

CLUB FIESTA

HALA FITNESS BE FIT. BE FIERCE

Release 60



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Choreography:

CLUB FIESTA

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JUMP

No.	Type	Genre	Steps	Song/Artist	
1	Warmup	Fun Dance	Physically Fit(Move it)- Mike Bond, Richie Loop & Dj yoyo		Song/Artist
			1	Side step touches L+R	
			2	Side ducks with hand reaches L+R then up	
			3	Side steps with arm waves	
			4	Squats with big arm waves	
			5	Grapevines	
			6	Leg curls	
			7	Stretches L+R then leg stretches L+middle +R	
			8	Hip flexor stretches + squats	
			9	L Leg start step F+B x 4, then switch to R leg start	
2	Dance	TikTok	Cono- Jason Derulo, Puri & Jhormountain		Song/Artist
			1	Intro: Elbow x 3 then splash	
			2	Single front taps L+R	
			3	4 x R leg hip flicks then walk back with swing arms, repeat other side	
			4	Chorus: Elbow elbow, strong arms L+R then hip winds x 4 then head waves x 4	
5	Head waves x 3 then clap, repeat other side				
3	Plyo	Electric Dance Music	Jump- David Guetta & GLOWINTHEDARK		Song/Artist
			1	Side step touches then River jumps (side jumps)	
			2	2 low squats then 1 jump (Option: heel lifts)	
			3	Jump forward + shimmy x 8, then twerk back x 8	
			4	Wide sprints	
			5	Squat to burpee x 8 or low jump legs out and in x 8	
			6	Single single double (SSD) scissor runs x 8 (option: Mountain climbers SSD x 8)	
7	Slow squats				

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4	Dance	Latin	Clavaito- Chanel & Abraham Mateo		Song/Artist
			1	Bachata (side to side steps with hips)	
			2	Bachata travel forward L+R then L leg tap+slide, repeat with R Leg tap+Slide	
			3	Walk forward + bounce side to side, repeat walking back, repeat once	
			4	Walk forward + bounce side to side then add side steps with chest pumps	
			5	1 Side step + shoulder circles going down, repeat other side then double side steps + shoulder circles, repeat other side	
			6	Bachata side to side	
5	Boxing	Electric Dance Music	Maria(I like it loud) (Radio Edit)- Marc Acardipane, Dick Rules & Scooter		Song/Artist
			1	Single punches	
			2	Big breathe then Capoeira	
			3	Split stance: Double arm hooks L+R	
			4	Pulse wide squats	
			5	Single front kicks	
			6	Split stance: Single jab cross	
6	Dance	Salsa	Dinero (Feat.DJ Khaled & Cardi B)- Jennifer Lopez		Song/Artist
			1	Salsa +cha cha cha L+R	
			2	L leg 2 stomps moving to side then stripper head flick, repeat other side	
			3	2 hip flicks +_ 2 knee drops with money hands	
			4	2 travelling steps forward then ghetto wave back	
			5	Beyonce bounce SSD	

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7	Dance	Soca	Sun goes down – Precision Productions, Preedy, Nadia Batson, Skinny Fabulous, Iwer George, Nailah Blackman, Sekon Sta, Swappi & Voice		Song/Artist	
			1	Intro: side steps with big arm waves		
			2	Side double steps L+R		
			3	Single single double (SSD) afro knee lifts, repeat x 8		
			4	Side to side hand rolls + 2 thrusts, repeat x 4		
			5	2 squat jumps forward then low walks back, repeat x 4		
8	Dance	Afro	Nesesari (feat. Pjilkeyz) - Kizz Daniel		Song/Artist	
			1	Afro side steps		
			2	L side serve then 2 side hips, switch sides		
			3	1 jump back + walk LRL (Left right left) with hip arm crosses		
			4	Shoulder crossed, touch hips then head plus jump legs in- then 1 side step+ knee ins SSD		
9	Arms	Pop	Drinkin' - Joel Corry, MK & Rita Ora		Song/Artist	
			1	Arm triceps squeezes x 8		
			2	Arm triceps push backs x 8		
			3	Slow vogue arms then fast (Vogue: Circle arms inwards, around side of your face + flick back of the head, then circle back + flick forward		

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No.	Type	Genre	Steps		
10	Legs	Afro	Squat (Outta Road Riddim)- Mr Vegas		Song/Artist
			1	Double pulse squat then hip circles	
			2	2 low squats 2 lunges L+R, repeat combo x 8	
			3	Knee drops + twerk	
11	Floor	Electric Dance Music	Vois sur ton chemin(Techno Mix) - Leadback		Song/Artist
			1	2 x 2 side leg raises x 8	
			2	Single side leg raises x 8	
			3	Side leg raise pulse x 3, repeat x 4	
12	Cool Down	Afro	YSL- June Freedom & Elji Beatzkilla		Song/Artist
				NO NOTES	