

Club Fiesta: Release 06



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.

Routines:

Club Fiesta: Release 06

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = LATIN
1.	Warm up	Big Booty Bootleggerz - Warrior (Nick Skitz & Technoposse Remix Edit)	No example video (use supplied choreography steps)
2.	plyo	Afrojack ft. Mightyfools - Keep It Low (Laidback Luke Remix)	Release 6 Plyo
3.	Recovery	Duke Dumont - Inhale	Release 6 recovery
4.	Latin	Deorro feat Elvis Crespo - Bailar (Radio Edit)	Release 6 Latin
5.	Afro	Kerwin Du Bois & Lil Rick - Monster Wine	Release 6 afro
6.	POP	Mabel - Dont call me up	Release 6 POP
7.	Samba Cardio	Baiana (Danubio, Ricardo Lima & Smoking London Remix) Radio Edit - Barbatuques	Release 6 Samba cardio
8.	Arms	Shakira - La La La (Brazil 2014) ft. Carlinhos Brown	No example video (use supplied choreography steps)
9.	Floor	Kes & Nailah Blackman - workout	Release 6 Floor
10.	Stretch	Halsey - Without me	No example video

Choreography:

Club Fiesta: Release 06

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	Steps
1.	Warm up	1.Step touch low with arms 2.Jabs forward then high Jabs 3.Grapevines + taps + leg curls 4.Star jumps or Steps side to side ,runs plus start jumps
2.	Plyo	1.1x Low jump Forwards, then 2 jumps back 2. Sprints with rolling hands 3.4 x Side jumps + 4 x tuck jumps 4. Mountain Climbers
3.	Recovery	1.Sexy hips with hands flick 2.3 x side flicks + ball change in middle, then switch sides 3.Slow Sexy hips 4.hands on floor: - 4 x Bum kicks+ 4 x foot step touch
4.	Latin	1.Big breaths + touch your body from bottom up 2.Slow Salsa Forward L+R 3.Sprints 4.Hop on one leg with Hammer arms x 4 Then SSD side stamps 5.Salsa Forward then Travel it Side to side

Choreography continued

Club Fiesta: Release 06

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Release Collection Link](#)

No.	Routine	Steps
5.	Afro	<ol style="list-style-type: none">1.Hip flicks L+R2.Waving hips + Clap3.2 x side hip waves L + R then hip rolls down4.Chest pumps travelling forward then single drop knees , then travel back repeat moves5.SSD Knee drops6. Knee lifts with waving arms
6.	POP	<ol style="list-style-type: none">1.4 x front taps + 4 x knee ups2.Low walk forward + 2 side steps3.Sexy hips4.Pointing up, shuffle on spot + Arrows then point down plus shuffle arrows5.pumps to the front + waves walking back
7.	Samba cardio	<ol style="list-style-type: none">1.Drums + deep breaths with waves2.Drumming arms + Low squats jumping Side to Side3.SSD Afro Arms with knee lift on the 3rd Count.4.Side steps with thigh slaps, then Samba back
8.	arms	<ol style="list-style-type: none">1.Chorus: SSD Afro arms with knee lift on 3rd count2. Straight arms to side with thumbs up and down3. Arm rotations4. Wall slams
9.	Floor	<ol style="list-style-type: none">1.Bum Lifts slow then pulses at the top2.Straight leg circles then straight leg lifts up and down3.Side leg lifts