

Club Fiesta: Release 40



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Routines:

Club Fiesta Release 40

iTunes reference Playlist Link:

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = QUEEN
1	Warm up	Skrillex And Diplo - Jungle Bae (Feat. Bunji Garlin)	No example video (use supplied choreography steps)
2	Warm up 2	W&W x Timmy Trumpet x Will Sparks ft. Sequenza - Tricky Tricky	Release 40 warm up 2
3	Cardio	DJ Aligator - Protect Your Ears	Release 40 cardio
4	RnB	Craig David - Insomnia	Release 40 RnB
5	Boxing	Timmy Trumpet & Dimatik - Punjabi	Release 40 Boxing
6	Dance	Beyoncé - BREAK MY SOUL	Release 40 dance
7	Pop	Jax Jones - You Don't Know Me ft. RAYE	Release 40 Pop
8	Brazil dance battle	PEDRO SAMPAIO - BAGUNÇA	Release 40 brazil dance battle
9	Recovery dance	Faouzia - RIP, Love	Release 40 recovery dance
10	Arms	LF SYSTEM - Afraid To Feel	Release 40 arms
11	Legs	Beyoncé - Deja Vu ft. Jay-Z	Release 40 legs
12	Floor	Alan Walker x Imanbek - Sweet Dreams	Release 40 floor
13	Stretch	Akon - Don't Matter	No example video

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No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"> 1.Side taps then step touches 2.Front jabs then Up jabs 3.Grapevines and claps 4.Walk F+B Left then Right 5.Stretch side to side 6.Squats
2	Warm up2	<ol style="list-style-type: none"> 1.Low dips L+R 2.Side claps x 7 then 1 Up, switch your claps to other side x 7 3.Front jabs + Up jabs 4.Heel digs L+R 5.Side travelling steps L+R 6.SSD waves
3	Cardio	<ol style="list-style-type: none"> 1.Skaters 2.Low squats then sprints with arms throw forward on the base 3.1 knee 1 kick L+R then just kicks 4.Grapevine + 2 low jumps (option low taps)
4	RnB	<ol style="list-style-type: none"> 1.2 Pulls + 2 waves, repeat other sided 2.Walk side to side F+B 3.Hip flicks with arms up+down then side steps with chest pump 4.Head flick L+R, shoulder touches then step L+R 5.Hip winds

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No.	Routine	Steps
5	Boxing	<ol style="list-style-type: none"> 1. Front jabs 2. SSD hammer arms 3. Bollywood arms L+R, then add side bollywood arms 4. Sprints + floor slams 5. Front jabs then Up + front jabs 6. Side shuffle punches then Up side 7. Front jabs then uppercuts
6	Dance	<ol style="list-style-type: none"> 1. Step + arms moving forward then walk back cross arms across chest then forward 2. L leg step F then R leg step back x 3, then hip winds, repeat starting with R leg 3. Side travelling steps + sexy hips with praying arms 4. Jump wide with 1 arm reach L+R 5. Sexy hips
7	Pop	<ol style="list-style-type: none"> 1. Hip circles L+R then big hip circle left to right, then speed up 2. Walk F then Hip flicks back 3. 2 hip flicks with arms across up and down, then 2 steps forward with windshield arms, repeat twice then hip circles moving towards back of class, walk back then quick head turn to look at them
8	Brazil Dance battle	<p>(Split room in half like a dance battle)</p> <ol style="list-style-type: none"> 1. Left leg Stomp then hip rolls, then repeat on right leg 2. Walk forward, stand to their sided 1 arm up 1 arm down and twerk x 3, then twerk with hands on legs x 3, then point to them smack your hip then twerk 3. Walk back 4. Move side to side then sexy hip flicks x 4

Choreography:

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No.	Routine	Steps
9	Recovery dance	1.Sexy travelling steps L+R 2.SSD knee lifts 3.2 steps forward then waving fire arms x 2 then step 1 leg back, repeat other side 4.1 low wave dip + 2 L hip flicks repeat 3 times then sexy hips, repeat other side
10	Arms	1.Push Up +Push side LR LR 2.Traffic officer arms x 4 L then repeat with R side 3.Double arm push Up then push sides 4.Shoulder touches
11	Legs	1.Low squats then 1 high snap 2.2 low hip winds + 4 heel lifts 3.Low squats x 2 L+R 4.2 squats then 2 lunges L+R 5.Side leg lifts L+R then back straight leg pushes L+R
12	Floor	1.2 count basic crunches 2.Cross knee reaches 3.Bicycle legs 4.Crunches with legs up, then drop 1 leg at a time 5.2 count leg drops then V Ups with bent elbows