

Club Fiesta: Release 25



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Routines:

Club Fiesta Release 25

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No.	Routine	YouTube Song Link	Video Link Password = DETERMINED
1	Warm up	S1MBA - Rover ft. DTG (Joel Corry Remix)	No example video (use supplied choreography steps)
2	Warm up 2	DJ Flex - Do It For The Tik Tok	Release 25 Warm up 2
3	Plyo	Dumebi (Henry Fong & Jayceeoh Remix)	Release 25 Plyo
4	Dance	Riton x Nightcrawlers - Friday (Dopamine Re-Edit) [feat. Mufasa & Hypeman]	Release 25 Dance
5	Boxing	Zafirir - Hena (feat. Dikanda)	Release 25 boxing
6	Latin	Daddy Yankee - Dura	Release 25 Latin
7	Bellydance	Dhurata Dora ft. Soolking - Zemër	Release 25 Bellydance
8	Fun Dance	Jason Derulo - Take You Dancing	Release 25 Fun dance
9	Afro	Conkarah - "Banana (feat. Shaggy)	Release 25 Afro
10	Legs	Sean Paul, David Guetta - Mad Love ft. Becky G	Release 25 legs
11	Floor	Amokk - 666	Release 25 Floor
12	Stretch	Maluma - Hawái	No Example video

Choreography:

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No.	Routine	Steps
2	Warm up 2	<ol style="list-style-type: none">1.Elbow pumps2.Travelling side steps with chest pumps + 3 knee lifts, switch to other side3.Alternating arm pumps then 3 chest pumps moving down, repeat other arm4.Hip flicks around the world5.Jumping heel digs x 8 then star jumps x 4
3	Plyo	<ol style="list-style-type: none">1.Arabian side steps L+R2.Bollywood R arms x 2 then front Bollywood arms, repeat with L arm3.Wave L arm with left leg step back, then wave R arm with right leg back, then pumps moving forward4.Burpees
4	Dance	<ol style="list-style-type: none">1.1 side tap L leg then slide to other side, repeat with R leg2.Step to left with a Left arm side push, then step with R leg with a R arm side push, then jump your legs out and in x 2 with arms up then down3.Beyonce arms + arms reach up, down then wind your hips4.SSD shoulders5.Side steps with shoulder shrugs side to side.
5	Boxing	<ol style="list-style-type: none">1.Capoera2.SSD Ball change arms3.4 x Forward jabs + 2 hooks4.4 x Upwards jabs + 2 hooks5.1 low narrow squat + 1 R leg back kick x 4, then switch to L leg6.1 low narrow squat + 1 R leg forward kick x 4 then switch to L leg7.Side shuffle to left, then 2 L leg side-kicks, repeat on other side.8.Ladder runs.9.Shuffle to left with Jabs, then 2xL leg side-kicks, repeat on other side.

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No.	Routine	Steps
6	Latin	<ol style="list-style-type: none"> 1.Hip circles. 2.Single elbow pumps , then pumping helicopter L arm while having R arm straight, moving towards middle with leading L leg, walking backwards with hips sticking out, repeat on the other side 3.SSD Reggaeton side steps 4.3 Chest pumps L side, then repeat on R side 5.SSD front taps
7	Bellydance	<ol style="list-style-type: none"> 1.Bellydance hips, then SS body roll x 3, repeat other side. 2.Side walks with hip flick x 4, then step left leg with left hip flick flick then step back, repeat twice then travel to other side repeat combo. 3.Jump step left leg F then B x 4, repeat with right leg. 4.Slow double side steps L+R with arms up, then stop in centre and travel down and up with waving arms. As tempo increases, repeat same combo but use stronger arms with middle part becoming a stepping L+R 5.Travel forward with chest pumps, then muppet move travelling back.
8	Fun Dance	<ol style="list-style-type: none"> 1.Walking forward x 4 + step touch, walk back x 4 + step touch 2.Run run x 4 +step touch, then wide steps moving backwards with chest touches + wave wave. 3.Side salsa x 2 then forward salsa x 2 4.Step ball change x 4, then standing with feet close, and whipping arms SSD
9	Afro	<ol style="list-style-type: none"> 1.1 Elbow+1 wave L+R x 4 then wide walk F+B x 1 with sweeping arms. 2.SSD side steps 3.Hip circles with arms crossing shoulders, touching outside shoulders then hips then head (or just back to shoulders). 4.Helicopter arms traveling forward then Jump side to side, move back repeat combo.

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No.	Routine	Steps
10	Legs	<ol style="list-style-type: none">1.Hip waves side to side2.Low pulse squats x 3 then 1 left knee lift, repeat with lifting R knee lift3.Low narrow squat hold then step L leg forward, side, forward then back to start, repeat x 4 then repeat on right leg.
11	Floor	<ol style="list-style-type: none">1.Single crunches with arms crossed to front of body.2.Leg lifts dropping to left side and right side of body3.Criss cross legs moving up then down4.Bicycle legs