

Club Fiesta: Release 08



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Routines:

Club Fiesta: Release 08

[iTunes Playlist Link](#)

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[Release Collection Link](#)

No.	Routine	YouTube Song Link	Video Link Password = WORK
1.	Warm up	Beatfreakz - Somebodys Watching Me	No example video (use supplied choreography steps)
2.	Warm up 2	Wiley Ft. Stefflon Don ft. Sean Paul & Idris Elba - Boasty	Release 8 Warm up2
3.	Cardio	Erupt Machel Montano ft Laventille Rhythm Section Soca 2015	Release 8 Cardio
4.	Recovery	Otilia - Billionera	Release 8 recovery
5.	Latin	Daddy Yankee - Que Tire Pa' 'Lante	Release 8 Latin
6.	Pop	Jonas Blue - Mama	Release 8 Pop
7.	Tribal fun	Dan Balan - Numa Numa 2 (feat. Marley Waters)	Release 8 Tribal fun
8.	Arms	Missy Elliott - Lose Control (feat. Ciara & Fat Man Scoop)	No example video (use supplied choreography steps)
9.	Legs	Marzville & Travis World - Squat "2019 Soca"	Release 8 legs
10.	Floor	Timmy Trumpet & Krunk! - Al Pacino	No example video (use supplied choreography steps)
11.	Stretch	Aaliyah - Rock The Boat	No example video (use supplied choreography steps)

Choreography:

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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.	Warm up2	1.4 x low front taps + 4 side steps 2. Jabs x 8 + hip swings 3.Side to side small jumps with wide arms 3.4 hips + march and shimmy to side, repeat on other side
3.	Cardio	1.Chest pumps + low side steps x 2 L+R 2. High knees x 8 L +R 3.High jumps x 3 then hip rolls 4.Hip rolls x 4 L + R
4.	Recovery	1.2 Side steps L + R then Salsa L+R then big body wave 2. Side to Side salsa then hip rolls around the world 3. Side steps forward then jump plus hip rolls, repeat going back 4.Bridge: 3 stamps L +R
5.	Latin	1.Walks Zig zag Forward then walk back 2.Chest pumps Forwards then turning to side 3.2 reggaeton steps +Single single steps then 2 x reggaeton steps 4.4 hips travelling towards front, then walks back 5.SSD front taps 6.Cross legs then hip rolls

Choreography continued

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No.	Routine	Steps
6.	Pop	<ol style="list-style-type: none">1.Hip hop legs cross and side jump2.2 knee drops + 2 head waves3. Low walk forward + side steps4.Criss cross shuffles Forward + slams side to side
7.	Tribal fun	<ol style="list-style-type: none">1.SSD snaps low arms + high arms2.Step L + R then wave to the back, repeat on other side3.Chorus: High knee lifts L+R x 2 wide walks F+B with waving arms4.Side steps + 2 x jumps with arms up5.Music break : Chest pumps L+touch body
8.	Arms	<ol style="list-style-type: none">1.Thumbs up and down with wide arms to side2.Wall slams3.shoulder touches sides, then forwards4.Wide arm rotations5.Reach ups

Choreography continued

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No.	Routine	Steps
9.	Legs	1.Wide afro arms L+R 2.1 x squat then march wide and low X 3 then reach up 3.Low side taps 4.March F and Back
10.	Floor	1.Bum kicks Slow then pulses at the top L+R 2.Straight leg rotations 3.Side leg lifts
11.	Stretch	1.Big breaths 2.Side stretches 3.Deep squats 4.Hamstring stretches 5.Lower back stretches