

CLUB FIESTA

HALA FITNESS BE FIT. BE FIERCE

Release 54



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Choreography:



Release **54**

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Password: **GLIMMER**

No.	Routine	Steps	
1	Warm Up	Bambola (Mark & Kremont Remix)- Bette Lemme	
			Song/Artist
		1	Side steps
		2	Low waves with claps
		3	Leg curls
		4	Jabs + uppercuts
		5	Stretches
2	Warm Up2	I know you want me (Calle Ocho) - Pitbull	
			Song/Artist
		1	L leg forward salsa + cha cha cha, then R leg forward salsa + cha cha cha, repeat 4 times
		2	Merengue
		3	Side step L side ,cha cha cha travel to R, step R leg , repeat 4 times
4	Side to side steps travelling forward, then side salsa x 4, repeat going back + side salsa x 4		
3	Plyo	Party Up(Up in here)(darko remix) - DMX	
			Song/Artist
		1	1 heel lift 1 regression burpee, repeat x 4 then full burpees x 4
		2	SSD front jabs x 4 then SSD up jabs x 4
		3	1 tuck jump 1 squat x 8
		4	Full burpees or regression option x 4
5	SSD mountain climbers x 8		

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No.	Routine	Steps	
4	Reggaeton	No Lo Trates- Pitbull, Daddy Yankee & NATTI NATASHA	
		Song/Artist	
		1	SSD reggaeton side steps x 4
		2	4 side hips then travel back, repeat other side
		3	4 x front taps then 3 side stamps L+R
		4	4 x front taps then body wave
5	SSD reggaeton side steps x 2 then jump side to side x 4		
5	Boxing	Kyoto (feat.Sirah)- Skrillex	
		Song/Artist	
		1	Hook hook + 4 uppercuts x 8
		2	Side shuffle punches x 8 L+R
		3	Capoiera x 4
		4	Single punches
		5	8 x skull crushers L+R
6	SSD front jabs		
6	Latin Pop	Dientes – J Balvin, USHER & DJ Khaled	
		Song/Artist	
		1	Heel ins L+R
		2	Knee lifts SSD x 6
		3	Side steps x 4 with chest pumps, then low front taps x 8 + take a pic hands for the last 4 counts
		4	2 big side steps forward+walk back with shoulder shrugs
5	1 low head wave + 2 knee drops , L+R		

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No.	Routine	Steps		
7	Cardio	Choose your fighter – Ava Max		Song/Artist
		1	Side taps OR Jumps x 16	
		2	1 knee 1 kick L+R x 4	
		3	1 grapevine + 2 side jump squats or low taps, L+R	
		4	1 forward run + 2 jumping jacks, then run back + 2 jumping jacks, repeat combo twice	
8	Fun Dance	Hips don't lie (feat.Anjii Cii) (Radioedit)- The Remix factory, Fatman Scoop & Angelo Flow		Song/Artist
		1	Step F+B with claps x 4 L+R	
		2	Side bounce steps with arms up	
		3	4 L hip circles then 4 R hip circles	
		4	Hand shakes up and down x 2 then step F+B, repeat other side	
		5	1 side step + 2 jumps, repeat other side	
		6	Step L+R leg forward then walk back + wave SSD	
9	Soca	Looking Good (Code Red Riddim)- Klassik Frescobar		Song/Artist
		1	Big arms circle + 1 twerk, repeat twice then low knee drops x 4	
		2	Low double side steps L+R	
		3	Big afro wave L arm + R arm	
		4	SSD heel digs x 8	
		5	Tick tock hips	

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No.	Routine	Steps	
10	Dance	Dance the night – Dua Lipa	
		1	Side steps moving F x 4, then sexy hips back x 4
		2	3 side leg taps L+R
		3	Arm reaches L+R then point FF then strike a pose
		4	Side travel steps with arms up and down then sexy hips, repeat other side
		5	Hip dips L+R
11	Arms	Peru (R3HAB Remix)- Fireboy DML, Ed Sheeran & R3HAB	
		1	90 degree arms in and out x 16
		2	Arms extensions up x 16
		3	Arms wall slams x 28
		4	Traffic officer arms x 4 R then x 4 L
12	Legs	Humanity – Max Brhon	
		1	Super slow squat then hold, super slow up then hold
		2	3 count squat low then 1 quick
		3	1 Low squat then 1 heel lift x 8
		4	3 low pulse squat then 1 heel lifts

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No.	Routine	Steps	Song/Artist
13	Floor	Peanut Butter Jelly - Galantis	
		1	L leg Single leg kicks x 8
		2	L leg fire hydrants x 8
		3	L leg 3 pulses then drop, repeat x 4
		4	L leg straight leg circles x 4 clockwise then x 4 anticlockwise
		5	L leg straight leg kicks x 16
		6	L leg fire hydrants x 16
7	(Repeat steps 1-6 with the R leg)		
14	Cool down	It's Plenty – Burna Boy	