

Club Fiesta: Release 30



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Routines:

Club Fiesta Release 30

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No.	Routine	YouTube Song Link	Video Link Password = PARTY
1	Warm up	Ne-Yo - Let Me Love You (Until You Learn To Love Yourself)	No example video (use supplied choreography steps)
2	Warm up 2	AY RICO RICO vs CULO MIX - DJ Luc14no Antileo - LUIGI BOY vs PITBULL	Release 30 warm up 2
3	Plyo	Bom Diggy Diggy Zack Knight Jasmin Walia Sonu Ke Titu Ki Sweety	Release 30 Plyo
4	Fun	Jason Derulo - Acapulco	Release 30 fun
5	Cha cha	Goodboys - Bongo Cha Cha Cha	Release 30 Cha cha
6	Boxing	Timmy Trumpet & Sickddellz feat. Afandi - El Toro	Release 30 Boxing
7	Dance	Sak Noel - Que Rica (Tocame) (feat. Pitbull)	Release 30 dance
8	RnB	Mark Morrison - Return of the Mack	Release 30 RnB
9	Arms	Gimme! Gimme! Gimme! (Freejak Remix - edit)	Release 30 arms
10	Legs	Jonasu - Black Magic	Release 30 legs
11	Floor	Adrenalina (Steve Aoki Remix)	Release 30 Floor
12	Stretch	Busy Signal - Margarita	No example video (use supplied choreography steps)

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"> 1.Step waves and steps with arms up 2.Leg curls 3.Punches forward and up 4.Grapevines 5.Side to side reaches and wide squat shoulder drops 6.squats
2	Warm up2	<ol style="list-style-type: none"> 1.2 side steps L+R then add chest pumps 2.Step F+B L then R leg x 4, then switch sides 3.Knee drops then twerk
3	Plyo	<ol style="list-style-type: none"> 1.Sprints 2.Bollywood steps L+R 3.Big L arm wave with L leg step back, R arm wave with R leg step back, then pumps walking to front 4.4 L hip flicks then winding hips in the middle to the L and R, repeat on the other side. 5.2 x tuck jumps then sprints 6.Mountain climbers at the end round
4	Fun	<ol style="list-style-type: none"> 1.Front salsa L + cha cha cha, then front salsa R + cha cha cha 2. 4 x Side body waves L then R 3. Combo : L arm to side with R arm punch up and down+repeat with other side + add loco arms – then repeat combo then add ball roll arms 4.Skip F then 2 step touches back

Choreography:

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No.	Routine	Steps
5	Cha cha	1.Cha cha combo (L leg F+R leg B x 3 then Pivot) . Switch to R leg cha cha combo 2.Hip side flicks x 3 then shimmy 3.Side travelling step touches with winding arms, then mini runs travelling back 4.High knee runs with arm flicks up
6	Boxing	1.Side step touches with claps 2.Single punches then double punches 3.4 x single punches then 4 x uppercuts 4.Super low heel reaches L+R, then speed up and 2 leg jumps in and out (option: 2 squats) 5.2 L arm side jabs + 1x R elbow flick + L leg knee knee, repeat other side 6.Side oblique standing crunches
7	Dance	1.Hip pivot pistols L+R with arms 2.Tik Tok arms then Step F F then travel back with rave arms 3.Big waves L+R then mini jump up plus pull arms down 4.4 hip flicks + walk back with battle rope arms, repeat other side
8	RnB	1.SSD front taps 2.Hip hip plus twerk 3.Travelling L step arm waves x 2 then step L leg F+B x 2, repeat other side 4.2 x hops with punching arms up L+R then chest pumps 5.Bridge: Big hip waves L+R

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No.	Routine	Steps
9	Arms	1.Thumbs up and down 2.Shoulder touches, side then front 3.Chest arm presses in and out x 4 then push arms up x 4 4.Puppet arms 5.Miss the clap arms 5.Rotation arms
10	Legs	1.Squats with finger snaps down, then low pulsing squats 2.1 x L hip rotate then 1 squat drop combo x 4, then repeat on the R side 3.2 x hip flicks L+R then 2 x squat drops 4.SSD heel lifts
11	Floor	1.Single ab crunches then opposite knee lifts 2.Bicycle legs 3.Star toe touch sit ups x 4 L+R 4.Star toe touch sit ups alternating