

Club Fiesta:

Release 51



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Choreography:

Club Fiesta Release 51

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SHAKE

| No. | Routine | Steps | Song/Artist |
|-----|---|---|---|
| 1 | <i>Warm Up</i> | Say My Name(feat.Bebe Rexha & J Balvin) (Afrojack & Chasner Remix)- David Guetta | |
| | | 1 | Step touches with finger snaps |
| | | 2 | Body waves L+R |
| | | 3 | Stretches L+R |
| | | 4 | Leg taps +claps x 8 L+R |
| | | 5 | Grapevines with claps |
| | | 6 | Leg curls +Step F+B x 4 L+R |
| | | 7 | SSD side stamps |
| | | 8 | Jabs x 4 Forward then Up |
| | | 9 | Wide squats |
| 10 | Heel digs | | |
| 2 | <i>Warm Up2</i> | The Caribbean Challenge (feat.DJ Flex) - Carvell | |
| | | 1 | March + 2 claps repeat x 8 times |
| | | 2 | Slow hip moves Left, back, right and front, repeat combo x 4 |
| | | 3 | Fast hip circles x 32 |
| | | 4 | Turn to side: Hip circles with arm waves L+R x 4, repeat other side |
| | | 5 | SSD heel digs |
| 6 | Torso circles | | |
| 3 | <i>Plyo</i> | Vibrate – Rawtek, Henry Fong & Skeleton Don | |
| | | 1 | Sprints |
| | | 2 | Sprints with arms up and down x 8 |
| | | 3 | 2 burpees (or 2 leg jumps put in) + SSD chest pumps, repeat combo x 4 |
| 4 | Steps back L leg + R leg with straight arm swings L+R, then 4 jumps forward with cross arms up and down, repeat combo x 2 | | |

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| 4 | Afrobeat | KU LO SA – A COLOURS SHOW- Oxlade | |
| | | 1 | SSD knee lifts x 2 then tap tap slide L+R x 4 |
| | | 2 | Knee drops x 3 + 1 head nod, repeat twice then leg push back x 4 |
| | | 3 | Serve arms x 2 + Guda (arm touching body x 4) |
| 5 | Boxing | Discotek - Rooler | |
| | | 1 | Big breaths x 2 |
| | | 2 | Double jabs L+R x 8 |
| | | 3 | Low Squats |
| | | 4 | Split stance; Jab Cross x 16 then add add a double hook for another 4 rounds |
| | | 5 | Squat pulses x 2, then L leg lunge x 2, repeat with squat pulses +R leg lunge x 2, repeat combo x 2 |
| | | 6 | Double squat + double lunge L+R combo |
| | | 7 | 1 front kick + 1 Push x 6 |
| 8 | Uppercuts x 32, then Single Combat Knee lifts | | |
| 6 | Dance | Stefflon Don – Hurtin Me | |
| | | 1 | 1 slide + hips, repeat x 8 |
| | | 2 | Head waves x 4 then side steps x 4 , repeat twice |
| | | 3 | I heard you gotta new girlfriend: Bounce with arms up x 4 then arrow arms x 4 |
| | | 4 | Hurting me: L R arm cross over down then touch body up x 2 |
| 5 | Me me me : Hammer arms L+R then booty swings back | | |

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| 7 | Reggaeton | Tiempo- Wisin,NATTI NATASHA & Los Legendarios | | Song/Artist |
| | | 1 | Front taps L+R x 8 | |
| | | 2 | SSD side reggaeton steps x 2 then front taps x 4 | |
| | | 3 | Side afro stamps x3 L+R | |
| | | 4 | SSD reggaeton front taps | |
| 8 | Hip hop | Jumpin-Pitbull & Lil Jon | | Song/Artist |
| | | 1 | Wide squat lower down then 1 burpee, do once only | |
| | | 2 | Step to L R with elbow cross arms +4 knee drops, repeat combo x 4 | |
| | | 3 | Step to L R with elbow cross arms + 4 jumps | |
| | | 4 | Back it up arms L+R(straight L arm circle from back of body to front, repeat with R arm) then wide shimmy walks F x 4 , repeat back it up arms then wide shimmy walks B x 4 | |
| | | 5 | SSD front taps | |
| 6 | Twerks left side then twerks right side | | | |
| 9 | Salsa | Si Te Vas / Que tengo Que Hacer (Cuban &Deejay Mix)-Omega & Cuban Deejays | | Song/Artist |
| | | 1 | Bachata L+R x 2 then front leg steps x 4 + wave up and point forward | |
| | | 2 | Side Salsa x 4 | |
| | | 3 | Back salsa x 4 | |
| | | 4 | SSD samba steps | |
| 5 | Shimmy and walks forward, + 2 steps back L+R | | | |

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| 10 | Arms | Macarena – Lenny Pearce | |
| | | 1 | Macarena repeat 3 times (Extend arms FF then palms Up Up, then cross shoulders, cross head, cross front , cross hips then wave hips x 4) |
| | | 2 | Step forward right leg then left leg x 4 with hammer arms, then steps back with arms up up , repeat combo x 2 |
| | | 3 | L arm push to R side then above head push, repeat x 4 then switch arms, do combo x 2 |
| | | 5 | Repeat the macarena x 2 |
| 11 | Legs | Conceited (Theres something About Remy) (Edited album version) – Remy Ma | |
| | | 1 | Intro: 8 hip swings then 8 squats |
| | | 2 | Knee drops L R then 4 glute squeezes, repeat combo x 4 |
| | | 3 | Double squat double lunge L+R , repeat combo x 4 |
| | | 4 | SSD knee drops + twerks, repeat combo x 8 |
| | | 5 | Squat pulses |
| 12 | Floor | Sweat (Snoop Dogg vs.David Guetta) (Remix) – Snoop Dogg & David Guetta Sweat | |
| | | 1 | L Leg glute kick pulses x16 |
| | | 2 | L leg single fire hydrants x 8 |
| | | 3 | L leg straight circles clockwise x 4 then anticlockwise x 4 |
| | | 4 | L leg over the rainbow (Straight leg up and across then up and back to starting point) |
| | | 5 | Plank |
| | | 6 | Repeat steps 1-4 on R leg |
| | | 7 | Glute bridges then glute pulses x 16 then glute swings LR x 16 |