

# Club Fiesta: Release 32



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# Routines:

# Club Fiesta Release 32

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[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link <b>Password = PRIDE</b>
1	Warm up	<a href="#">Mufasa &amp; Hypeman x Dopamine - Weekend</a>	<a href="#">Release 32 Warm up</a>
2	Warm up 2	<a href="#">Henry Fong - Drop It Down Low (ft. Richie Loop) [ETC!ETC! Remix]</a>	<a href="#">Release 32 Warm up 2</a>
3	Plyo	<a href="#">Dj BrainDeaD Feat. Tedross - Make ya (Extended version)</a>	<a href="#">Release 32 Plyo</a>
4	Dance	<a href="#">Majestic, Boney M. - Rasputin</a>	<a href="#">Release 32 Dance</a>
5	Latin	<a href="#">Pucho y Tucutu X Gente de Zona X Motiff ft Tony Succar - Tuki Tuki</a>	<a href="#">Release 32 Latin</a>
6	Afro	<a href="#">Yemi Alade - Boyz</a>	<a href="#">Release 32 Afro</a>
7	Arms	<a href="#">Whitney Houston x Clean Bandit – “How Will I Know”</a>	<a href="#">Release 32 arms</a>
8	Legs	<a href="#">Liam Payne, J. Balvin - Familiar</a>	<a href="#">Release 32 Legs</a>
9	Stretch	<a href="#">Omarion - Ice Box</a>	No example video

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No.	Routine	Steps
1	Warm up	1.Step touches 2.1 step 1 slide 3.Grapevines 4.Leg curls 5.Punches
2	Warm up2	1.Clap x8 Left side with leg stamps, then clap up as you switch to other side. 2.Sprints 3.Heel heel then star jump 4.Side steps with chest pumps 5.Side steps with shimmy 6.Round the world L+R with booty smacks
3	Plyo	1.2 Bumpa claps L+R , then wind hips + 2 low squats 2.L arm Punch Forward then Up x 4, then repeat on R arm 3.Burpees 4.4 x shimmy jumps F + twerk back 5.Low side taps (floor option available)
4	Dance	1.Side steps with shoulders x 4 then muscle arms + touch Head, shoulders knees then toes 3.Waves side to side 4.Just got paid arms (3 side pushes L+R then SSD hips) 5.Disco arms x 4 L+R

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No.	Routine	Steps
5	Latin	<ol style="list-style-type: none"> <li>1.Travelling side steps L=R then shimmy</li> <li>2.Back salsa SSD</li> <li>3.SSD front taps</li> <li>4.SSD side samba</li> </ol>
6	Afro	<ol style="list-style-type: none"> <li>1.SSD knee drops</li> <li>2.Maserati (jump back then walk to front)</li> <li>3.L side serve arms then 2 pointer arms x 2, pointer arms R then repeat serve arms</li> <li>4.Taps back L+R x 4 then wide walk to front touching body up</li> </ol>
7	Arms	<ol style="list-style-type: none"> <li>1.Straight arms thumbs up and down</li> <li>2.Wall slams</li> <li>3.Arm circles</li> <li>4.Straight arms clap up then clap down</li> <li>5.Claps up, then claps down</li> <li>6.Elbows back, then aeroplane arms</li> </ol>
8	Legs	<ol style="list-style-type: none"> <li>1.Low squat pulses x 3 then snap fingers up</li> <li>2.Winding arms up then winding arms down</li> <li>3.Side low steps x 3 L then x 3 R</li> <li>4.Low squats x 8 with 1 heel up, repeat other side</li> </ol>