

Club Fiesta:

Release 47



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Choreography:

Club Fiesta Release 47

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Password: **ENERGY**

No.	Routine	Steps		
1	Warm Up	Appelle Moi (Scott Rill Remix)- Allena		Song/Artist
		1	Standing big shoulder rolls	
		2	Side to side steps with shoulder rolls L+R x 8	
		3	Side to side dips x 8 then add arm reaches x 8	
		4	SSD stamps x 8	
		5	Grapevines	
		6	Side stretches x 8	
		7	Sumo squat with shoulder drops then low squats	
		8	Leg curls	
9	Side stretches then floor touches			
2	Warm Up2	Tere (Remix) – DJ Flex		Song/Artist
		1	Double afro stamps L+R	
		2	Side steps with chest pumps L+R	
		3	Booty smacks Round the world L+R	
4	Punches Forward+Up			
3	Plyo	Party Girl (Mixed) – Dr.Phunk & Afrojack presents NLW		Song/Artist
		1	Side steps with shoulder circles L+R x 8	
		2	Skaters L+R x 8	
		3	Fast sprints then floor smack	
		4	Scissor runs x 8 then 4 jumping jacks (Low option lunges then side taps), high option is Mountain climbers then 4 leg in and out	
		5	1 low squat then 1 clap	
6	4 high knees L+R			

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No.	Routine	Steps		
4	Salsa	Que Rico Fuera – Ricky Martin & Paloma Mami		Song/Artist
		1	Claps on the beat	
		2	Side salsa x 4 then back salsa x 6 then big pull down	
		3	4 x L leg travelling low steps, then L leg twerk back with arm up, repeat other side	
		4	L leg front salsa then R leg back salsa x 8	
5	Bachata L+R			
5	Boxing	Lambada (your love) (Mixed) – Tony Junior, Da Tweekaz & Sound Rush		Song/Artist
		1	Capoiera	
		2	Double front punches L+R	
		3	Wide stance strong punches L+R Up then L+R forward then speed it up	
		4	Runs and big breathes	
		5	Sprints	
		6	Split stance: Jab cross x 16	
7	2 x L arm jabs then 1 R arm uppercut			
6	Pop	Dirty Sexy Money(feat.Charli XCX & French Montana) – David Guetta &Afrojack		Song/Artist
		1	4 x head waves + reggaeton steps L+R	
		2	3xL hip circles then clap, 3 x R hip circles	
		3	Booty shakes + 1 front squat jump (option : 1 squat)	

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No.	Routine	Steps	Song/Artist
7	Samba	Fogo(feat.Julimar Santos) - Garmiani	
		1	SPLIT ROOM IN HALF- Marching on spot with claps
		2	Side samba L+R
		3	Jumps forward with shimmy x 4, then twerk back x 4 , repeat combo twice
		4	Dance battle: Group A: Samba + SSD side samba, group B just claps, then swap roles
5	Drum drum + shimmy		
8	Afro	Mambella – Lucenzo & Olupellar	
		1	Throw L arm up then down + knee drops LRL, repeat other side
		2	Lean back x 2 L+R then 2 side steps L+R
		3	Cross R arm Up and down x 2 , then repeat other side
4	2 x middle body waves +figure 8 hips		
9	Reggaeton	Vaiven – Daddy Yankee	
		1	3 x hips Swings L+R
		2	Side travelling steps with arm throws then with 1 arm hold then the other arm touches the heart
		3	Aggressive side steps x 3 then 1 strong arm throw down
		4	Hip pumps travelling forward x 3, jump then repeat travelling back
		5	Soccer kicks L+R
6	Chest pump steps x 4 travelling towards front then walk back L+R, repeat combo back		

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No.	Routine	Steps	
10	Arms	I'm so excited (Siks Remix) – Sound of Legend	
		Song/Artist	
		1	Thumbs up and down
		2	L arm wall slams x 8, then R arm wall slams up and down x 8
		3	Both arms wall slams up and down x 8
		4	Swimmer arms forward x 8
		5	Swimmer arms up x 8
6	Arms slams downwards		
11	Legs	Star walkin' (League of Legends world anthem) – Lil Nas X	
		Song/Artist	
		1	Slow squats x 8
		2	3 low squat pulses + 1 high heel lift and finger snap
		3	1 Left hip circle + 1 squat x 4, then repeat with R hip circles + 1 squat
		4	Heel lifts
		5	7 wide squat pulses
6	7 narrow squat pulses		
12	Floor	Te Amo -Rihanna	
		Song/Artist	
		1	Leg lifts x 16
		2	Straighten the leg horizontal then 3x Hamstring curls, repeat combo x 8
		3	Straight leg lifts x 8
4	Repeat steps 1-3 on other leg		