Arms	KSI – Really Love (feat. Craig David & Digital Farm Animals)	Release 23 Arms
11	Legs	MVNTANA X FLYY THEPRODUCER X DJ SMALLZ 732 - SKINNY GIRL CHALLENGE PT. 2 FT. PYT.NY	Release 23 Legs
12	Floor	Topic, A7S - Breaking Me ft. A7S	Release 23 Floor
13	Stretch	Chris Brown - New Flame (Official Video) ft. Usher, Rick Ross	No example video (use supplied choreography steps)

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No.	Routine	Steps
1	Warm up	1.Step touches 2.Leg curls 3.Punches 4.Reaches side to side 5.Squats
2	Warm up2	1.Double low leg tap L+R 2.Travelling chest pumps L+R 3.Chest pumps around the world L+R 4.Forward heel heel then star jump 5.Jabs F x4 then side to side x 4
3	Plyo	1.Bollywood straight arms F+B x 2 then Forward facing Bollywood arms 2.Side steps with chest pumps x 4 L+R 3.Travelling snake body x 4 L+R 4.Front then back low punches L+R then Sprints 5.Burpees
4	Recovery	1.Chest pumps L+R then 4 x forward taps 2.Side salsa + forward salsa + tap tap scoop x 4, repeat salsa starting other leg. 3.3 afro stamps L+R

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No.	Routine	Steps
5	Cardio	<ol style="list-style-type: none"> 1.Runs with claps 2.Heel heel then star jump, upgrade to kick kick then star jump. 3.4 knee lifts L+R 4.3 low forward travelling squats ,then 2 jumps back 5.Chest pumps + twerks
6	Latin	<ol style="list-style-type: none"> 1.Cha cha cha L+R x 3 then reach side to side +body wave 2.L side circular pumps x 2, then repeat on R side 3.SSD side steps 4.side hip flicks L+R
7	Boxing	<ol style="list-style-type: none"> 1.4 x L Upper cuts, then 4 x R uppercuts 2.Single uppercuts then speed them up 3.Single F Jabs 4.4xlow jabs L+R then speed them up 5.Combat stance then 1 squat 1 side leg lift x 4 L+R 6.Slow knee lifts then speed it up then sprints
8	Carnival	<ol style="list-style-type: none"> 1.Samba slow then fast 2.Hips side to side then runs 3.hops side to side with arms up and down + hip swings L+R 4.Sprints 5.2 x side whips then 3 hops back

Choreography:

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No.	Routine	Steps
9	Afro	<ol style="list-style-type: none">1. Front whips + hip rolls2. Side to side whips + hip rolls3. Big waves L+R then wide step F+B4. 2 pumps with arms up, then 2 pumps with arms to side, then 2 pumps with arms up + add drop knees R+L5. Low taps L+R
10	Arms	<ol style="list-style-type: none">1. Thumbs up and down with arms to side2. Wall slams up and down then fast3. Arm circles4. Pump arms side to side then aeroplane arms5. Aeroplane arms travelling F then pump arms side to side travelling back6. Pump arms up x 2 then side x 2 , then x1 up and x 1 side.
11	Legs	<ol style="list-style-type: none">1. Heel lift L+R then reach up, reach down then heel lift L+R then circle hips. Speed it up2. Lift both heels then low squat3. 2x low side taps L+R4. 2 x low front taps L+R5. 2 low squats then 1 knee lift, repeat other knee6. Low squats +hip flick to back
12	Floor	<ol style="list-style-type: none">1. Side Reaches with both arms2. Leg lifts, lifting tailbone off floor3. Scissors