

Club Fiesta: Release 33



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Routines:

Club Fiesta Release 33

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No.	Routine	YouTube Song Link	Video Link Password = HOT
1	Warm up	Sak Noel & Salvi Ft. Sean Paul - Trumpets (3Ball MTY Remix)	No example video
2	Warm up 2	DJ Flex - Dance Africa (Feat. K William & HK Sensei)	Release 33 warm up 2
3	Plyo	DJ Katch ft Cecile & Shane Eli - Wildfire (DJ BrainDeaD Remix)	Release 33 Plyo
4	Fun	bbno\$ - edamame (Lyrics) ft. Rich Brian	Release 33 fun
5	Boxing	CryJaxx - Candy Shop (feat. Junior Charles)	Release 33 boxing
6	Brazil funk	Anitta, Lexa, Luísa Sonza feat. MC Rebecca - Combatchy	Release 33 Brazil funk
7	Latin	Ella Me Levanto - Daddy Yankee	Release 33 Latin
8	Arms	Tom Enzy, Montell Jordan - Look Good	Release 33 arms
9	Legs	Tiësto, KAROL G - Don't Be Shy	Release 33 legs
10	Floor	Niall Horan & Anne-Marie - Everywhere (BBC Children In Need)	Release 33 floor
11	Stretch	Sia - Alive	No example video

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"> 1.Stamp steps 2.Leg curls 3.Grapevines 4.Punches 5.Squats 6.Reaches side to side 7.Jogs and jumping jacks
2	Warm up2	<ol style="list-style-type: none"> 1.Afro stamps 2.4 heel lifts then 2 waves L+R 3.Side steps chest pumps L+R 4.Hip smacks around the world
3	Plyo	<ol style="list-style-type: none"> 1.Circle booty bounces 2.Shoulders SSD + wave and thigh smacks x 2 3.Side steps with front arm pumps + 4 low front taps, repeat other side 4.Burpees 5.Pivot hip pistols L+R 6.(last round)2 x tuck jumps + sprints
4	Fun	<ol style="list-style-type: none"> 1.Knee drops + slow thrusts 2.L leg step front, side, front then back together x 4, repeat on R leg 3.SS front taps then 3 fast taps 4.Hip thrusts moving forward then low wide walks back

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No.	Routine	Steps
5	Boxing plyo	<ol style="list-style-type: none"> 1. Single punches x 4 then uppercuts x 4 2. Side shuffle punches then hip swings, switch sides 3. Fast front punches then hip swings 4. Fast punches then hip circles then progress hip circles to burpees
6	Brazil Funk	<ol style="list-style-type: none"> 1. Front strut walks then 2 hip L+R 2. Low drops L+R then heel lifts in middle, then low drops again 3. Jump then hip circles 4. 4 heel lifts then 2 x waves L+R 5. Run to side then 3 knee lifts, repeat combo to other side
7	Latin	<ol style="list-style-type: none"> 1. Point front, down, wind hips roll arms up + jump and step L+R 2. Front cross taps L+R then add strong arms 4. Bellydance arms 5. Front wiggle, then back wiggle 6. steps F+B around the world L+R
8	Arms	<ol style="list-style-type: none"> 1. Arm pumps down 2. Slow pumps up then down 3. Straight arm circles x 16 clockwise, then x 16 ant-clockwise 4. Aeroplane arms travelling F then travelling arms back 5. Front scarecrow arms

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No.	Routine	Steps
9	Legs	<ol style="list-style-type: none">1.Double low squat then rise up with finger clicks2.L hip wind then squat drop x4 then repeat on R side3.Double hips L+R then 2 squats4.Wide squat with heel lifts L+S slow then fast
10	Floor	<ol style="list-style-type: none">1.Single glute lifts'2.Glute pulses3.Glute swings L+R4.Glute circles x 4 L+R