

Club Fiesta: Release 05



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Routines:

Club Fiesta: Release 05

[iTunes Playlist Link](#)

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No.	Routine	YouTube Song Link	Video Link Password = WARRIOR
1.	Warm up	Sak Noel & Salvi Ft. Sean Paul - Trumpets (Undersound Remix)	No example video (use supplied choreography steps)
2.	Cardio Boxing	Dj Snake - Ocho Cinco	Cardio boxing
3.	Salsa Recovery	Ricky Martin - Vente Pa' Ca ft. Maluma (LOW)	Release 5 salsa recovery
4.	Salsa fun	GTA & Jenn Morel - Buscando (LOW)	Release 5 Salsa
5.	Hiphop	Tyga - Legendary ft Gunna	Release 5 hip hop
6.	Arms	Fatman Scoop - Be Faithful	No example video (use supplied choreography steps)
7.	Floor	Sean Paul & Major Lazer - Tip Pon It	No example video (use supplied choreography steps)
8.	Recovery	Juice WRLD, Seezyn - Hide (Lyrics) (Spider-Man: Into the Spider-Verse)	Release 5 stretch

Choreography:

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No.	Routine	Steps
1.	Warm up	1.Step touch low with arms 2.Jabs forward then high Jabs 3.Grapevines + taps + leg curls 4.Star jumps or Steps side to side ,runs plus start jumps
2.	Warm up2	1.Jabs 2.Helicopter arms L + R 3.1 x Jab+1 x Elbow L+R 4.High jumps 5.1 knee, 1 jab x 4 L + R
3.	Salsa recovery	1.Salsa Side to side then Forward Forward 2.4 side steps with hips L+ 2 taps L+R, repeat 3.Steps forward + Jump with hips 4.Walk back + big wave

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No.	Routine	Steps
4.	Salsa fun	<ol style="list-style-type: none"> 1.stomp + hip rolls 2. 4 x low swinging hips + flick up and down 3.Salsa S to S then F F 4.Hips S to S + Hands point to front + roll hips
5.	Hip hop	<ol style="list-style-type: none"> 1.3 x jabs + Shake shake L +R 2.2 x walking back waves + 2 steps, then repeat other side 3. Hip Hip + twerk 4.SSD front taps 5.4 x head waves + 4 side steps
6.	Arms	<ol style="list-style-type: none"> 1.Thumbs Up and down 2.Wall slams 3.salad chopping 4.arms waves S to S
7.	Floor	<ol style="list-style-type: none"> 1.Basic Crunches 2. Leg extensions 3. Planks
8.	Stretch	<ol style="list-style-type: none"> 1.Big breaths 2.Side stretches 3.Deep squats 4.Hamstring stretches 5.Lower back stretches