

Club Fiesta:

Release 45



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Choreography:

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Password

SUMMER

No.	Routine	Steps	Song/Artist
1	Warm Up	Bumpy ride (chuckie Remix)- Mohimbi	
		1	Step touches (x30)
		2	Punches(x10)
		3	Leg curls(x20).
		4	X touch(x8)
		5	Stretch (x10).
		6	Grape vines(x20 and clap)
2	Warm Up2	Tukoh Taka (Feat.FIFA sound (official Fan Festival Anthem) Nicki Minaj, Maluma & Myriam Fares	
		1	Low foot taps x 7 then 2 L knee drops, repeat with other leg
		2	Side leg taps L+R with strong arm pumps then front taps with hammer arms
		3	L hip swings RTW Left + Right
		4	Belly dance hips
3	Plyo	Chicken soup – Skrillex & Habstrakt	
		1	Step touches with shimmy
		2	Step F+B L leg with claps, switch with R leg
		3	(Chicken soup) Sprints with waving arms RTW
		4	Burpees x 8
		5	SSD mountain climbers (Option SSD front taps)
		6	Jumps F with shimmy then twerk back

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4	Pop	Take it Off (billboard radio Mix) - Kesha	
		1	2 low steps L+R , then step L+R legs with sexy hips back
		2	SSD knee lifts
		3	3 x L arm pushes to L, jump and clap, then repeat other side, then SSD hips x 2 then front taps L+R x 4
		4	Hip winds
5	Boxing	Blood is Pumpin' (original edit)Voodoo & Serano	
		1	Single front jabs x 16 then double jabs L+R x 16
		2	Combat poses
		3	Fast jabs
		4	SSD hammer jabs travelling
		5	4 x side punches, then spin ball to the other side
		6	Reverse kick ball change
6	Latin	Samba – YouNotUs & Louis III	
		1	L leg 1 step 1 slide, repeat with R leg
		2	Walks F with side taps, sexy hips back
		3	L leg salsa then cha cha chap, repeat with R leg
		4	SSD side samba
		5	Hip winds then low hip winds

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No.	Routine	Steps	Song/Artist
7	Dance	Sissy that walk – RuPaul	
		1	SSD side steps with body waves
		2	Hip Winds
		3	L side hand shakes Up and down x 2, then L leg step F+B, repeat other side
		4	Walk forward x 4 with open hand rolls then wide step side to side, repeat with walking back x 4
		5	Wave side to side then fast runs
8	Pop	Cuff it - Beyonce	
		1	Kick ball change L+R x 16
		2	Step back + body snap x 2 then step F+B x 2 Leg
		3	Small steps with fingersnaps x 4 then aeroplane, repeat other side
		4	SSD knee lifts x 2 then SSD waves + claps
9	Arabian dance	Habibi Love (I need your love)- Shaggy	
		1	Bellydance Hips SSD then triple hips
		2	SSD side steps with thinking arms x 2 then SSD side steps with arms up
		3	Front cross Legs L+R then shake hips , repeat twice
		4	Step L+R with 2 shoulder shrugs then walk back with arm pull, repeat combo x 4
		5	Shimmy walks F, then 2 x hips moving back L+R

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10	Arms	Gotta Get thru this (D'N'D'R) – Daniel Bedingfield	
		1	Thumps up and down (Palm rotations)
		2	L Arm Tricep totations x 8 then repeat with R arm
		3	Bicep serving arms x 32
		4	Push the ceiling arm up x 2 then side pushes x 2 combo
11	Legs	El Helicoptero- DJ Scuff	
		1	Sexy hip flicks L+R
		2	6 drop squats + L leg low taps, repeat 6 drop squats + R Leg low taps
		3	Sprints back then sexy hip flicks F
		4	Single hips
5	2 x knee lift + 3 low taps, switch sides		
12	Floor	Unholy- Sam Smith & Kim Petras	
		1	Basic crunches
		2	Rope pulls x 7
		3	Leg lift Left x 8, then repeat R leg
		4	Leg drops
13	Cool Down	No Drama - Tinashe	
			No example video