

# Club Fiesta:

# Release 49



## 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.

# Choreography:

# Club Fiesta Release 49

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

Password: **GETIT**

| No. | Routine             | Steps  |   |
|-----|---------------------|--|---|
| 1   | <b>Warm Up</b>      | <b>Too much(feat.Usher)(Alle Farben Remix)- Marshmello,Imanbek&amp;Alle Farben</b> |   |
|     |                     |  | <b>Song/Artist</b>  |
|     |                     | 1  | Side step touches with finger snaps                                       |
|     |                     | 2  | Side to side body waves L+R then add the arms                             |
|     |                     | 3  | SSD stomps  |
|     |                     | 4  | Grapevines  |
|     |                     | 5  | Stretches   |
| 2   | <b>Warm Up2</b>     | <b>Party Girl(VIZE Remix)- StaySolidRocky &amp; VIZE</b>                           |   |
|     |                     |  | <b>Song/Artist</b>  |
|     |                     | 1  | Hip swings L+R  |
|     |                     | 2  | Low side travel squat + leg lift, repeat other side                       |
|     |                     | 3  | Heel digs SSD   |
|     |                     | 4  | Side travelling steps with chest pumps L+R                                |
| 3   | <b>Cardio dance</b> | <b>Hola Senorita -(Robin Schulz Remix)-GIMS, Maluma &amp; Robin Schulz</b>         |   |
|     |                     |  | <b>Song/Artist</b>  |
|     |                     | 1  | SSD side push steps x 2 then front taps L+R x 4                           |
|     |                     | 2  | 1 burpee + 4 chest pumps(option: hip circles + 4 pumps)                   |
|     |                     | 3  | Side salsa L+R  |
|     |                     | 4  | 4 side travelling jump steps forward, then low steps back Front salsa L+R |
|     |                     | 5  | Side salsa L+R  |
| 6   | Front salsa L+R     |  |   |

# Choreography:

# Club Fiesta Release 49

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

Password: **GETIT**

| No. | Routine                                 | Steps   | Song/Artist   |
|-----|---|---|---|
| 4   | Afro                                    | <b>Rush – Ayra Starr</b>  |   |
|     |   | 1   | SSD side steps with brush shoulder hands, then front low leg taps with “wipe your pants” hands                                |
|     |   | 2   | Side serve x 2 then hip winds with R leg moving back with money hands, then 4 side runs, repeat on other side                 |
|     |   | 3   | 2 x slow big side steps with shoulder shrugs, then hammer arms on body up then hip circles round the world, repeat other side |
|     |   | 4   | Jump legs in out then hip circles   |
| 5   | Boxing                                  | <b>Its time (feat. Bruce Buffer) – Steve Aoki &amp; Laidback Luke</b> |   |
|     |   | 1   | Intro : karter ( Palm to palm “R on L” then R hand clockwise circle, then L hand anticlockwise                                |
|     |   | 2   | Alternate 3 punch L + bounce repeat twice, pause then switch to other side  |
|     |   | 3   | (Capoeira) Jinga : Step side L, tap back R (alternate)  |
|     |   | 4   | Superhero punch down (lunge), front squat , repeat on other side x 4  |
|     |   | 5   | Faster Superhero punch down (lunge) , front squat   |
|     |   | 6   | Breathe (drum beat ding ding ding – start on R)   |
|     |   | 7   | Rumble (SSD x 8 ) then chest pumps  |
| 8   | 2 low squat pulses then 1 high jump x 8 |   |   |

# Choreography:

# Club Fiesta Release 49

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

Password: **GETIT**

| No. | Routine      | Steps   | Song/Artist  |
|-----|--------------|---|--|
| 6   | Latin        | <b>Bailando (feat.Sean Paul,Descember Bueno &amp; Gebte de Zona)<br/>(English version – Enrique Iglesias)</b> |  |
|     |              | 1   | Side taps L+R with claps   |
|     |              | 2   | Side salsa x 4 with side arm reaches, then x 4 with Bellydance arm circles                         |
|     |              | 2   | Bailando (step step then 1 knee lift with Paso doble arms L+R , repeat 2 times then sexy hip waves |
|     |              | 3   | Double side steps moving forward L+R, then salsa x 4, repeat travelling back                       |
|     |              | 4   | 2 low side stamps L+R then salsa x 4   |
|     |              | 5   | 4 x travelling side steps with arms up then 2 x corner steps, repeat other side                    |
| 7   | Dance Battle | <b>Thong Song (feat.Sisqo) - JCY</b>  |  |
|     |              | 1   | Side jumps L+R (option side steps ) x 8  |
|     |              | 2   | Touch head shoulder hips then thighs + 4 twerks, repeat x 4  |
|     |              | 3   | 2 x moving forward leg curls then ghetto wave back   |
|     |              | 4   | Double bear crawls x 6, get up on the “ baby “   |
|     |              | 5   | 4 x side hip waves L+R   |
| 8   | SOCA         | <b>Pepper – Kes &amp; Travis World</b>  |  |
|     |              | 1   | Double leg bounce L+R x 8  |
|     |              | 2   | SSD heel digs x 8  |
|     |              | 3   | 2 x wide leg jumps forward, then low walks back, repeat x 4  |
|     |              | 4   | Double side afro steps L+R   |
| 9   | Arms         | <b>Move that body (Radio Edit) – MoTi &amp; BODYWORX</b>  |  |
|     |              | 1   | Arm circles  |
|     |              | 2   | L arm tricep push out then bicep push out x 4, repeat with R arm x 4                               |
|     |              | 3   | Arm circles  |
|     |              | 4   | Traffic officer arm ( L arm push to R arm then push up x 4 then switch arms                        |

# Choreography:

# Club Fiesta Release 49

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

Password: **GETIT**

| No. | Routine                                    | Steps  |  |
|-----|--|--|--|
| 10  | Legs                                       | <b>Drop – Connor Price &amp; Zensery</b>                   |  |
|     |  | Song/Artist  |  |
|     |  | 1  | Slow squats  |
|     |  | 2  | Low side steps L+R with push arms                  |
|     |  | 3  | Hip thrust jumps forward x 8 then low walks back   |
|     |  | 4  | Wide squat then heel lift , repeat x 8             |
| 5   | Narrow feet heel lifts L+R                 |  |  |
| 11  | Floor                                      | <b>Simpa Pa Polyubila – Vuong Ngoc Manh &amp;Michael K</b> |  |
|     |  | Song/Artist  |  |
|     |  | 1  | L leg slow Glute kickback x 4 then glute pulsesx16 |
|     |  | 2  | Fire hydrants x 8                                  |
|     |  | 3  | 1 glute kickback 1fire hydrant                     |
|     |  | 4  | Repeat steps 1 and 3                               |
| 5   | Change legs, repeat steps 1-2 then 1 and 3 |  |  |
| 12  | Cool Down                                  | <b>Call me everyday (feat Wizkid) – Chris Brown</b>        |  |
|     |  | Song/Artist  |  |
|     |  | No Notes.  |  |