

Club Fiesta: Release 37



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Routines:

Club Fiesta Release 37

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No.	Routine	YouTube Song Link	Video Link Password = POWER
1	Warm up	HOT - DADDY YANKEE x PITBULL	No example video (use supplied choreography steps)
2	Warm up 2	PEDRO SAMPAIO - DANÇARINA ft. MC PEDRINHO	Release 37 warm up 2
3	Plyo	Garmiani ft. Sanjin - Jump & Sweat	Release 37 Plyo
4	Pop	Jason Derulo - Lifestyle (Lyrics) ft. Adam Levine	Release 37 Pop
5	Boxing	Nessaja (Breeze Remix)	Release 37 boxing
6	Dance more life	Torren Foot feat. Tinie & L Devine – More Life	Release 37 Dance
7	Cardio afro	Sean Paul, Major Lazer - Tip Pon It	Release 37 cardio afro
8	Latin	Anitta - Envolver	Release 37 Latin
9	Afro	Reminisce - Burushaga	Release 37 Afro
10	Pop	Doja Cat - Woman	Release 37 Pop
11	Arms	Supafly & De Funk • Pleasure Love	Release 37 arms
12	Legs	Joel Corry, David Guetta, Bryson Tiller - What Would You Do?	Release 37 Legs
13	Floor	Disturbia (Jody den Broeder)- Rihanna	Release 37 Floor
14	Stretch	Doja Cat - Streets	No example video

Choreography:

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none">1.Side steps2.Leg curls3.Grapevines4.Shimmy forward and back5.Steps with claps6.Jabs7.Stretch side to side8.Squats9.SSD stamps
2	Warm up2	<ol style="list-style-type: none">1.4 Hip winds L+R2.Steps F+B with claps\3.Hip winds4. Knee lift L+R then step F+B with arm waves5.SSD side steps
3	Plyo	<ol style="list-style-type: none">1.Sprints2.Sprint with arms up down then to the side + Side jump L+R3.Sprint with arm winds round the world4.Shuffle splits (Option: Lunges) or high option mountain climbers5.SSD shuffles
4	Pop	<ol style="list-style-type: none">1.Side salsa +cha cha cha2.Travelling side steps + waves x 2 L+R then single waves3.Travel F +SSD Hip flicks, repeat travelling back4.Flick hands up and down x 4 Left then repeat on Right

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No.	Routine	Steps
5	Boxing	1.High knees 2.Side jumps 3.Jab cross with split stance 4.Jab jab then 1 uppercut 5.Step F with jabs, side kick then run back, repeat other side
6	Dance	1.Jump reach up, down touch body up + bumpa clap back, then whips forward 2.3 x L side shakes up and down + ball change in middle, repeat other side 3.Wave wave, then pull the curtain 4.Side step L then travel to left, repeat other side 5.Side taps + shoulders + sprints
7	Cardio afro	1.Sprints 2.Side afro claps + low head waves x 4, repeat other side 3.Wind hips down + 3 punches, wind hips Up + 3 punches 4.1 burpee + 4 hip pumps (option 2 hip winds + 4 hip pumps)
8	Latin	1.Intro:Side stand point up then forward, repeat other side + salsa 2.Hip circles drop down to L x 3, then clap in middle, repeat on R side 3.SSD side steps x 2 then slow hip winds L+R 4.Hammer arms moving F, then hand flicks moving back 5.Travelling side steps x 2 + Elbow L,R,L, repeat other side

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No.	Routine	Steps
9	Afro	1.SSD low knee drops 2.Side afro serve (Shoki) 3.Masarati move 4.Akwaaba
10	Pop	1.Cat walk F with hammer arms, then walk back 2.SSD side samba 3.4 x stamps moving towards middle, then twerk back, repeat other side 4.SSD front taps 5.Low head dip + hip rolls
11	Arms	1.Thumbs up and down 2.Arm circles 3.Disco arms 4.Straight arm wall slams slow then fast
12	Legs	1.Low squat pulse then snap fingers up 2.SSD heel lifts 3.Low squats 4.Low squats with 1 heel lift x 8, then switch other side, then single heel lifts 5.Wide low hold squat then heel lifts
13	Floor	1.Side leg lifts 2.Pulse x 3 top half 3.Leg circles 4.High Leg pulses 5.Frog lifts