

Club Fiesta: Release 38



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Routines:

Club Fiesta Release 38

[iTunes Playlist Link](#)

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No.	Routine	YouTube Song Link	Video Link Password = SHINE
1	Warm up	Timomatic - Set It Off	No example video (use supplied choreography steps)
2	Warm up 2	Dj Flex ~ Kpuu Kpa Freestyle (Boga Dance Edition)	Release 38 warm up 2
3	Box cardio	David Guetta - Hey Mama, (ft. Nicki Minaj, Bebe Rexha)	Release 38 box cardio
4	Pop	Suzi ft. Fetty Wap - Nobody's Better	Release 38 Pop
5	Fun	Static & Ben El, Snoop Dogg, Lil Baby - Ziki Ziki	Release 38 Fun
6	Brazil Funk	Pedro Sampaio ft. MC Jefinho - Aquecimento do PE DRO SAM PA IO	Release 38 Brazil Funk
7	Dance	Jay Sean - Make My Love Go	Release 38 Dance
8	Latin	Daddy Yankee x El Alfa x Lil Jon - Bombón	Release 38 Latin
9	Brazil dance	Anitta, PEDRO SAMPAIO - NO CHÃO NOVINHA	Release 38 Brazil dance
10	Recovery dance	Fireboy DML & Ed Sheeran - Peru	Release 38 Recovery dance
11	Arms	Jax Jones & MNEK - Where Did You Go? (A1 x J1 Remix)	Release 38 arms
12	Legs	Latto, Mariah Carey - Big Energy (Remix ft. DJ Khaled)	Release 38 legs
13	Floor	Coco Jamboo (Calippo Remix Edit) Angelika Vee	Release 38 Floor
14	Stretch	RITA ORA - Body On Me (feat. Chris Brown) ft. Chris Brown	No example video

Choreography:

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No.	Routine	Steps
1	Warm up	1.Step touches 2.Gravepines 3.Punch up then forward 4.Leg curls 5.Steps side to side with shimmy 6.Squats + Stretches
2	Warm up2	1.SSD heel lifts plus claps 2.SSD stamps 3.Walk F then low walks back 4.Big arm waves L+R 5.Heel digs + 4 Jumping jacks
3	Box cardio	1.1xSide knee lift + 1 Punch 2.L leg Low taps + claps then wave out in big circle, repeat other side 3.3 x burpees then fast hip swings (Option for burpee: low jump squats or just squats) 4.4 x floor touches then 4 x reaches up 5.SSD shoulder travelling steps
4	Pop	1.SSD knee lifts 2.Front leg taps L+R then step forward L+R then slight L leg step back, travel back with arms up 3.Cross arms then 1 knee flick L+R x 4, then Side leans x 2 L+R 4.Side travelling punches x 4, twerk back

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No.	Routine	Steps
5	Fun	1.3 x hip flicks L +R 2.SS front taps + 2 knee lifts 3.4 travelling hip flick + 2 jumps back with hip circles 4.Side chest pumps L+R
6	Brazil Funk	1.Hip flicks 2.Pedro Sampaio (Cross shoulders + touch down Hips knees then toes) 3.Side steps 4.Side Brazil Hips then move it F+B 5.Hip winds up then down 6.Arm up, up , big breath then pull it down 7.Partner up and travel back, repeat other side
7	Dance	1.Side salsa 2.Tap tap scoop L+R 3.2 x low side dips then pull F+B 4.4 x travelling leg flicks then shoulder flicks 5.Side steps, then tap tap 1 jump wide +add hips
8	Latin	1.Leg side steps F+B, ball change to other side 2.Stomp Stomp + touch head, chest, hips + hip rolls 3.Elbow wave +side chest pumps, repeat other side 4.Shoulder cross , arm flicks up up then winding up 5.SSD front taps

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No.	Routine	Steps
9	Brazil dance	1.2x hips then side step 2.Hip roll +side body wave 3.SSD chest pumps then 4 x knee drops 4.Hips travel back L+R then 4 x wide jumps travelling F 5.Quick low taps + 2 knee drops
10	Recovery dance	1.Front Reggaeton stamps then side steps 2.Side afro stamps L+R 3.Hip winds 4.Travel F hammer arms, then steps B with down punch arms
11	Arms	1.Arm circles 2.Side shoulder touches 3.Front shoulder touches 4.Hands on head with elbows touches singles then double up 5.Arm side push then up 6.Arm pumps up then side
12	Legs	1.3 x low squats then heel lift with hand flick 2.SSD heel lifts 3.Low walks F+B 4.Low triple squat pulse + 1 knee drop 5.Reach arms then wind it down
13	Floor	1.Single donkey kicks 2.Pulses 3.Leg circles 4.Fire hydrants 5.Planks