

# Club Fiesta: Release 34

## BEST OF 2021



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# Routines:

# Club Fiesta Release 34

iTunes reference Playlist Link: <https://music.apple.com/au/playlist/club-fiesta-release-34/pl.u-6mo4j73i46b8EG>

No.	Routine	YouTube Song Link	Video Link Password: in ()
1	Warm up	<a href="#">Lucas &amp; Steve x Blackstreet - No Diggity</a>	<a href="#">Release 27 warm up (password: TWERK)</a>
2	Warm up 2	<a href="#">DJ Flex - Bum Tum (Jersey Club)</a>	<a href="#">Release 23 Warm up 2 (password STRONGER)</a>
3	Tribal	<a href="#">Sagi Abitbul &amp; Guy Haliva - Stanga</a>	<a href="#">Release 27 tribal (password TWERK)</a>
4	Latin	<a href="#">Chimbala - Tumbala</a>	<a href="#">Release 23 Latin (password STRONGER)</a>
5	Dance	<a href="#">Sigala, Ella Eyre, Meghan Trainor - Just Got Paid (Lyric Video) ft. French Montana</a>	<a href="#">Release 24 Dance (password MINDSET)</a>
6	Latin recovery	<a href="#">Aya Nakamura - Copines</a>	<a href="#">Release 24 Latin recovery (password MINDSET)</a>
7	Dance	<a href="#">Riton x Nightcrawlers - Friday (Dopamine Re-Edit) [feat. Mufasa &amp; Hypeman]</a>	<a href="#">Release 25 Dance (password DETERMINED)</a>
8	Fun Dance	<a href="#">Jason Derulo - Take You Dancing</a>	<a href="#">Release 25 Fun dance (password DETERMINED)</a>
9	Afro	<a href="#">Conkarah - "Banana (feat. Shaggy)</a>	<a href="#">Release 25 Afro (password DETERMINED)</a>
10	Warm up 2	<a href="#">DJ Flex ~ Eggplant Afrobeat (Feat. AStar &amp; EDouble)</a>	<a href="#">Warm up 2 (password BRAVE)</a>
11	Fun	<a href="#">Jason Derulo x Puri x Jhormountain - Coño</a>	<a href="#">Release 26 fun (password BRAVE)</a>
12	Latin	<a href="#">Daddy Yankee - EL PONY</a>	<a href="#">Release 26 Latin (password BRAVE)</a>
13	Dance battle	<a href="#">Mambo By Steve Aoki, Willy William, Sean Paul, El Alfa, Sfera Ebbasta</a>	<a href="#">Release 26 dance battle (password BRAVE)</a>
14	Fun dance	<a href="#">Ava Max - My Head &amp; My Heart</a>	<a href="#">Release 26 Fun dance (password BRAVE)</a>

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15	Legs	<a href="#">Charly Black, Juan Magan - You're Perfect (Remix)</a>	<a href="#">Release 26 legs</a> (password BRAVE)
16	Pop	<a href="#">Lady Gaga, Ariana Grande - Rain On Me</a>	<a href="#">Release 28 dance</a> (password SHINE)
17	Latin Funk	<a href="#">J Balvin, Skrillex - In Da Getto</a>	<a href="#">Release 28 Latin funk</a> (password SHINE)
18	Latin	<a href="#">Camila Cabello - Don't Go Yet</a>	<a href="#">Release 28 Latin</a> (password SHINE)
19	Arms	<a href="#">Majestic x Boney M. - Rasputin</a>	<a href="#">Release 27 arms</a> (password: TWERK)
20	Plyo	<a href="#">Dillon Francis &amp; TV Noise - Bawdy (feat. Big Freedia)</a>	<a href="#">Release 29 plyo</a> (password DINERO)
21	Dance battle	<a href="#">T-Pain- Church</a>	<a href="#">Release 29 dance battle</a> (password DINERO)
22	Fun	<a href="#">Jason Derulo - Acapulco</a>	<a href="#">Release 30 fun</a> (password PARTY)
23	Boxing	<a href="#">Timmy Trumpet &amp; Sickddellz feat. Afandi - El Toro</a>	<a href="#">Release 30 Boxing</a> (password PARTY)
24	Dance	<a href="#">Sak Noel - Que Rica (Tocame) ( feat. Pitbull )</a>	<a href="#">Release 30 dance</a> (password PARTY)
25	Arms	<a href="#">Gimme! Gimme! Gimme! (Freejak Remix - edit)</a>	<a href="#">Release 30 arms</a> (password PARTY)
26	Legs	<a href="#">Jonasu - Black Magic</a>	<a href="#">Release 30 legs</a> (password PARTY)
27	Cardio	<a href="#">Hahom Ole (DJ Braindead Remix)</a>	<a href="#">Release 31 Plyo</a> (password WARRIOR)
28	Dance	<a href="#">Salatiel, Pharrell Williams, Beyoncé - WATER</a>	<a href="#">Release 31 dance</a> (password WARRIOR)
29	Afro	<a href="#">Yemi Alade - Boyz</a>	<a href="#">Release 32 Afro</a> (password PRIDE)
30	Legs	<a href="#">Liam Payne, J. Balvin - Familiar</a>	<a href="#">Release 32 Legs</a> (password PRIDE)

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"><li>1.Step touches</li><li>2.Sway Left and right, then add arms</li><li>3.Jabs</li><li>4.Leg curls</li><li>5.SSD stamps</li><li>6.Grapevines</li><li>7.Squats</li><li>8.Stretch side to side, then wide legs and shoulder drops</li></ol>
2	Warm up2	<ol style="list-style-type: none"><li>1.Double low leg tap L+R</li><li>2.Travelling chest pumps L+R</li><li>3.Chest pumps around the world L+R</li><li>4.Forward heel heel then star jump</li><li>5.Jabs F x4 then side to side x 4</li></ol>
3	Tribal	<ol style="list-style-type: none"><li>1.Wide arm reaches side to side</li><li>2.Tribal side steps L+R</li><li>3.Touch body then hip shakes x 4 L+R</li><li>4.Jump across the river side to side, then sprints with arms up and down</li><li>5.SSD scissors with hip flick on 3<sup>rd</sup> beat</li><li>6.Floor planks jumping out x 3 then in x 3 (standing option is 3 jumping squats out then in)</li></ol>
4	Latin	<ol style="list-style-type: none"><li>1.Cha cha cha L+R x 3 then reach side to side +body wave</li><li>2.L side circular pumps x 2, then repeat on R side</li><li>3.SSD side steps</li><li>4.side hip flicks L+R</li></ol>

# Choreography:

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No.	Routine	Steps
5	Dance	<ol style="list-style-type: none"><li>1.Side Step touches, then add double shoulders</li><li>2.Hand Cross opposite shoulder then throw them up , 2 hips moving to L,then 2 hips moving to R, then to L</li><li>3.Standing side wise, throw your R hand up and down x 4 then repeat other side with L hand up and down</li><li>4.3 x L hand side Pushes to L, x 3 R hand side pushes to R, then SSD hips</li><li>5.Step ball change</li></ol>
6	Latin recovery	<ol style="list-style-type: none"><li>1.Salsa side to side x 4, then side steps with hammer arms x 4</li><li>2.Front afro taps</li><li>3.Side to side step touches with pushing arms</li><li>4.L hand touching outer shoulder then inner shoulder then up, lift L Knee then R knee, repeat with R hand, then repeat combo with both hands going up then going down.</li><li>5.3 Side stamps L +R</li></ol>
7	Dance	<ol style="list-style-type: none"><li>1.1 side tap L leg then slide to other side, repeat with R leg</li><li>2.Step to left with a Left arm side push, then step with R leg with a R arm side push, then jump your legs out and in x 2 with arms up then down</li><li>3.Beyonce arms + arms reach up, down then wind your hips</li><li>4.SSD shoulders</li><li>5.Side steps with shoulder shrugs side to side.</li></ol>
8	Fun Dance	<ol style="list-style-type: none"><li>1.Walking forward x 4 + step touch, walk back x 4 + step touch</li><li>2.Run run x 4 +step touch, then wide steps moving backwards with chest touches + wave wave.</li><li>3.Side salsa x 2 then forward salsa x 2</li><li>4.Step ball change x 4, then standing with feet close, and whipping arms SSD</li></ol>

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No.	Routine	Steps
9	Afro	1.1 Elbow+1 wave L+R x 4 then wide walk F+B x 1 with sweeping arms. 2.SSD side steps 3.Hip circles with arms crossing shoulders, touching outside shoulders then hips then head (or just back to shoulders). 4.Helicopter arms traveling forward then Jump side to side, move back repeat combo.
10	Warm up2	1.Double afro stamp 2.Walk F and B x 4 , then repeat other side 3.Knee drops then twerk 4.Side steps chest pumps x 3 then knee lift, repeat other side
11	Fun	1.Front taps 2.4x L hip flicks then walk back, repeat other side 3."Cono Combo" : Elbow, elbow then guard up + 4 hip swings + 4 head waves 4.Head waves + 1 clap, repeat other side
12	Latin Cardio	1.L Pony arms x 3 , then switch other side 2. Side step + chest pumps x 2 , then Beyonce bounce 3.Reggaeton step then wave arm , stepping back with pulling arms 4. Steps to side and sliding arms up and down x 4, then face forward and punch L + R arm forward forward, then back back, repeat on other side. 5.SSD stomps at the end of the track.
13	Dance battle	1.Dance battle combo: (waving arms + hip circles + shoulder shimmy+ little hops) 2.Elbow+wave L+R then 4 x knees up 3.One step with clap + hip shakes L +R 4.4 x hip waves L+R

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No.	Routine	Steps
14	Fun dance	<ol style="list-style-type: none"><li>1.Slow walks F with side taps, then sexy walks back</li><li>2.Salsa L+R</li><li>3.Head and heart combo : ( L Side step with L arm reach+ touch head, then R side step with R arm reach then touch heart , narrow feet alternating touching head going down )</li><li>4.3 x L side leg taps then clap in middle, repeat with 3 x R side leg taps then clap</li><li>5.4 x shoulder shrugs then round the world arms</li></ol>
15	Legs	<ol style="list-style-type: none"><li>1.L leg front step, side step, back step then together combo x 4, then repeat other leg</li><li>2.Big Afro claps x 4 on left, then repeat other side</li><li>3.Big front wave then wind hips x 4</li><li>4. 2 x Wide low squats, then 2 x narrow low squats, then 2 wide low squats then drop knee knee.</li></ol>
16	Pop	<ol style="list-style-type: none"><li>1.Arms behind back while rotating L to R then R to L</li><li>2.Hips then arms flick</li><li>3.Narrow knee in's then rain on me arms</li><li>4. 8 x jumps then robot x 4</li><li>5.Front taps x 4 twice, then step touch L+R</li><li>6.L side taps with hair flick down and up x 4, repeat other side</li><li>7. Arm waves</li></ol>
17	Latin funk	<ol style="list-style-type: none"><li>1.1 big steps forward, then pumping arms travelling back</li><li>2.SSD arm ups then step to the sides and wind your hips</li><li>3.1xside wave then alternate arm chest touches, repeat combo twice then do the other side.</li><li>4.4xhip circles with 1 arm up L+R</li></ol>

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No.	Routine	Steps
18	Latin	<ol style="list-style-type: none"><li>1.Salsa side to side then 4 front taps with shimmy</li><li>2.Back salsa</li><li>3.2 travels with arms up L+R then back salsa</li><li>4.Travelling hips round the world</li></ol>
19	Arms	<ol style="list-style-type: none"><li>1.Thumbs up and down with wide arms to side</li><li>2.4 x wall slams then 4 x arm circles</li><li>3.Fast arm circles</li><li>4.2 arm pumps up, then 2 arm pumps to side</li><li>5.Single arm pump up then side</li><li>6.Chopping arms</li></ol>
20	Plyo	<ol style="list-style-type: none"><li>1.Bouncing hip circles x 2 L then x 2 R</li><li>2.Step forward and back x 4</li><li>3.4 x forward wide jumps, twerk back x 4</li><li>4.Sprints out then in</li><li>5.Burpees x 8</li><li>6.High side jumps L then R</li></ol>



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No.	Routine	Steps
21	Dance battle	<p>(split class in 2 groups facing each other)</p> <ol style="list-style-type: none"> <li>1. Step touches with claps</li> <li>2. L side jab jab then pause x 4 , repeat on R side</li> <li>3. Punches up up, down down</li> <li>4. ( Group A : Moves towards front double chest pumps then 4 fast ones, Group B moves forward with same moves, then group A moves back with the same combo, followed by group B.</li> <li>5. "Everyone" Whip whip then double hip thrusts x 2, group A waves arms up around the world. Everyone does the whip whip combo, then group B waves arms up around the world.</li> </ol>
22	Fun	<ol style="list-style-type: none"> <li>1. Front salsa L + cha cha cha, then front salsa R + cha cha cha</li> <li>2. 4 x Side body waves L then R</li> <li>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</li> <li>4. Skip F then 2 step touches back</li> </ol>
23	Boxing	<ol style="list-style-type: none"> <li>1. Side step touches with claps</li> <li>2. Single punches then double punches</li> <li>3. 4 x single punches then 4 x uppercuts</li> <li>4. Super low heel reaches L+R, then speed up and 2 leg jumps in and out (option: 2 squats)</li> <li>5. 2 L arm side jabs + 1x R elbow flick + L leg knee knee, repeat other side</li> <li>6. Side oblique standing crunches</li> </ol>
24	Dance	<ol style="list-style-type: none"> <li>1. Hip pivot pistols L+R with arms</li> <li>2. Tik Tok arms then Step F F then travel back with rave arms</li> <li>3. Big waves L+R then mini jump up plus pull arms down</li> <li>4. 4 hip flicks + walk back with battle rope arms, repeat other side</li> </ol>

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No.	Routine	Steps
25	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
26	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
27	Plyo	1.4 x side Left hips then Step F+R x 4, Repeat combo on R side 2.SSD Knees 3.4 x head waves then Salsa 4.1 Burpee + 4 pumps (option is 2 hip rolls + 4 pumps)
28	Dance	1.Salsa L+R then front low steps L+R 2.Akwaaba (Low side to side squats with wall push arms, then side steps with trigger fingers) 3.Arm waves L+R then step to the front L+R, repeat combo twice then repeat other side.

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No.	Routine	Steps
<b>29</b>	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>
<b>30</b>	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>