

CLUB FIESTA

HALA FITNESS BE FIT. BE FIERCE

Release 58



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BEST4

No.	Type	Genre	Steps	Song/Artist		
1	Warmup *no video	Fun Dance	Whistle (feat.Bertie Scott) – Laidback Luke & Tribbs		Song/Artist	
			1	Step touch with finger snaps		
			2	Low waves		
			3	Grapevines with claps		
			4	Leg curls		
			5	Side stretches		
			6	Low squats then squat with shoulder drops		
			7	Punches forward x 4 then up x 4		
8	SSD stomps					
2	Warmup 2	Fun Dance	Party Girl (VIZE Remix)- StaySolidRocky & VIZE		Song/Artist	
			1	Hip swings L+R		
			2	Low side travel squat + leg lift, repeat other side		
			3	Heel digs SSD		
			4	Side travelling steps with chest pumps L+R		
5	Booty slaps travelling round the world L+R					
3	Dance	Afro	Pumpin – Mike Diamondz, Otila & Vibe Drops		Song/Artist	
			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.	Type	Genre	Steps		
4	Dance	Pop	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	
5	Boxing	Electric Dance Music	Lambada(Your Love) (Mixed)- Tony Junior, Da Tweekaz & Sound Rush		Song/Artist
			1	Capoiera	
			2	Double front punches L+R	
			3	Wide stance strong punches L+R Up then L+R forward then speed it up	
			4	Runs and big breathes	
			5	Sprints	
			6	Split stance: Jab cross x 16	
			7	2 x L arm jabs then 1 R arm uppercut	
6	Dance	Afro	Baddie – Yemi Alade		Song/Artist
			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	

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No.	Type	Genre	Steps	Song/Artist	
7	Dance	Pop	Water - Tyla		
			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				
8	Dance Battle	Brazil Funk	Puta Mexcana – Dj Carlos Oliver		
			1		Sexy hip flicks L+R
			2		Dips L+R
			3		Low L side twerks x 12 L, middle twerks, then low R side twerks x 12
			4		Side steps x 2 L+R x 5
			5		Hip winds with arms circles up x 2 then arms down x 2
			6		Forward jumps with shimmy x 8 then whips, repeat going back
7	Side hip flicks L+R				
9	Dance	Latin Pop	Dientes – J Balvin, USHER & DJ Khaled		
			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				

Choreography:

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10	Dance	Pop	KouKou Move(feat.Ale Blake & Broono)- Sacha Lopez		Song/Artist	
			1	LR step forward + walk back then waves SSD, repeat twice		
			2	Wave wave then mini jump with hands up down+ hip circles, repeat x 4		
			3	4 x L hip circles with arm pulling down, repeat on R side, do combo twice		
			4	Salsa L+R		
11	Dance	Pop	Booty(feat.Latto)- Saucy Santana		Song/Artist	
			1	4 x jumps forward + 4 twerks back		
			2	Hip shakes x 16 then turn around and repeat hip shakes		
			3	Tap tap scoop x 4 L+R		
			4	Hip Hip twerk		
5	SSD front taps					
12	Dance	Pop	Sugar(feat.Soaky Siren) - Riton		Song/Artist	
			1	Cross shoulder shoulder touch, then smack hands front and back on thighs then 4 shoulder drops, repeat combo x 4		
			2	Double hammer arms L+R x 4 travelling forward then 4 hip drops, repeat travelling back		
			3	Slow hip circles to back L+R x 4		
			4	Body shake		
5	2 back side steps with bumpa claps + 4 stomps with arm circling back to front, repeat other side					

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No.	Type	Genre	Steps			
13	Arms	Pop	Prada – Casso, RAYE & D-Block Europe		Song/Artist	
			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		
14	Legs	Pop	Booty (feat.Pitbull)- Jennifer Lopez		Song/Artist	
			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		
15	Core	Pop	Padam Padam-Kylie Minogue		Song/Artist	
			1	Basic crunches with legs up x 16		
			2	Padam (chorus) Bicycle legs slow slow then 4 x fast , repeat combo x 8		
16	Cool Down	Pop	Africa - Toto		Song/Artist	
				No video / notes		