

Club Fiesta: Release 36



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Routines:

Club Fiesta Release 36

[iTunes Playlist Link](#)

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[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = LEADER
1	Warm up	Jason Derulo - Love Not War The Tampa Beat PS1 Remix Visualizer	No example video (use supplied choreography steps)
2	Warm up 2	Laffy Taffy vs Hit It For Me One Time (Mashup Remix)	Release 36 warm up 2
3	Plyo	Dillon Francis & Boombox Cartel feat. Desiigner - Drip	Release 36 Plyo
4	Dance	Jessica Jarrell - Gravity	Release 36 dance
5	Boxing	Masked Wolf - Astronaut In The Ocean	Release 36 Boxing
6	Latin	Camila Cabello, Myke Towers, Tainy - Oh Na Na	Release 36 Latin
7	Dance Battle	STEP IT UP by Dj Francis	Release 36 Dance battle
8	Dance	Tamiga & 2Bad - In Havana	Release 36 Dance
9	Fun dance	Boom Boom - RedOne, Daddy Yankee, French Montana & Dinah Jane	Release 36 fun dance
10	Brazil	Gloria Groove - YoYo Feat. Iza	Release 36 Brazil
11	Arms	MHE - You Rock My World	Release 36 arms
12	Legs	Walk It Out- Outkast, Jim Jones & Dj Unk	Release 36 Legs
13	Floor	DJ Aligator Project - The Whistle Song	Release 36 Floor
14	Stretch	CKay - Love Nwantiti	No example video

Choreography:

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none">1.Step touches2.Grapevines + claps3.Leg curls4.Stretch side to side, then shoulder drops5.Squats then punches6.Arm circles
2	Warm up2	<ol style="list-style-type: none">1.Side steps + chest pumps2.Forward steps L x 4, then repeat with R leg3.Smack booty RTW L+R4.Punches F then Up5. Laffy taffy: Booty pops
3	Plyo	<ol style="list-style-type: none">1.Sprints with side punches x 8 then punch Up+ punch side x 4, repeat other side2.Big head dip + 2 chest Pumps + wave side to side3.Full Burpees4.SDD runs on floor or standing up
4	Dance	<ol style="list-style-type: none">1.SSD foot shuffles2.Hip flicks L+R3.Claps L to R then hand slaps Up to down4.Hip hip then twerk5.Tap tap scoop

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No.	Routine	Steps
5	Boxing	1. Combat stance: L arm Jab jab, then R arm uppercut x 6, 2. Uppercut to transition to the other side, repeat combo 1. 3. Jab cross x 4 then uppercuts x 4 4. Capoeira floor taps.
6	Latin	1. Elbow wave L+R then 4 knee lifts 2. Salsa 3. 3 x arm flicks to L, then 2 x R leg side salsa, switch sides 4. Serve it up + 2 hip winds, repeat other side
7	Dance Battle	Split the class into 2 groups (Dance Battle). -Everyone: Drumming hands + step drops -Group 1: Drums + 4 claps, then Group 2 follows -Group 1: Jumps moving forward towards Group 2 x 16, then push back to go back to the start. Group 2 repeat the combo. -Everyone drums then jumps side to side -Samba slow then fast
8	Dance	1. 4 front taps then 4 knees up 2. Side salsa then front salsa 3. 2 side pushes L+R x 4, then travel forward, then wave body travelling back. 4. Front steps, then back step hips back

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9	Fun Dance	1.4 x side hips L+R, then front afro taps 2.Head waves + Back salsa 3.Hip winds + 4 pumps (option:1 x burpee + 4 pumps) 4.1 x side wave + Bollywood arms x 4 L+R
10	Brazil	1.Afro front taps 2.Step L leg and hip winds x4 + hammer arms, Step to middle and hip winds x 4, repeat on R side 3.Side Chest pumps travelling F x 4, then side steps, repeat combo travelling back
11	Arms	1.Straight arms with thumb rotations 2.Wall slams L +R arm 3.Traffic officer move (L arm push side, side front then up). Repeat with the other arm 4.Arm pumps Up, then arm pumps side 5.Single arm pump Up then Side 6.Quick wall slams
12	Legs	1.Low walks F+B Left, then repeat with R leg 2.Slow squats 3.1 Hip circle 1 squat 4.Low wide walks RTW
13	Floor	1.Glute lifts 2.Glute pulses 3.Glute swingers 4.Glute lifts with 1 leg up, repeat with other leg.