

# CLUB FIESTA

HALA FITNESS BE FIT. BE FIERCE

## Release 57



### Ownership of Intellectual Property Rights

All Club Fiesta licensed releases are owned by Hala Fitness and as such must not be distributed or shared and is for the licensed Instructors sole use within their own fitness classes.

# Choreography:

# CLUB FIESTA

Release 57

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

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

| No. | Routine         | Steps   | Song/Artist  |
|-----|-----------------|---|--|
| 1   | <b>Warm Up</b>  | <b>Naughty girl – DJSM, Sp3ctrum &amp; Milan Gravis</b> |  |
|     |                 | 1   | Step touches   |
|     |                 | 2   | Ducks + waves  |
|     |                 | 3   | Grapevines   |
|     |                 | 4   | Leg curls  |
|     |                 | 5   | Stretches  |
|     |                 | 6   | Squats   |
| 2   | <b>Warm Up2</b> | <b>Tacata - Tiagz</b>                                   |  |
|     |                 | 1   | Waves + knee drops with hand wave down face L+R x 3    |
|     |                 | 2   | Point to chest then hand close then triangle forward   |
|     |                 | 3   | Hands cross front out then forward + side hips x 3 L+R |
|     |                 | 4   | Hips moving forward then back L+R                      |
|     |                 | 5   | Big hip circles back L+R                               |
|     |                 | 6   | Samba  |
| 3   | <b>Plyo</b>     | <b>Caribbean Party - Traman</b>                         |  |
|     |                 | 1   | Marching on the spot with claps                        |
|     |                 | 2   | Hip bounces RTW(round the world) L x 2 then R x 2      |
|     |                 | 3   | 4 x Afro claps x 4 L+R                                 |
|     |                 | 4   | Hip bounces with hands cross shoulders then on hips    |
|     |                 | 5   | Runs then burpees (or option: Legs in and out)         |
|     |                 | 6   | 3 punches then knee knee                               |

# Choreography:

# CLUB FIESTA

Release **57**

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

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

| No. | Routine             | Steps  |   |
|-----|---------------------|--|---|
| 4   | <i>RnB</i>          | <b>Press me – Chris Brown</b>                                      |   |
|     |                     | 1  | 3 Punches then shake shake, repeat x 4  |
|     |                     | 2  | Hip hip then twerk twerk, repeat x 4  |
|     |                     | 3  | 4 head waves then 2 side steps L+R, repeat x 4  |
|     |                     | 4  | Body snakes x 4 L+R   |
| 5   | <i>Dance battle</i> | <b>Snap yo fingers – E-40,Lil jon, Sean Paul &amp; YoungBloodZ</b> |   |
|     |                     | 1  | Criss cross arms then snap fingers with knee up L+R   |
|     |                     | 2  | 2 hand circles R+L  |
|     |                     | 3  | Jump jump to left with arm wave + 2 twerks, then repeat other side                                |
|     |                     | 4  | Stomp forward x 4 with hand rubs + 2 hiphop wide leg tap with arm wave + elbow, repeat going back |
|     |                     | 5  | Leg curl + knee knee  |
| 6   | <i>Pop</i>          | <b>Do what U want - (feat.Christina Aguilera) - Lady Gaga</b>      |   |
|     |                     | 1  | Jump in in then out,  |
|     |                     | 2  | 2 side leg taps L+R then 4 knees up, repeat x 4   |
|     |                     | 3  | 4 walk backs then walk forward with arms up, repeat x 4   |
|     |                     | 4  | 4 side hips then 2 back jumps with hip circles, repeat other side                                 |
|     |                     | 5  | 4 body snakes L+R   |

# Choreography:

# CLUB FIESTA

Release 57

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

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

| No. | Routine     | Steps                             |  |             |
|-----|-------------|-----------------------------------|--|-------------|
| 7   | Latin       | <b>Ruleta (feat.Erick) - Inna</b> |  | Song/Artist |
|     |             | 1                                 | Flamenco LR + Side salsa LR  |             |
|     |             | 2                                 | Double side push steps L+R x 4 then side reaches +body pumps arms touching body up |             |
|     |             | 3                                 | 2 low reaches+ arm waves, repeat other side  |             |
|     |             | 4                                 | SSD front taps   |             |
| 8   | Afro Cardio | <b>Turn it up – David Jay</b>     |  | Song/Artist |
|     |             | 1                                 | SSD knee lifts   |             |
|     |             | 2                                 | Jump up down + 3 heels, repeat twice then low side afro taps L+R x 4               |             |
|     |             | 3                                 | Hip circles + 1 burpee (option for burpee is chest pumps)                          |             |
| 9   | Arms        | <b>Saving up – Dom Dolla</b>      |  | Song/Artist |
|     |             | 1                                 | Thumbs up and down   |             |
|     |             | 2                                 | L arm wall slams x 8 then switch to R arm  |             |
|     |             | 3                                 | Swimming arms  |             |
|     |             | 4                                 | Traffic officer arms x 4 L+R   |             |
|     |             | 5                                 | Straight arms low wall slams   |             |

# Choreography:

# CLUB FIESTA

Release **57**

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

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

| No. | Routine   | Steps                                      |   |             |
|-----|---|--|---|-------------|
| 10  | Legs  | <b>Workout – KES &amp; Nailah Blackman</b> |   | Song/Artist |
|     |   | 1  | Wide squats   |             |
|     |   | 2  | Wide squats with bicep curls x 8 then bicep flexes x 8                      |             |
|     |   | 3  | SSD (Single single double) heel lifts                                       |             |
|     |   | 4  | L leg taps with afro waves x 4 then right side                              |             |
|     |   | 5  | L leg forward step then 2 x afro waves , repeat twice then switch to R side |             |
| 6   | Squats with 1 heel raised x 8 then repeat other side, then single heel raises |  |   |             |
| 11  | Floor   | <b>Gucci on my body – Baby Ariel</b>       |   | Song/Artist |
|     |   | 1  | Sitting straight leg lifts L+R  |             |
| 2   | Side straight leg raises x 4 L+R  |  |   |             |
| 12  | Cool Down   | <b>This Love - Matata</b>                  |   | Song/Artist |
|     |   |  | No Notes  |             |