

Club Fiesta: Release 09



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Routines:

Club Fiesta: Release 09

[iTunes Playlist Link](#)

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[Release Collection Link](#)

	Routine	YouTube Song Link	Video Link Password = DECEMBER
1	Warm up	Kastr & Tall Boys feat. Fatman Scoop - Twilight Zone	No example video (use supplied choreography steps)
2	Warm up 2	Daddy Yankee Ft. Lloyd Banks & Young Buck - Rompe (Remix)	Release 9 warm up 2
3	Plyo	DJ Snake, Lil Jon - Turn Down for What	Release 9 plyo
4	Recovery	Regard - Ride it	Release 9 Recovery
5	Afro	RDX - Ride it	Release 9 Afro
6	Latin	GIMS, Maluma - Hola Señorita (Maria)	Release 9 Latin
7	Hip Hop Cardio	Chris Brown - Turn up the music	Release 9 hiphop Cardio
8	Latin Recovery	Luis Fonsi, Demi Lovato - Échame La Culpa	Release 9 Latin recovery
9	Arms	Christina Aguilera - Candyman	No example video
10	Legs	Asia Cruise - Selfish	Release 9 legs
11	Floor	Baddest Girl in Town ft. Mohombi & Wisin	No example video
12	Stretch	SZA, The Weeknd, Travis Scott - Power Is Power	No Example video

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No.	Routine	Steps
1	Warm up	1.Step touches, with claps 2.Big shoulder rolls, jabs 3. 2 x Star jumps + step touches 3.Grapevines, runs 4. Squats, slow then fast 5. Big stretch reaches L + R
2	Warm up2	1.3 x chest Pumps L + R 2.Reggaeton steps L +R 3.Hip flicks + SSD front taps 4.Bridge : Hip jumps RTW (round the world) + Dip and shimmy L+R
3	Plyo	1.Sprint + smack the floor 2.Low squat + 1 Burpee (non jumping ones) – Stay LOW on those squats 3.Mountain Climbers 4. Side to side jumps
4	Recovery	1.Hip circles x 4 L+R 2. Front Body wave + jump Out then In 3.SSD snaps 4.Bridge: Low hip swings side to side

Choreography:

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No.	Routine	Steps
5	Afro	<ol style="list-style-type: none">1.Side to side Afro walks2.Big Afro waves L+R3.Hip rolls + Knee lifts4. 1 x step forward + body wave, then stomp L+R5.Face side, back arm punches to the front facing down x 4 L + R
6	Latin	<ol style="list-style-type: none">1.SSD Side steps with punching arms + Front taps2. SS hip swings L+R3.SSD hip hop knee lifts4. 4 x Zig zag front jumps + 4 x Step backs5. Salsa
7	Hip hop Cardio	<ol style="list-style-type: none">1.Walk to the side + 2 step touches, L+R2. Walk to the front and shake your body + Big arm waves with Legs Out then In3. SSD Tribal waves4.SSD Soca kicks5. Jumping Lunges (show low options too please for safety)
8	Latin recovery	<ol style="list-style-type: none">1.Front taps2. 3 x low stamps L +R3. Hip rolls round the world + Front taps4. 8 x front jabs +hip rolls +Jump back then walk forward
9	Arms	<ol style="list-style-type: none">1.Arm circles2.Helicopter arms3.Pumping arms up then side4.Thumbs up then down

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No.	Routine	Steps
10	Legs	1.2 Low squats + 1 high flick 2.Heel lifts L + R going up and down 3.Chorus: 3 Low squats + 1 knee lift
11	Floor	1.Single Basic crunches 2.Single crunch then reach both hands towards knees 3. Bicycle legs Singles then double repeat