

# Club Fiesta: Release 35



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# Routines:

# Club Fiesta Release 35

[iTunes Playlist Link](#)

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No.	Routine	YouTube Song Link	Video Link <b>Password = CONTROL</b>
1	Warm up	<a href="#">Pitbull Ft. Anthony Watts &amp; DJWS - I Feel Good @R3HAB Remix</a>	<a href="#">Release 35 warm up</a>
2	Warm up 2	<a href="#">DJ FLEX - CONTROLLA NJCLUB</a>	<a href="#">Release 35 warm up 2</a>
3	Plyo	<a href="#">WILLY WILLIAM - Ego (Namto Remix)</a>	<a href="#">Release 35 Plyo</a>
4	Pop	<a href="#">ACRAZE - Do It To It (Lyrics) ft. Cherish</a>	<a href="#">Release 35 Pop</a>
5	Boxing	<a href="#">Hocus Pocus - Here's Johnny</a>	<a href="#">Release 35 boxing</a>
6	Dance	<a href="#">Dj Rebel &amp; Mohombi &amp; Shaggy - let me love you</a>	<a href="#">Release 35 Dance</a>
7	Soca	<a href="#">Helicopta Collector (feat. Edalam, Willy William)</a>	<a href="#">Release 35 Soca</a>
8	Brazil funk	<a href="#">DÓ RÉ MÍ FÁ AUTOMOTIVA - DJ ERY e JC NO BEAT (Feat: MC'S PETT e BOBII) Mansão Funk Rave</a>	<a href="#">Release 35 Brazil funk</a>
9	Latin	<a href="#">Ella Ta Louca (Ella Esta Loca) DJ Raulito</a>	<a href="#">Release 35 Latin</a>
10	Arms	<a href="#">Rain Radio &amp; DJ Craig Gorman - Talk About</a>	<a href="#">Release 35 Arms</a>
11	Legs	<a href="#">Latto - Big Energy</a>	<a href="#">Release 35 Legs</a>
12	Floor	<a href="#">Tiesto - Red Lights</a>	<a href="#">Release 35 Floor</a>
13	Stretch	<a href="#">Chris Brown - Say Goodbye</a>	No example video

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No.	Routine	Steps
1	Warm up	1.Step touch with claps 2.Side reaches then up reaches 3.Arm circles 4.Front punches 5.Grapevines 6.Stretch side to side then low shoulder drops 7.Squats
2	Warm up2	1.Hip dips then shimmy 2.Side steps with chest pumps 3.Twerk with bring arms back to front L +R then star jumps 4.Punches then hip smacks 5.Heel digs then star jumps
3	Plyo	1.Punch F then Up x 4 L, then repeat with R arm 2.Big steps L +R 3.Burpees (Option: Squats or Jump out squats) 4.Mountain climbers (Option: Lunges)
4	Pop	1.Side steps 2.Travel side step + Hip flicks x 3 L + R 3.Chorus : 4 x side steps with “ Do it arms” + cross shoulder, hip, up wave side to side, then Twerk SSD 4.6 x side twerks L+R 5.6 x Sprint twerk L +R

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No.	Routine	Steps
5	Boxing	1.Robot Combat arms 2.Chorus: 4 x Punches, 4 x Uppercuts, 4 x hooks then Legs in and out x 2. 3.SSD alternate punching ball arms 4.4 x Low punches L+R 5.3 Low squats then rise 6. Run then 1 x low squat 7.4 x high knee lifts L+R
6	Dance	1.Side salsa then 4 x front taps 2.SSD knee lifts 3.Travelling steps with push arms L+R x 4, then 1 x salsa plus wind arms up. 4.SSD Bellydance 5. Bridge : Low tap tap scoop x 4 L +R 6.Wind RTW
7	Soca	1.SSD stamps 2. Helicopter arms then Bounce RTW 3.SSD heel digs 3.2 x side afro steps L+R 4.Jump Jump F, then low wide march back 5.Shimmy travel F, then twerk back 6.Wave L+R
8	Brazil funk	1.Side steps 2.SSD shoulders, then low knee drops, then walk back x 4 , then walk back other side 3.Jump and shimmy F + whip side to side, then Brazil legs back

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<b>9</b>	Latin	1.2 x reggaeton steps L+R, then travel back with arms touching body 2.SSD knee drops 3.Low taps travelling back L + R 4.Low hips winds x 4 L+R then low taps x 8 L+R 5.Bounce
<b>10</b>	Arms	1.Straight arms to side with thumb rotation 2.Arm pumps 3.Tricep arm pumps 4.Helicopter propeller arms 5.3 x High pumps, then sweep L+R
<b>11</b>	Legs	1.3 x low squats then heel lift 2.3 x low squats then knee drop L+R 3.Low squat steps F+B x 4, then repeat other leg 4.Lunges (Higher option: on the floor) 5.Wind arms up then down
<b>12</b>	Floor	1.Basic sit ups 2.Hip lifts 3.Leg drops 4.Opposite knee reaches 5.3 Level leg lifts 6.Bicycle