

# Club Fiesta: Release 27



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# Routines:

# Club Fiesta Release 27

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link <b>Password = TWERK</b>
1	Warm up	<a href="#">Lucas &amp; Steve x Blackstreet - No Diggity</a>	<a href="#">Release 27 warm up</a>
2	Warm up 2	<a href="#">Touch It Perreo - DJ Niar</a>	<a href="#">Release 27 warm up 2</a>
3	Boxing Plyo	<a href="#">MIC Drop (Steve Aoki Remix) Feat. Desiigner</a>	<a href="#">Release 27 Boxing plyo</a>
4	Latin recovery	<a href="#">Nicky Jam &amp; Steve Aoki - Jaleo</a>	<a href="#">Release 27 Latin recovery</a>
5	Dance	<a href="#">Teshher x Jason Derulo - Jalebi Baby</a>	<a href="#">Release 27 Dance</a>
6	Tribal	<a href="#">Sagi Abitbul &amp; Guy Haliva - Stanga</a>	<a href="#">Release 27 tribal</a>
7	Caribbean	<a href="#">Sigala, Fuse ODG, Sean Paul - Feels Like Home</a>	<a href="#">Release 27 Caribbean</a>
8	Cardio	<a href="#">Nick Skitz &amp; Technoposse - We Like To Party</a>	<a href="#">Release 27 cardio</a>
9	Pop	<a href="#">Doja Cat - Like That (Audio) ft. Gucci Mane</a>	<a href="#">Release 27 Pop</a>
10	Arms	<a href="#">Majestic x Boney M. - Rasputin</a>	<a href="#">Release 27 arms</a>
11	Legs	<a href="#">Tiesto - The Business</a>	<a href="#">Release 27 Legs</a>
12	Floor	<a href="#">Baby Ariel - "Gucci On My Body"</a>	<a href="#">Release 27 Floor</a>
13	Stretch	<a href="#">Richard Marx - Right Here Waiting</a>	No example video

# Choreography:

# Club Fiesta Release 27

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[Release Collection Link](#)

No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"><li>1.Step touches</li><li>2.Sway Left and right, then add arms</li><li>3.Jabs</li><li>4.Leg curls</li><li>5.SSD stamps</li><li>6.Grapevines</li><li>7.Squats</li><li>8.Stretch side to side, then wide legs and shoulder drops</li></ol>
2	Warm up2	<ol style="list-style-type: none"><li>1.Sprints then smack the floor</li><li>2.Small taps Forward L+R x 4 with sharp chest pumps, then turn to side and twerk up and down, repeat other side</li><li>3.3 x travelling steps to L side with winding arms plus knee lift on 3<sup>rd</sup> count, repeat on the other side then Leg drops</li><li>4.Round the world hips</li><li>5.SSD side reggaeton steps</li></ol>
3	Plyo	<ol style="list-style-type: none"><li>1.High knee runs</li><li>2.Low side to side chest pops</li><li>3.L arm side jabs x 4 then SSD low chest pops moving to the R side, repeat R side</li><li>4.xjabs then SSD low chest pops</li><li>4.2 x energised travelling step touches L then R</li><li>5.L R arms jabs up, then L R arms Jabs down</li><li>6.High knee runs x 8 then 4 jumping jacks</li><li>7.Full burpees</li></ol>

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No.	Routine	Steps
4	Latin Recovery	1.3 Low side stamps L+R 2.Forward low steps with strong arms 3.SSD knee hip flicks 4.L leg travelling towards front with shoulders, then twerk back, repeat other side
5	Dance	1.Salsa 2.SSD front taps 3.Round the world hips 4.L leg forward step with L arm, then back to middle and shake touching your body all the way up, repeat other side 5.Hip flick travels to L x 4 then 2 x L heel digs, repeat other side. 6.Bellydance hips x 4 then 2 slow ones, L then R
6	Tribal	1.Wide arm reaches side to side 2.Tribal side steps L+R 3.Touch body then hip shakes x 4 L+R 4.Jump across the river side to side, then sprints with arms up and down 5.SSD scissors with hip flick on 3 <sup>rd</sup> beat 6.Floor planks jumping out x 3 then in x 3 (standing option is 3 jumping squats out then in)
7	Caribbean	1.Salsa 2.Knee drops then 2 hip waves with arms up 3.4 x Bollywood L +R 4.Skip forward x 4, then 2 wide steps travelling back

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No.	Routine	Steps
8	Cardio	<ol style="list-style-type: none"><li>1.Runs with claps</li><li>2. 1 grapevine travelling to L then 2 x low jumps, grapevine travel to R then 2 x low jumps</li><li>3.L leg 1 knee 1 kick, then repeat with R leg</li><li>4.Run forward, 2 jumping jacks, then wide steps back x 4</li><li>5.Vengabus hips</li></ol>
9	Pop	<ol style="list-style-type: none"><li>1.Step touches with behind head wave then snap x 4 , then walk to front then walk back with tiktok arm variation</li><li>2.SSD front taps</li><li>3.Hip hip then twerk</li><li>4.4 low waves then 4 side steps</li><li>5.Body snaps L then R</li></ol>
10	Arms	<ol style="list-style-type: none"><li>1.Thumbs up and down with wide arms to side</li><li>2.4 x wall slams then 4 x arm circles</li><li>3.Fast arm circles</li><li>4.2 arm pumps up, then 2 arm pumps to side</li><li>5.Single arm pump up then side</li><li>6.Chopping arms</li></ol>
11	Legs	<ol style="list-style-type: none"><li>1.Slow squats</li><li>2.2 squat pulse then snap your hands up</li><li>3.1 wide squat walk Forward, back then 4 heel lifts L+R</li><li>4.Low squat hold then wave upper body side to side</li></ol>
12	Floor	<ol style="list-style-type: none"><li>1.Abdominal crunches up and down</li><li>2.Alternating knee lifts with abdominal twists</li><li>3.3 Pulses at the top range with hand slaps</li><li>4.Hip lifts</li></ol>