

# Club Fiesta: Release 39



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# Routines:

# Club Fiesta Release 39

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link <b>Password = EMPOWER</b>
1	Warm up	<a href="#">Bob Sinclar Feat. Pitbull, Dragonfly &amp; Fatman Scoop - Rock The Boat</a>	No example video (use supplied choreography steps)
2	Warm up 2	<a href="#">Timmy Trumpet &amp; Vengaboys - Up &amp; Down</a>	<a href="#">Release 39 warmup 2</a>
3	Plyo	<a href="#">LOOJAN &amp; LosXL - Ay Papi</a>	<a href="#">Release 39 plyo</a>
4	Pop	<a href="#">Jason Derulo - Slidin' (feat. Kodak Black)</a>	<a href="#">Release 39 pop</a>
5	Boxing	<a href="#">Chris Unknown &amp; Recon - If You Surrender</a>	<a href="#">Release 39 Boxing</a>
6	Latin	<a href="#">DJ ClimeX feat. Michael Rankiao &amp; ÖZ - Fuego</a>	<a href="#">Release 39 latin</a>
7	Afro	<a href="#">Richie Loop Feat. Johnny Roxx - Wuk</a>	<a href="#">Release 39 Afro</a>
8	Latin Cardio	<a href="#">Armin van Buuren &amp; Timmy Trumpet - Anita</a>	<a href="#">Release 39 Latin cardio</a>
9	Dance	<a href="#">Jireel – MANO</a>	<a href="#">Release 39 Dance</a>
10	Arms	<a href="#">Christina Aguilera Ain't No Other Man</a>	<a href="#">Release 39 Arms</a>
11	Legs	<a href="#">abba voulez DCP and fellows remix</a>	<a href="#">Release 39 legs</a>
12	Floor	<a href="#">Aero Chord - Shadows (Lyrics) ft. Nevve</a>	<a href="#">Release 39 floor</a>
13	Stretch	<a href="#">Bad Wolves - Zombie</a>	No example video

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No.	Routine	Steps
1	Warm up	1.Step touches 2.Side steps with reaches 3.Leg curls 4.Punches F then Up 5.Grapevines 6.Reaches side to side 7.Squats
2	Warm up2	1.Left Leg taps then hands Up and down 2.SSD stamps 3.Side steps with chest Pumps L+R 4.Repeat on R Leg taps
3	Plyo	1.Chest pumps then hip rolls 2.Sprints + floor smacks 3.Burpees 4.Side jump steps 5.Low pulse squats
4	Pop	1.Chorus: Wave R+L then slide to the Left, then 3 front taps + 2 claps, repeat other way 2.Forward steps x 2, then low walks back with shoulder shrugs 3.Side quick travels steps with arms up and down 4.Bridge: SSD knee lifts

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No.	Routine	Steps
5	Boxing	<ol style="list-style-type: none"> <li>1.Runs on the spot</li> <li>2.SSD ball change arms</li> <li>3.4 x skull crushers L+R</li> <li>4.2 x jabs L+R then 4 x uppercuts</li> <li>5.Capoiara</li> <li>6.Single high knee lifts</li> </ol>
6	Latin	<ol style="list-style-type: none"> <li>1.Front afro taps</li> <li>2.Side step to L with hip rolls, the hip rolls in middle, repeat on other side</li> <li>3.4 x hip turns to R then walk forward with shimmy, repeat other side</li> <li>4.Pumps F then side steps</li> <li>5.Side hard pumps L+R</li> </ol>
7	Afro	<ol style="list-style-type: none"> <li>1.Open arms like “playing with Slime” L+R then walk F+B</li> <li>2.Bumpa clap back, then whips forward</li> <li>3.Twerks</li> <li>4.Side afro steps x 2 then knee hops</li> <li>5.Akwaaba</li> </ol>
8	Latin cardio	<ol style="list-style-type: none"> <li>1.Merenge</li> <li>2.4 side salsa L then 4 x salsa R</li> <li>3.Merenge then sprints</li> <li>4.SSD front taps with hip flick on 3<sup>rd</sup> (high option scissor runs )</li> <li>5.Last set finish with single front taps or scissor runs</li> </ol>

# Choreography:

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No.	Routine	Steps
9	Dance	1.Low side squats L+R with push arms 2.Knee drops + 2 hip thrusts 3.Wave L+R arm then 2 low R knee drops, repeat other side 4.Low walks F then 2 star jumps back (low option walk back)
10	Arms	1.L arm Up and down, repeat other arm 2.Both arms 2 Pushes to L then up then R then side 3.1 arm Side push then up push, repeat other side 4.Pumps down 5.Front arm scissors then up
11	Legs	1.Front low walks x 4 L+R 2.SSD heel lifts, then hip dips 3.Hip side to side then double hip L+R then flick arms up + 3 super low pulse squats 4.8 x low pulse squats with 1 heel up, then repeat with other heel up.
12	Floor	1.Basic crunches 2.Side crunches with opposite knee reaches 3.Leg drops 4.Basic crunches with legs up 5.Reach opposite shoe slow then fast 6.Leg drops with arm reaches