

CLUB FIESTA

HALA FITNESS BE FIT. BE FIERCE

Release 61



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LOVIN

No.	Type	Genre	Steps	Song/Artist	
1	Warmup	Pop	Friday - Poylow, Masove & Camilia		Song/Artist
			1	Side step touches	
			2	Side ducks	
			3	Grapevines	
			4	Leg curls	
			5	Steps F+B L+R	
			6	Stretches	
2	Warmup 2	Hip-Hop	Post to be – Kyle Edwards & DJ Bake		Song/Artist
			1	Hip winds L+R	
			2	Side steps + chest pumps L+R	
			3	Booty slaps x 8 round the world L+R	
			4	Heel heel + jumping jack	
3	Plyo	Electric Dance Music	Shoot N Miss(feat.Richie Loop) – Rob & Jack, Sanjin & Mike Bond		Song/Artist
			1	Side river jumps	
			2	Front punches + Uppercut + 1 low jump squat	
			3	Squat burpees x 8	
			4	Mountain climbers + 4 floor star jumps (Low option: Lunges x 4 then side to side steps, high option scissor runs + 4 jumping jacks)	
5	4 L side jabs + ball change to the other side, repeat on R side				

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No.	Type	Genre	Steps			
4	Dance	Latin	Fiesta – The stickmen Project & ALTEGO		Song/Artist	
			1	L Side salsa with L arm throw+ cha cha cha, repeat other side		
			2	3 R leg side steps x 3 then ball change to the other side		
			3	SSD side samba		
5	Boxing	Electric Dance Music	Komtie (Kom Tie Dan He!) (feat.DJ Norman) - Dimotri Vegas & Like Mike, Bassjackers & The Darkravers		Song/Artist	
			1	SSD Hammer jabs		
			2	4 forward punches 4 uppercuts		
			3	Wide squat with big breathe		
			4	R leg Side kick + low punch L arm, x 4 then repeat on other side		
			5	Uppercuts		
			6	Wide squat with heel lifts		
7	Sprints + floor smacks					
6	Dance	Hip-Hop	Lovin on Me - Jack Harlow		Song/Artist	
			1	3 Punches LRL + wave arms front of body LR		
			2	Hip Hip + twerk twerk		
			3	4 low taps + 4 knees up		
			4	4 standing side body waves x 4 L+R		
			5	Repeat steps 1-3		
6	Slide travelling steps back with waves x 2 + 2 L leg steps, repeat other side					

Choreography:

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7	Dance	Pop	Pop - Puri, Kilate Tesla & Architrackz		Song/Artist	
			1	Side hip thrusts +gallop and smack booty then wave arms up x 4 , repeat other side		
			2	Elbow elbow, arms up up then hip winds x 4 then wave LRL + clap, wave RLR then clap		
			3	SSD front taps		
			4	Reggaeton side steps SSD		
			5	Bellydancer x 4 L+R		
8	Dance	Reggaeton	Oye Mi Canto - Moglyman		Song/Artist	
			1	Side step touches		
			2	4 low head waves + side steps L+R		
			3	Reggaeton steps SSD x 2 then jumps L+R x 4		
			4	SSD front taps		
			5	4 travelling R leg stomps towards front, then twerk back, repeat other side		
9	Dance	Fun Dance	Sweat - Majestic & Karen Harding		Song/Artist	
			1	Hand flicks Up and down x 2 then step F+B, repeat other side		
			2	Hip circle to back L+R		
			3	Step L+R forward, walk back then side steps with hand reaches + chest circles		
			4	Step touches		

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No.	Type	Genre	Steps			
10	Arms	Pop	Got Me started - Troye Sivan		Song/Artist	
			1	Tricep arm twists x 4 each R arm and L arm		
			2	Straight arm serves front of body x 16		
			3	1 chest press 1 overhead reach		
			4	Thumb rotations up and down		
			5	Arm crosses in front of body		
11	Legs	Hip-Hop	Up Down (Do This All Day) - T-Pain		Song/Artist	
			1	Single low squats		
			2	(Up, Down) 1 heel lifts with arm reach up + low squat then 4 heel lifts – repeat twice		
			3	L leg low squat step F+B x 4, then switch to R leg		
			4	Side to side 2 low squats + Leg lift, repeat other side		
			5	Side low foot taps with claps L+R		
12	Floor	Pop	Greedy - Tate McRae		Song/Artist	
			1	Basic crunches x 8		
			2	Opposite knee reaches x 8		
			3	Reaches with legs up x 8		
			4	Reaches with leg drops x 8		
			5	Single leg drops x 8		
			6	Single leg drops with reaches x 8		
13	Cool Down	Pop	Location – David Jay & FlipTunesMusic		Song/Artist	
			1	No NOTES		