

# Club Fiesta: Release 03



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# Routines:

# Club Fiesta: Release 03

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = FIESTA
1.	Warm up	<a href="#">Arash feat. Sean Paul - She Makes Me Go</a>	<i>No example video</i>
2.	Cardio Boxing	<a href="#">Blasterjaxx - Gasolina Bootleg</a>	<a href="#">Release 3 Cardio boxing</a>
3.	Hip Hop Recovery	<a href="#">Chris Brown- Undecided (Kevin D Remix)</a>	<a href="#">Release 3 Hip hip recovery</a>
4.	Soca	<a href="#">Salty x Travis World - Bend (Road Rage Riddim) "2018 Soca" (Official Audio)</a>	<a href="#">Release 3 Soca</a>
5.	Plyo	<a href="#">Dimitri Vegas &amp; Like Mike vs Boostedkids - G.I.P.S.Y.</a>	<a href="#">Plyo</a>
6.	Afro	<a href="#">JOANNA - Afro B (Remix By Dj Luiggi) (SAI Remix Version)</a>	<a href="#">Release 3 Afro</a>
7.	Fun	<a href="#">Jason Derulo x David Guetta - Goodbye (feat. Nicki Minaj &amp; Willy William)</a>	<a href="#">Release 3 Fun</a>
8.	Arms	<a href="#">James Hype feat. Craig David - No Drama</a>	<a href="#">Release 3 arms</a>
9.	Floor	<a href="#">MC Kevinho 2 Chainz French Montana Nacho - Olha A Explosao (REMIX)</a>	<a href="#">Release 3 Floor</a>
10.	Cool down	<a href="#">Beyoncé - SPIRIT (From Disney's "The Lion King")</a>	<i>No example video</i>

# Choreography:

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No.	Routine	Steps
2.	Cardio Boxing	1. Front Jabs 2. Sprints + Tap the floor 3. 4 x Jumps forward + 2 Leg taps back 4. 4 x Jumping Side jabs + 4 x jumping Guard back 5. Sprint Side jabs Fast, then Jab Up and Side
3.	Hip Hop Recovery	1. Salsa L+ R, then Forward Forward Salsa 2. Jump Jump wide Squat 3. Wide tap tap then scoop 4. 2 x Low taps L + R, then 4 x High knees
4.	Soca	4 x hip rolls + 2 Pull backs Side leg lifts L + R 4 x shuffle L + 2 front jumps, then R
5.	Plyo	1. Touch body + 2 arm pumps 2. SSD waves 3. 4 x high knee lifts L+R 4. Tuck jumps x 8, mountain climbers x 8 5. Fast jabs around the world

# Choreography continued

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No.	Routine	Steps
6.	Afro	1. Front wave + 2 hips 2. SSD Knees 3. Front drops + twerk back L + R 4. 3 x Low stamps L + R
7.	Fun	1. Salsa Forward L + R 2. Knee knee + dip 3. 3 x jabs + wave to side , L+R 4. Horsey + 2 knees x 4 L+R
8.	Arms	1. Wide arms thumps up and down 2. Arm circles slow then fast 3. Sexy policeman arms 4. Chopping arms
9.	Floor	1. Basic crunches 2. High pulses pulling the "rope" 3. Leg extentions 4. Straight leg extentions