

# Club Fiesta: Release 29



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# Routines:

# Club Fiesta Release 29

[iTunes Playlist Link](#)

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[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link <b>Password = DINERO</b>
1	Warm up	<a href="#">Usher Feat. Pitbull &amp; Hyper Crush-"Dj Got Us Fallin In Love Again" (HYPER CRUSH REMIX)</a>	No example video (use supplied choreography steps)
2	Plyo	<a href="#">Dillon Francis &amp; TV Noise - Bawdy (feat. Big Freedia)</a>	<a href="#">Release 29 plyo</a>
3	Latin recovery	<a href="#">Trinidad Cardona - Dinero</a>	<a href="#">Release 29 Latin recovery</a>
4	Pop	<a href="#">Joel Corry x Jax Jones - OUT OUT (Featuring Charli XCX &amp; Saweetie)</a>	<a href="#">Release 29 pop</a>
5	Dance battle	<a href="#">T-Pain- Church</a>	<a href="#">Release 29 dance battle</a>
6	Afro	<a href="#">Spice, Sean Paul, Shaggy - Go Down Deh</a>	<a href="#">Release 29 afro</a>
7	Arms	<a href="#">Ed Sheeran - Bad Habits [Joel Corry Remix</a>	<a href="#">Release 29 arms</a>
8	Legs	<a href="#">Pitbull - Greenlight ft. Flo Rida, LunchMoney Lewis</a>	<a href="#">Release 29 legs</a>
9	Floor	<a href="#">Elton John &amp; Dua Lipa - Cold Heart (PNAU Remix)</a>	<a href="#">Release 29 floor</a>
10	Stretch	<a href="#">Justin Wellington - Iko Iko (My Bestie) feat. Small Jam</a>	No example video

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No.	Routine	Steps
1	Warm up	1.Step touches with claps 2.Grapevines then SSD stamps 3.Stretch side to side 4.Low squats and leg curls 5.Jabs and uppercuts 6.Salsa
2	Plyo	1.Bouncing hip circles x 2 L then x 2 R 2.Step forward and back x 4 3.4 x forward wide jumps, twerk back x 4 4.Sprints out then in 5.Burpees x 8 6.High side jumps L then R
3	Latin recovery	1.Bachata 2.Hand flicks up and down x 2 then dinero arms to the other side, repeat the set 3.L leg Salsa F, then R leg salsa back x 2, (to switch legs, stomp your legs right-left, then repeat combo with R leg salsa F then L leg salsa back 4.Travelling side latin steps L then R x 8

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No.	Routine	Steps
4	Pop	1. Front side walks, then small steps back 2. SSD shoulders x 2 then side steps with arm waves 3. Lawn mower slow, then fast fast L +R 4. 4 x high knees then 2 big waves 5. Hip side waves with arms up L+R
5	Dance battle	(split class in 2 groups facing each other) 1. Step touches with claps 2. L side jab jab then pause x 4 , repeat on R side 3. Punches up up, down down 4. ( Group A : Moves towards front double chest pumps then 4 fast ones, Group B moves forward with same moves, then group A moves back with the same combo, followed by group B. 5. "Everyone" Whip whip then double hip thrusts x 2, group A waves arms up around the world. Everyone does the whip whip combo, then group B waves arms up around the world.
6	Afro	1. Low Afro front taps 2. Hip circles x 4 Wide leg then x 4 narrow leg 3. Travelling hip thrusts then legs in and out + hip scoops, repeat travelling back 4. Kick kick then waves down and up 5. SSD side stamps 6. Hip flicks around the world

# Choreography:

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No.	Routine	Steps
7	Arms	<ol style="list-style-type: none"><li>1. Straight arms to side – thumb rotations</li><li>2. Shoulder touches side arms, forward arms, then arms up</li><li>3. Arm circles</li><li>4. Pumping tricep arms</li></ol>
8	Legs	<ol style="list-style-type: none"><li>1. Squats with claps</li><li>2. Squats with L arm forward, then R arm forward</li><li>3. Heel lifts with shoulder brush offs up then down</li><li>4. Diamond leg stamps L leg x 4 then repeat with R leg</li><li>5. 4 x low narrow squats, 4 x wide squats</li></ol>
9	Floor	<ol style="list-style-type: none"><li>1. Basic sit ups</li><li>2. Basic sit up pulses</li><li>3. Knee reaches</li><li>4. Hip bridges singles then swings, slow then fast</li><li>5. Hip bridges with 1 leg up L +R</li></ol>