

Club Fiesta: Release 04



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Routines:

Club Fiesta: Release 04

[iTunes Playlist Link](#)

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No.	Routine	YouTube Song Link	Video Link Password = JULY
1.	Warm up	Ayo (Jersey Club) (feat. DJ Bake)	No example video (use supplied choreography steps)
2.	Warm up 2	DJ Snake - Taki Taki (ANS & Sediem Remix) (LOW)	Release 4 warm up 2
3.	Plyo Bollywood	Bom Diggy DJ Shadow Dubai Official Remix Zack Knight x Jasmin Walia Saavn	Release 4 plyo Bollywood
4.	Latin	Coolant - Farruko (Remix) x Dj Bans (LOW)	Release 4 recovery latin
5.	Cardio	North Base & ISVK feat. Ragga Twins - What R U Doing?	Release 4 Cardio boxing
6.	Fun	Jason Derulo - Mamacita (feat. Farruko)	Release 4 Fun
7.	Dancehall	Major Lazer - Come On To Me ft. Sean Paul	Release 4 Dancehall
8.	Arms	Sean Paul - Temperature	Release 4 arms
9.	Legs	Vybz Kartel, Wiz Kid - Wine To The Top	Release 4 legs
10.	Floor	Iyanya - Jombolo Ft. Flavour	Release 4 Floor
11.	Recovery	Backstreet Boys- I want it that way	No example video

Choreography:

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No.	Routine	Steps
1.	Warm Up	1.Step dip S to S 2.Jabs 3.Grapevines plus claps 4.Pump pump then knee lift, runs then star jumps
2.	Warm up 2	1.Side taps L+R + Bellydance hips 2.Hips around the world 3.Salsa + 2 low Wide squats then 2 low narrow squats
3.	Plyo Bollywood	1.Sprints 2.Bollywood arms L+R 3.2 x Dancehall strong arms to the back L+R then pumps forward 4.4 x hips towards front, then Hip rolls 5.Burpees
4.	Latin recovery	1.SSD walks side to side 2.SSD Knee drops 3.4 x hips moving half way + twerk 4.Crumping, jump to back then repeat
5.	Cardio boxing	1.Jabs 2.Dip, pump pump + 2 waves 3.Wide jumps F then wide Steps back 4.1 x side kick + 1 low tap down 5. (music breakdown) – Squats with Combat arms

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No.	Routine	Steps
6.	Fun	<ol style="list-style-type: none"> 1.Salsa L +R 2. 1 x Dip + 2 hip rolls 3. Tap tap knee in 4. Sweep to back then Jumping jack Forward 5. Tap F then S
7.	Dancehall	<ol style="list-style-type: none"> 1.Forward Taps 2.Head Dip to side then Hip Move F and B 3. 4 x hip waves + chest pumps 4. Chorus: Robot arms then hop to other side, repeat 5. 4 x high knees + 2 Side steps L+R
8.	Legs	<ol style="list-style-type: none"> 1.Tap F,S,Back (diamond) L leg + R leg 2.Dancehall arms L + R 3.shoulder arm cross , tap shoulder then point to your rolling hips 4.Heel lifts S to S x 4 then Low wide squats x 4 5.Travelling low squats
9.	Arms	<ol style="list-style-type: none"> 1.Thumps up and down straight to side arms 2.Front shoulder taps + side + back taps 3.Helicopter arms 4.squats with vibrations
10.	Floor	<ol style="list-style-type: none"> 1.Bum kicks 2.Straight leg bum circles Slow , then up and down 3. dog pees L + R