

Club Fiesta: Release 24



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Routines:

Club Fiesta Release 24

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No.	Routine	YouTube Song Link	Video Link Password = MINDSET
1	Warm up	Samba Do Brasil (Aboutblank & Klc Edit)	No example video (use supplied choreography steps)
2	Warm up 2	Esa Nalga Brinca - DJ Bryanflow	Release 24 warm up 2
3	Plyo	On The Ground- R Wan ft Fatman Scoop	Release 24 Plyo
4	Dance	Sigala, Ella Eyre, Meghan Trainor - Just Got Paid (Lyric Video) ft. French Montana	Release 24 Dance
5	Latin	Los Tiburones - Inocente	Release 24 Latin
6	Boxing	Little Mix - Bounce Back	Release 24 Boxing
7	Pop	Ricky Martin - Come With Me	Release 24 Pop
8	Hiphop	She Lit (feat. Fatman Scoop, Tommy Gunz, Menju)	Release 24 Hip hop
9	Latin recovery	Aya Nakamura - Copines	Release 24 Latin recovery
10	Arms	The Weeknd - Blinding Lights	Release 24 arms
11	Legs	will.i.am - #thatPOWER ft. Justin Bieber	Release 24 legs
12	Floor	Disturbia (Jody den Broeder)- Rihanna	Release 24 Floor
13	Stretch	Sam Smith - My Oasis (Lyric Video) ft. Burna Boy	No example video (use supplied choreography steps)

Choreography:

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none">1.Step touches2.Grapevines plus claps3.leg curls4.Jabs Forward then up5.Walk F then B with clapping hands
2	Warm up2	<ol style="list-style-type: none">1.SSD side steps2.Pumps hands next to waist, then pumps with hands up3.4 x low knee drops with arms up, then 4 x low knee drops with arms down4.Double foot tap walks to back x 4, then wide walks forward touching body up5.Standing wide, L side hip thrusts x 8, then R side hip thrusts x 8 then travel the R leg round the world6.Tap tap scoop7.Travel the L leg round the world
3	Plyo	<ol style="list-style-type: none">1.Sprints2.Ladder runs3.Low squat then floor touch with tips of hands with palm facing out , then travel it L +R3. Rebound squat jump (1 x low squat pulse then jump high on the squat)4.Mountain climbers x 4 then floor Jumping jacks x 4)5.Double Mountain climbers
4	Dance	<ol style="list-style-type: none">1.Side Step touches, then add double shoulders2.Hand Cross opposite shoulder then throw them up , 2 hips moving to L,then 2 hips moving to R, then to L3.Standing side wise, throw your R hand up and down x 4 then repeat other side with L hand up and down4.3 x L hand side Pushes to L, x 3 R hand side pushes to R, then SSD hips5.Step ball change

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5	Latin	<ol style="list-style-type: none">1.SSD knee lifts with arms to side, then arms up, then side then crossing arms2.Side hip flicks with Bollywood arms3.SSD front taps, then tap tap and kick4.Side salsa
6	Boxing	<ol style="list-style-type: none">1.Walks with claps up and down2.Jab jab hook3.Light jumps around the world with claps4.4 x low head waves, then 2 reggaeton steps L+R
7	Pop	<ol style="list-style-type: none">1.3 x L flicks Up and down, then middle ball change and switch other side2.Jump Jump, then Side taps 1 each side.3.Big Hops4.Big breathing arm up, then slowly and dramatically pull them down5.Side hip swing L+R with arms up6. Skip F x 4 then 2 low steps back7.4 x L side hip circles, then repeat other side
8	Hiphop	<ol style="list-style-type: none">1.SSD knee lifts2.Big body waves x 2 travelling to L, then L leg tap F+B, repeat other side3.Hip flicks L+R then twerk4.2 x hops to L then 2xhops to R then chest pumps in middle5.Hops with claps around the world6.Hop to one side and wave hands in air, repeat other side

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No.	Routine	Steps
9	Latin recovery	<ol style="list-style-type: none"> 1.Salsa side to side x 4, then side steps with hammer arms x 4 2.Front afro taps 3.Side to side step touches with pushing arms 4.L hand touching outer shoulder then inner shoulder then up, lift L Knee then R knee, repeat with R hand, then repeat combo with both hands going up then going down. 5.3 Side stamps L +R
10	arms	<ol style="list-style-type: none"> 1.Thumbs up and down 2.Side pushes 3.Up pushes 4.Pumping Straight arms with Palms face down 5.Extend R arm to side, L arm Side push, Up push combo then moving both arms to other side 6.Extended arms with palms down, moving forearm inwards then outwards
11	Legs	<ol style="list-style-type: none"> 1.Full range single squats 2.Slow squat down with arms up, hold, then side hips 3.4 x squat pulses then rise up with heel lift 4.SSD heel lifts, then sink it deeper 5.2 x 2 counts wide squats, then 2 x 2 counts narrow squats 6.Low squat pulses
12	Floor	<ol style="list-style-type: none"> 1.Single donkey kicks, then 3 pulses to top and release down 2.Straight leg Kicks straight back, then rainbow kicks (one straight leg kick up then one kick across the other foot) 3.Fire hydrant kicks L+R