

CLUB FIESTA

HALA FITNESS BE FIT. BE FIERCE

Release 56



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Choreography:

CLUB FIESTA

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[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#) & Password: **BRAVE**

No.	Routine	Steps	Song/Artist
1	Warm Up	I Cry – Flo Rida	
		1	Step touches
		2	Ducks L+R then add push arms
		3	Arm waves
		4	Punches Forward +Up
		5	Grapevines
		6	Stretches
		7	Squats
2	Warm Up2	Best Friend - DJ Flex & HE3B	
		1	Leg bounce
		2	Side steps with chest pumps + knee lift L+R
		3	Heel digs x 8 then 4 jumping jacks
		4	Knee knee + 2 pulls
		5	L leg step F+B x 4, repeat starting R leg
		6	Hip smacks around the world
		7	Punches F x 4 then side to side x 4
3	Cardio	Pumpin - Mike Diamondz, Otilia & Vibe drops	
		1	Low step touch travel forward x 4 then side tap L+R with hammer arms, repeat travelling back
		2	Flamengo + 2 low side steps, repeat twice
		3	Helicopter
		4	High knees then quick runs
		5	Travelling side SSD high knees with pumping arms

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No.	Routine	Steps	
4	Latin	Fuego – Dimitri Vegas & Like Mike & Kim Loaiza	
			Song/Artist
		1	Side salsa + 4 front taps with shimmy
		2	Side double steps L+R then Front taps x 2 L+R
		3	Travel side steps with arms up + back salsa
4	SSD knee lifts		
5	Boxing	Move your body(Hedex Remix) – Ownboss & SEVEK	
			Song/Artist
		1	SSD hammer arms
		2	SSD jabs x 16
		3	Mortal combat
		4	Single punches
		5	Skull crushes x 4 L+R
6	4 punches 4 uppercuts		
6	Dance	Uhoh – Kim Petras	
			Song/Artist
		1	Step touches
		2	SSD side steps with arm up
		3	Sexy Walk forward with shoulder touches + 2 low side steps
		4	Low travelling back steps x 4 with head flicks + double side bounces L+R with hammer arms
5	SSD side hops with hammer arms		

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No.	Routine	Steps	Song/Artist
7	Afro	Baddie – Yemi Alade	
		1	4 hip circles L+R
		2	4 side steps with helicopter arm L+R
		3	Pumps forward + jump legs in out x2, then front afro taps, travel back + jump legs in out then finger point side to side
		4	2 serves + side hips with pointing arms x 2, repeat combo on other side
5	Yolo: Jump in out then hip circles x 2 + afro front taps x 4		
8	Soca	Doh Play dat – Machel Montano	
		1	Double bounce L+R
		2	SSD heel lifts
		3	Knee drops + 2 pulls
4	Side run + 3 knee lifts L+R		
9	Arms	Rush - Troye Sivan	
		1	Thumbs up and down
		2	1 across chest push then 1 reach across head, x 8 then switch sides
		3	Arm circles x 8
		4	Traffic officer arms 3 pushes +1 up, repeat x 4 then switch sides
5	Vogue: Side arms, Up + other side + Down		

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No.	Routine	Steps	
10	Legs	Talk Dirty(feat.Cancun & David jay) - Hr.Troels,Faustix & Morty Simmons)	
		1	Single squats with finger snaps
		2	Low squat pulse x 3 then 1 heel lift
		3	Side twerks L+R
		4	4 hip swings then 4 low hip circles
11	Floor	Sweet Dreams(Are Made of this) - SMACK & KARRA	
		1	1 basic crunch hold, arm reach then drop, repeat x 8
		2	Heel reaches x 4 L+R
		3	Straight leg foot taps x 8 L+R
		4	Straight leg foot taps singles L+R
		5	Slow crunches
12	Cool Down	Its Plenty – Burna Boy	
			No Notes