

# Club Fiesta:

# Release 50



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# Choreography:

# Club Fiesta Release 50

[iTunes Playlist Link](#)

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Password: **COURAGE**

No.	Routine	Steps	
1	<i>Warm Up</i>	<b>Love Not War (The Tampa beat)(PS1 Remix)- Jason Derulo &amp; Nuka</b>	
			Song/Artist
		1	Step touches
		2	SSD afro stamps
		3	Grapevines with claps
		4	Leg curls
		5	Runs then runs forward + 2 jumping jack, repeat going back
		6	Punches F+side to side
7	Stretches		
2	<i>Warm Up2</i>	<b>Caramel Afrobeat(feat.Stanley Enow &amp; DaVido)</b>	
			Song/Artist
		1	Afro double bounce L+R leg
		2	L leg step F+B then 2 arm waves repeat combo twice then repeat other leg first
		3	Chest pumps Side steps L+R x 8
		4	Heel digs x 8 then 4 star jumps
5	Double serving hands L+R then 2 x front pulls		
3	<i>Plyo</i>	<b>Ragga rave- SAYMYNAME &amp; Henry Fong</b>	
			Song/Artist
		1	Runs on the spot
		2	Big breaths then Capoeira L+R x 4
		3	2 x side punches L x 4, then repeat combo on R side
		4	Scissor runs x 8 then 4 x Star jumps(Low option: 4 x lunges then 4 x side steps – high option is 8 x mountain climbers then 4 x in and out legs
5	Burpees		

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4	<i>RnB</i>	<b>Provide (feat.Chris Brown &amp;Mark Morrison) – G-Easy</b>	
		1	Side steps with claps
		2	SSD front taps
		3	Hip hip then twerk
		4	2 x Back steps with big arm waves then 2 x L leg taps F+B, repeat other side
		5	Front serve arms + side jumps L+R
5	<i>Boxing</i>	<b>Bangarang(feat.Sirah) - Skrillex</b>	
		1	Fast forward punches
		2	Skull crushers x 7 L then repeat other side
		3	Fast forward punches + 4 x uppercuts
		4	Fast forward punches + 4 hooks
		5	Fast punches round the world
		6	Combat poses
6	<i>Salsa</i>	<b>La Vida Es Una(from Puss in boots: The last wish) -KAROL G</b>	
		1	Intro: Side steps x 8
		2	Salsa L+R x 4 then flamingo x 4
		3	L Hip circles round the world then Ola ola ( L leg steps F+B), repeat other side
		4	Small tippy toe side steps to left with hip flicks x8 then big arms x 4, repeat other side

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7	<b>Urban Pop</b>	<b>Ta Ta Ta (with Jason Derulo)-Bayanni &amp; Jason Derulo</b>	
		1	Salsa forward L+R x4 then lean back x 2 L+R
		2	2 hammer arms L+R then 2 side steps with push arms
		3	Sweep arms Up up down down then 3 x side hip swings
		4	SSD heel flicks
8	<b>Latin Cardio</b>	<b>El Toke (feat.Sesman) – VYT &amp; DJ Pisto</b>	
		1	March on the spot with claps
		2	4 side hip flicks L then L leg F+B x 2, repeat other side
		3	Back salsa
		4	Jumps forward with shimmy x 8, then twerk back x 8
		5	1 Burpee + 4 chest pumps (option hip circles + 4 chest pumps)
6	Burpees only or squats		
9	<b>Dance</b>	<b>Panorama-Ardian Bujupi &amp; Xhensila</b>	
		1	Double side steps L+R x 8
		2	Knee drops x 6 then head nod, repeat twice,
		3	Salsa L+R x 4 then hips round the world, repeat ombo starting R+L salsa
4	2 x body waves then figure 8 hips		

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10	Arms	<b>The other side – Acraze &amp; Paige Cavell</b>	
		1	Extend arms to side. Thumbs up and down
		2	L arm forearm rotations (rotate forearm down and up, squeeze triceps then squeeze biceps), x 8 then repeat with R arm
		3	Repeat combo with both arms
		4	Helicopter arms
		5	Traffic arms L arm x 4 then switch
		6	Arm circles clockwise x 8 then anticlockwise x 8, speed it up
		7	Arm pumps Up
11	Legs	<b>Take it Off (feat. Yandel &amp; Becky G)- Lil Jon</b>	
		1	Single squats
		2	L hip circles + 1 squat, repeat x 4, then R hip circle +1 squat x 4
		3	Step F+B L leg x 4, repeat other side
		4	SSD knee drops
		5	2 x side travelling low squats L+R
		6	1 squat pulses with 1 R heel lift x 8, repeat with L heel lift
12	Standing Abs	<b>WOW(Imanbek Remix) – Zara Larsson &amp; Imanbek</b>	
		1	Standing Oblique crunches x 8 L side, repeat on R side
		2	Standing alternating oblique crunches
		3	1 squat 1 high knee lift L, 1 squat 1 high knee R, repeat x 4
		4	Alternating high knee lifts L+R