

Club Fiesta: Release 28



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Routines:

Club Fiesta Release 28

[iTunes Playlist Link](#)

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No.	Routine	YouTube Song Link	Video Link Password = SHINE
1	Warm up	Fnc Feat. Hollie & El Conve "La Fiesta" (Claw Records)	No example video (use supplied choreography steps)
2	Warm up 2	Moodshift & Johnny Sibilly - Hit It	Release 28 warm up2
3	Pop	Beyoncé - Run The World (Girls)	Release 28 pop
4	Latin	Otilia - Diamante	Release 28 Latin
5	Boxing	Wicked Minds & Dany BPM Feat. Mad Bob - Torero	Release 28 boxing
6	Pop	Lady Gaga, Ariana Grande - Rain On Me	Release 28 dance
7	Afro	Richieloop-Way Up ft Tribal Kush	Release 28 Afro
8	Latin Funk	J Balvin, Skrillex - In Da Getto	Release 28 Latin funk
9	Latin	Camila Cabello - Don't Go Yet	Release 28 Latin
10	Arms	Nathan Dawe - Lighter ft. KSI	Release 28 arms
11	Legs	Dua Lipa - Levitating Remix ft. DaBaby	Release 28 legs
12	Floor	Red Lights Tiësto	Release 28 Floor
13	Stretch	Doja Cat, The Weeknd - You Right	No example video

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"> 1.Step touches, then add claps 2.Leg curls, grapevines 3. jabs plus uppercuts 4. Runs forward then jumping jacks 5.Stretch L+R 6.Squats 7.SSD stamps
2	Warm up2	<ol style="list-style-type: none"> 1.Twerk, then knee drops with whip arms 2.2 L leg low taps, chest pumps, R leg low taps, chest pumps then sprints 3.2 side pumps then waving body arms in middle, repeat other side 4.walks forward, then 2 steps back L+R
3	Pop	<ol style="list-style-type: none"> 1.Big marches 2.1 head wave + 2 jumps 3.Chest pumps travelling L+R 4.Knee lifts travelling to R, then add arms, repeat other side 5.SSD Beyonce bounces 6.2 Hip waves L+R 7.Low slow waves, then body waves
4	Latin Recovery	<ol style="list-style-type: none"> 1.Slow salsa L+R 2.Bellydance hips RTW 3.Salsa L+R x 4 then Step L+R x4 4.SSD side reggaeton steps 5.Walk F shaking hips with arms touching body, then 2 steps back L +R

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No.	Routine	Steps
5	Boxing	<ol style="list-style-type: none"> 1. Front jabs 2. Uppercuts 3. Low squat + L leg low side push kick x 4, then repeat other side 4. Low squat + L leg low back push kick x 4 then repeat other side 5. Combo: 4 x jabs + 4 x uppercuts + 4 x hooks then legs in and out. 6. Capoeira
6	Pop	<ol style="list-style-type: none"> 1. Arms behind back while rotating L to R then R to L 2. Hips then arms flick 3. Narrow knee in's then rain on me arms 4. 8 x jumps then robot x 4 5. Front taps x 4 twice, then step touch L+R 6. L side taps with hair flick down and up x 4, repeat other side 7. Arm waves
7	Afro	<ol style="list-style-type: none"> 1. Jump then low heel lifts x 3 L,R,L with winding hips + super low side steps 2. Afro stamps x 2 L+R then front taps x 8 3. Burpee plus chest pumps x 4, or wind hips x 2 then chest pumps x 4
8	Latin funk	<ol style="list-style-type: none"> 1.1 big steps forward, then pumping arms travelling back 2. SSD arm ups then step to the sides and wind your hips 3. 1x side wave then alternate arm chest touches, repeat combo twice then do the other side. 4. 4x hip circles with 1 arm up L+R

Choreography:

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No.	Routine	Steps
9	Latin	1.Salsa side to side then 4 front taps with shimmy 2.Back salsa 3.2 travels with arms up L+R then back salsa 4.Travelling hips round the world
10	Arms	1.Thumbs up and down slow, then fast 2.Arm rotations 3.Arrow arm push side then up x 4, repeat other side 4.Pumps up then pumps side 5.Aeroplane arms
11	Legs	1.Squats with claps 2.Waves up then winding arms down 3.Low squat travelling L+R 4.L leg low steps forward, side, forward then back together x 4 then repeat other leg. 5.Travelling low squats forward then back
12	Floor	1.Sit ups 2.Side to side reaches 3.Hip lifts 4.Leg drops 5.Scissor legs