

# CLUB FIESTA

HALA FITNESS BE FIT. BE FIERCE

## Release 55



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# Choreography:

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[iTunes Playlist Link](#)

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[Release Collection Link](#) & password: **SWEAT**

No.	Routine	Steps	
1	<b>Warm Up</b>	<b>Glad you came (Giz Remix) - Jason Derulo</b>	
		Song/Artist	
		1	Side steps
		2	SSD stamps
		3	Grapevines
		4	Jabs front and up
5	Stretches side to side then hamstring stretches		
6	Squats		
2	<b>Warm Up2</b>	<b>Shake Senora (feat.Sean Paul)- and T-Pain) - Pitbull</b>	
		Song/Artist	
		1	Marching with claps
		2	Strike a pose!
		3	Walk F with booty shakes x 4 then chest pumps back x 4, repeat combo x 4
		4	Shake Senora: Shimmy and jump F+B , repeat x 2 then hip circles x 4
5	Step L+R then step F+F LR		
6	Claps L+R		
3	<b>Cardio</b>	<b>Tambor - Sak Noel</b>	
		Song/Artist	
		1	Jump side to side
		2	Sprints with arms up and down
		3	Jump side to side with drumming arms
4	SSD scissor runs with hip flick(Or SSD mountain climbers)		
5	2 squats 2 lunges		

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No.	Routine	Steps	
4	Pop	<b>Water - Tyla</b>	
			Song/Artist
		1	SSD knee lifts
		2	Slow slow side steps then 4 fast steps, switch sides
		2	Forward salsa L+R x 4 then side hips touching body up L+R
3	Hips round the world L+R		
4	Arms up down cross shoulders then flick to side + side twerks, repeat other side		
5	Boxing	<b>Existence - Deorro</b>	
			Song/Artist
		1	SSD uppercuts x8
		2	SSD punches x 8
		3	4 front jabs 4 high jabs 4 front jabs 4 low jabs combo
		4	Side shuffle jabs Up and down x4 L+R
5	Side double jab + hook combo x 4, repeat on other side		
6	Front kicks LR x 8 then back kicks L x4 then Rx4 then side kicks x 4 L+R		
6	80s	<b>Love is a battlefield – Pat Benatar</b>	
			Song/Artist
		1	Walk F+B with leg flicks then runs with ball rolls
		2	We are young arms ! 4 x front kicks + mambo, then steps side to side
		3	L side step + front taps L+R, then R side step + front taps R+L
		4	Side travel walks with arm pumps + 4 low punches, repeat other side
5	L leg small kick + small knee lift x 4, repeat combo on other side		
6	Walks F with finger snaps then walk back with finger snaps		

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7	<b>Brazil Funk</b>	<b>MTG - REBOLA NO MEU C4RALHO - DJ LA Beat</b>		<b>Song/Artist</b>
		1	Slow waves L+R then dramatic	
		2	Hip circles with big arms up and down	
		3	Leg stomps forward ( or crawls forward)x 8, then stomp leg back+ 2 hip, repeat 4 times	
		4	SSD shoulders + 4 knee drops then walk back twice L+R	
8	<b>Reggaeton</b>	<b>Te Cura - Maria Becerra</b>		<b>Song/Artist</b>
		1	Front afro taps	
		2	L leg side step then hips circles, repeat with R leg then hip circles	
		3	Wide walks F with hip pumps x 3 arms cross then down , side to side hips then repeat moving back	
		4	(Ohh laa laa) SSD side steps with arms up	
		5	SSD reggaeton steps x 4	
		6	SS front taps + 2 knee lifts	
9	<b>Afro</b>	<b>Bye Bye (Feat.Shenseea) - Dunw3ll</b>		<b>Song/Artist</b>
		1	Afro steps L+R with elbow sweep arms, then side taps with hip Thrusts, repeat combo x 4	
		2	2 x serves + sexy hips with arm pull, repeat other side	
		3	Tap tap slide	

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10	Arms	<b>Prada - Casso, RAYE &amp; D-Block Europe</b>	
		1	Thumbs up and down
		2	L arm 1 tricep 1 bicep combo x 8, repeat on R arm
		3	Arms pushes x 3 then 1 up x 12
		4	Double arm pushes side then up
		5	Single arm pushes
		6	Arm vibrations
11	Legs	<b>Booty (feat.Pitbull) - Jennifer Lopez</b>	
		1	Hip hip then 1 squat
		2	Low leg taps + 2 knee drops, repeat on other side
		3	Walk forward touching body up then side step, walk back then 2 sexy hips
		4	Low squats
		5	Double heel lifts then SSD heel lifts
12	Floor	<b>Brother Louie Mix '98 (feat Eric Singleton(radio edit) - Modern Talkig</b>	
		1	L Leg Leg kicks x 16
		2	L leg Fire hydrants x 8
		3	L leg 1 kick 1 fire hydrant
		4	Straight leg kicks x 16
		5	Repeat steps 1-4 on R leg
		6	Plank
13	Cool Down	<b>Body On Me (feat. Chris Brown) – Ora Rira (No notes)</b>	