

# Club Fiesta: Release 31



## **Ownership of Intellectual Property Rights**

All Club Fiesta licensed releases are owned by Hala Fitness and as such must not be distributed or shared and is for the licensed Instructors sole use within their own fitness classes.

# Routines:

# Club Fiesta Release 31

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

| No. | Routine        | YouTube Song Link                                                    | Video Link<br><b>Password = WARRIOR</b>               |
|-----|----------------|----------------------------------------------------------------------|-------------------------------------------------------|
| 1   | Warm up        | <a href="#">Shaggy feat. Eve - Girls Just Want To Have Fun</a>       | No example video<br>(use supplied choreography steps) |
| 2   | Warm up 2      | <a href="#">Don Latino Feat. Crossfire - Tuku Taka</a>               | <a href="#">Release 31 Warm up 2</a>                  |
| 3   | Cardio         | <a href="#">Hahom Ole (DJ Braindead Remix)</a>                       | <a href="#">Release 31 Plyo</a>                       |
| 4   | Latin recovery | <a href="#">Lola Indigo, TINI, Belinda - Niña de la Escuela</a>      | <a href="#">Release 31 Latin</a>                      |
| 5   | Soca           | <a href="#">Bunji Garlin &amp; Busta rhymes - Drop it</a>            | <a href="#">Release 31 Soca</a>                       |
| 6   | Dance          | <a href="#">Salatiel, Pharrell Williams, Beyoncé - WATER</a>         | <a href="#">Release 31 dance</a>                      |
| 7   | Boxing         | <a href="#">R. Kelly - Ignition (Remix)</a>                          | <a href="#">Release 31 Soca</a>                       |
| 8   | Afro           | <a href="#">Blaiz Fayah &amp; Tribal Kush - Bad (Buskilaz Remix)</a> | <a href="#">Release 31 Afro</a>                       |
| 9   | Disco          | <a href="#">Boogie 2Nite (Seamus Haji Big Love Edit)</a>             | <a href="#">Release 31 Disco</a>                      |
| 10  | Arms           | <a href="#">Danny Avila &amp; Ekko City - Bleeding Love</a>          | <a href="#">Release 31 arms</a>                       |
| 11  | Legs           | <a href="#">Lil Jon - Work</a>                                       | <a href="#">Release 31 Legs</a>                       |
| 12  | Floor          | <a href="#">Becky G, Burna Boy - Rotate</a>                          | <a href="#">Release 31 floor</a>                      |
| 13  | Stretch        | <a href="#">Sia - Unstoppable</a>                                    | No example video                                      |

[iTunes Playlist Link](#)[Spotify Playlist Link](#)[Release Collection Link](#)

| No. | Routine  | Steps                                                                                                                                                                  |
|-----|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1   | Warm up  | 1.Side step touches<br>2.Grapevines + claps<br>3.Jabs forward + Jabs Up<br>4.Runs + start jumps<br>5.Reaches side to side + squats                                     |
| 2   | Warm up2 | 1.Step F &B x 4, then switch sides<br>2.Chest Pumps x 2 L +R<br>3.Side steps L+R                                                                                       |
| 3   | Plyo     | 1.4 x side Left hips then Step F+R x 4, Repeat combo on R side<br>2.SSD Knees<br>3.4 x head waves then Salsa<br>4.1 Burpee + 4 pumps (option is 2 hip rolls + 4 pumps) |
| 4   | Latin    | 1.Double side steps L+R x 4, then Salsa L+R and body pumps<br>2.SSD front stamps<br>3.SSD reggaeton steps<br>4.Round the world hips L+R                                |

[iTunes Playlist Link](#)[Spotify Playlist Link](#)[Release Collection Link](#)

| No. | Routine | Steps                                                                                                                                                                                                                                                                                                                                                                  |
|-----|---------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5   | Soca    | <ol style="list-style-type: none"> <li>1. Ball roll arms L+R</li> <li>2. Wide jumps x 8 then low hip bounces or floor foot stomps</li> <li>3. SSD afro knee lifts</li> <li>4. Side steps with chest pumps</li> </ol>                                                                                                                                                   |
| 6   | Dance   | <ol style="list-style-type: none"> <li>1. Salsa L+R then front low steps L+R</li> <li>2. Akwaaba (Low side to side squats with wall push arms, then side steps with trigger fingers)</li> <li>3. Arm waves L+R then step to the front L+R, repeat combo twice then repeat other side.</li> </ol>                                                                       |
| 7   | Boxing  | <ol style="list-style-type: none"> <li>1. Jab L+R, upper cuts L+R then 1 low squat jump forward</li> <li>2. Jab jab then push your hips out</li> <li>3. Side Jabs Up and down (squat down when you punch low), repeat other side</li> <li>4. Hips around the world</li> </ol>                                                                                          |
| 8   | Afro    | <ol style="list-style-type: none"> <li>1. Jump then low heel lifts x 3 L,R,L with winding hips + super low side steps</li> <li>2. Kick L+R then walk forward with fist hands moving up, the repeat moving back</li> <li>3. SSD low hips</li> <li>4. Jump jump then sprint (Or squat squat then march wide, or hands on floor and jump jump then floor runs)</li> </ol> |

# Choreography:

# Club Fiesta Release 31

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

| No. | Routine | Steps                                                                                                                                                                                                                                         |
|-----|---------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 9   | Disco   | 1.L leg step then slide, repeat with R leg<br>2.Side steps L+R with rolling shoulders<br>3.SSD disco arms then boogie arms<br>4.Hips L+R with arm reaches<br>5.Hip thrusts                                                                    |
| 10  | Arms    | 1.Arm pumps down<br>2.L arm pushing side then up x 4, repeat other side<br>3.Traffic police arms<br>4.Arm pumps up then side                                                                                                                  |
| 11  | Legs    | 1.Squats<br>2.Side wave then chest pumps L+R<br>3.2 squats , 2 side lunges<br>4.Touch head plus pumps, touch hips plus pumps<br>5.Side kick plus touch floor x 4 L+R<br>6.Jump + punch punch<br>7.Squats with drumming arms jump side to side |
| 12  | Floor   | 1.Hip bridges Singles (glute squeezes)<br>2.Glute pulses<br>3.Swingers<br>4.Big glute circles to the Left x 4, then to the right x 4                                                                                                          |