

Club Fiesta:

Release 46



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Choreography:

Club Fiesta Release 46

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Password: **BEST3**

No.	Routine	Steps	
1	Warm Up (R43)	Im Good(Blue) – David Guetta & Bebe Rexha	
			Song/Artist
		1	Step touches
		2	Side to side steps with arm reaches
		3	Grapevines
		4	Big arm waves with side steps
		5	Side big arm stretches L+R
		6	Wide squat with shoulder drops
2	Warm Up2 (R39)	Up & Down – Timmy Trumpet & Vengaboys	
			Song/Artist
		1	Left Leg taps then hands Up and down
		2	SSD Stamps
		3	Side steps with chest pumps L+R
3	Plyo (R41)	Shine Good(Feat Julimar Santos) (Steve Aoki Remix) - Garmiani	
			Song/Artist
		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		

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No.	Routine	Steps	Song/Artist
4	Pop (R44)	Chill Like That – Sunday Scaries & PiCKUPLiNES	
		1	SSD knee lifts x 2, turn to side then twerk , turn to other side +twerk, then turn to front and arm pump SSD
		2	Side steps + Hip with an arm up flick
		3	Beyonce front steps x 4, then steps back with arm sweeps
		4	sprints
5	Caribbean (R41)	Lotto – Ardian Bujupi	
		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
6	Boxing (R35)	Here's Johnny ! – Hocus Pocus	
		1	Robot Combat arms
		2	Chorus: 4 x Punches, 4 x Uppercuts, 4 x hooks then Legs in and out x 2.
		3	SSD alternate punching ball arms
		4	4 x Low punches L+R
		5	3 Low squats then rise
		6	Run then 1 x low squat
		7	4 x high knee lifts L+R

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7	Cardio (R41)	Bonfiah (feat.Hedegaards & Captain MacKay) - Faustix	
		1	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	Boxing (R42)	Pound the Alarm – Nicki Minaj	
		1	L arm jab front then Up x 4, repeat with R arm.
		2	4 x hooks then 4 x uppercuts
		3	Sprints then floor slam
		4	Capoiera
		5	Low skull crushes x 8 L then R (Bridge: Low squats then 1 high jump)
9	K-Pop(R42)	Pink Venom - BLACKPINK	
		1	Side steps + chest pumps L+R then 4 front heels
		2	4 x head waves then 4 side steps
		3	Cross arms + Flick with knee lifts x 3 then Step forwards with “come here” arms, Step L+R then shoulder drops with the Wow wow wow
		4	SSD front steps
		5	End with chest pumps round the world L then R

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No.	Routine	Steps	Song/Artist
10	<i>Latin (R37)</i>	Envolver- Anitta	
		1	Intro:Side stand point up then forward, repeat other side + salsa
		2	Hip circles drop down to L x 3, then clap in middle, repeat on R side
		3	SSD side steps x 2 then slow hip winds L+R
		4	Hammer arms moving F, then hand flicks moving back
		5	Travelling side steps x 2 + Elbow L,R,L, repeat other side
11	<i>Arms (R42)</i>	Ain't no body stopping me – Sak Noel	
		1	Arms extended to side, thumb rotatios
		2	L arm Wall slams, repeat with R arm
		3	Both arms wall slams
		4	Arm rotations L+R
		5	Fast wall pumps
12	<i>Plyo (R43)</i>	Space Jam (feat.Fatman Scoop)- MAKJ & Michael Sparks	
		1	Side steps then side jumps
		2	Low side to side jumps then sprints with claps
		3	Low jump squat back and forward (option walking squat back and forward)
		4	Wide sprints with arms up then side
		5	Scissor runs x 8 then 4 jumping jacks (option: Mountain climbers then 4 leg splits – Low option is Lunges then side steps)
		6	Low squats

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13	Fun (R43)	You're the one that I want – John Travolta & Olivia Newton-John	
		1	2 x side steps then slide
		2	Sprints
		3	Travelling front foot taps then side steps with claps
		4	4 x front kicks, then side steps with claps
		5	Touch leg then 2 arm pumps
14	Latin (R44)	Vida Linda (feat. Ale Blake & Angelika Vee) – Sasha Lopez	
		1	3 x R leg side big steps to the left side then foot ball change to R side
		2	4 x L hip roll with R arm Pull down, switch to other side
		3	Side salsa
		4	Steps F L+R then walk back + SSD waves
15	Brazil Funk (R38)	Aquecimento do Pedro Sampaio – Pedro Sampaio & MC Jefinho	
		1	Hip flicks
		2	Pedro Sampaio (Cross shoulders + touch down Hips knees then toes)
		3	Side steps
		4	Side Brazil Hips then move it F+B
		5	Hip winds up then down
		6	Arm up, up , big breath then pull it down
		7	Partner up and travel back, repeat other side

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16	Dance Battle (R41)	Jumanji(feat.Cancun) – HEDEGAARD	
			Song/Artist
		1	SPLIT ROOM IN HALF, FACE EACH OTHER Group A + Group B) 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		
17	Legs (R41)	Toxic Pony – Altego, Britney Spears & Genuwine	
			Song/Artist
		1	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		
18	Floor (R42)	Ritual - Tiesto, Jonas Blue & Rita Ora	
			Song/Artist
		1	Leg Kicks pulses, then side fire hydrants
		2	Straight leg circles then straight leg kicks
3	Hip thrusts		

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19	<i>Afro (R42)</i>	Monalisa – Lojay, Sarz & Chris Brown	
			Song/Artist
		1	SSD side steps, then front taps x 4
		2	Walks F with waving hands, then side steps, repeat going back.
		3	Low open knee drops x 2 , then 1 step to afro stamp Left then right
4	Shoulder touches, hip, head then side steps L+R (Monalisa)		
20	<i>Afro (R41)</i>	Diggy Dee – Charly Black & Sak Noel	
			Song/Artist
		1	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.		
21	<i>RnB (R40)</i>	Insomnia – Craig David	
			Song/Artist
		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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22	Fun (R38)	Ziki Ziki (Feat.Lil Baby) – Static & Ben El & Snoop Dogg		Song/Artist
		1	3 x hip flicks L +R	
		2	SS front taps + 2 knee lifts	
		3	4 travelling hip flick + 2 jumps back with hip circles	
		4	Side chest pumps L+R	
23	Pop (R40)	You don't know me (feat .RAYE) – Jax Jones		Song/Artist
		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	
24	Stretch (R42)	Calm Down – Rema & Selena Gomez		Song/Artist
			No Notes.	