

Club Fiesta: Release 41



Ownership of Intellectual Property Rights

All Club Fiesta licensed releases are owned by Hala Fitness and as such must not be distributed or shared and is for the licensed Instructors sole use within their own fitness classes.

Routines:

Club Fiesta Release 41

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = DREAM
1	Warm up	Joel Corry & Becky Hill - HISTORY	No example video (use supplied choreography steps)
2	Warm up 2	DJ Flex & Joey B - Tag Team Chorkor Freestyle (Afrobeat)	Release 41 warm up 2
3	Plyo	Garmiani - Shine Good (feat. Julimar Santos) [Steve Aoki Remix	Release 41 plyo
4	Caribbean	Ardian Bujupi - LOTTO	Release 41 Caribbean
5	Boxing	Armin van Buuren - Turn It Up	Release 41 Boxing
6	Hiphop	WizKid - Dirty Wine	Release 41 Hiphop
7	Cardio Dance	Faustix - Bonfiyah (feat. Hedegaard & Captain MacKay)	Release 41 cardio dance
8	Reggaeton	Natti Natasha x Daddy Yankee x Wisin & Yandel - Mayor Que Usted	Release 41 Reggaeton
9	Dance battle	HEDEGAARD - JUMANJI (feat. CANCUN)	Release 41 dance battle
10	Afro	Charly Black, Sak Noel - Diggy Dee	Release 41 afro
11	Arms	David Guetta – Family Affair (Dance For Me)	Release 41 arms
12	Legs	Britney Spears, Ginuwine, ALTEGO - Toxic x Pony	Release 41 legs
13	Floor	Calvin Harris - Sweet Nothing ft. Florence Welch	Release 41 Floor
14	Stretch	P Money feat Akon Keep On Calling	No example video

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	Steps
1	Warm up	<ol style="list-style-type: none"> 1.Step touches then add arms 2.Grapevines + claps 3.Punches forward then up 4.Stretch side to side 5.Squat pulses then full squats 6.Leg curls
2	Warm up2	<ol style="list-style-type: none"> 1.Leg bounces 2.Side steps with chest pumps 3.Round the world booty smacks 4.Front heel digs then star jumps 5.Punches
3	Plyo	<ol style="list-style-type: none"> 1.Wide forward step + claps x 4 L+R 2.Side to side high steps 3.4 x big arm circles then 2 x big jumps with body touch up. 4.4 x shuffles then 4 x star jumps (low option: 4 x Lunges + 4 x side steps) (high option is 4 x mountain climbers + 4 x floor star jumps) 5.Shuffles only then star jumps to the end
4	Caribbean	<ol style="list-style-type: none"> 1.L, R then L front steps, then stop and wind hips up and down, repeat with R, L then R step 2.Knee drops x6 then stop with crossed arms and 1 Nod 3.Lean back x 2 side to side, then 2 side steps L+R 4.2 x big body waves then bounce booty back in a figure 8

[iTunes Playlist Link](#)[Spotify Playlist Link](#)[Release Collection Link](#)

No.	Routine	Steps
5	Boxing	1.SSD hammer arms 2.4 x front punches, 4 x uppercuts then 4 x slow hooks 3.2 x L side punches + 1 x R arm uppercut, repeat other side 4.1 x low squat, 1 x front kick x 4, repeat with other leg
6	Hiphop	1.SSD knee lifts 2.Jump jump then 1 jump wide x 2 then hip circles 3.4 x head waves then 4 x body side steps 4.Tap tap scoop x 4 L +R 5.Chorus: 2 x side jumps L+R then chest pumps
7	Cardio Dance	1.4 x L hip flicks + L leg tap F+B, repeat other side 2.Back Salsa then 2 x Body rolls 3.Fast runs with big arms Up then down 4.1 burpee + 4 x pumps (option hip circles x 2 + 4 x pumps) 5.Burpees at the end (option stick with hip circles + 4 pumps)
8	Reggaeton	1.SSD side steps with arms, then front taps L+R 2.2 x Merengue steps F+B then 2 x side steps L+R then fast hips 3.2 x Reggaeton arm pulls then 1 x Reggaeton single side steps, repeat other side
9	Dance Battle	(SPLIT ROOM IN HALF, FACE EACH OTHER Group A + Group B) 1.Both groups (A and B) Stomp walk towards each other forward, then back 2.Both groups hip circles x 6 L+R 3.Group A only: Crawl towards group B then 2 push ups, walk back, Group B follows the same moves while group A cheer them on 4.Hip and arm waves then around the world

Choreography:

Club Fiesta Release 41

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	Steps
10	Afro	1.Steps Forwards L+R with elbow then throw arms, then side steps with strong arms 2.2 x L Side steps with shake arms, kick kick then body waves down, repeat other side 3.1 x high jump then 3 x heel lifts , repeat twice then very low side steps L+R x 4 4.Stand to the side, R arm forwards, Step R leg with L helicopter arms x 2 then smack leg , repeat 3 times then turn to move back.
11	Arms	1.Straight arms to the side with thumbs up and down. 2.Wall slams up and down, then straight 3.Side push then Up push, repeat with other arm 4.Down straight arms pushes 5.Chopping arms
12	Legs	1.Low hip waves L+R 2.3 low squats then 1 Up with fingers flick 3.1 L hip circle + 1 squat, repeat x 4 L+R 4.Low heel lifts 5.Knee drops then 2 low squats, then change it to knee drops with whip arms + twerk 6.4 x wide squat then 4 x narrow squats
13	Floor	1.Basic crunches 2.Hip lifts 3.Bicycle 4.Crunches with legs up