

CLUB FIESTA

HALA FITNESS BE FIT. BE FIERCE

Release 59



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.

Choreography:



Release **59**

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Videos Link](#) & Password:

SPICY

No.	Type	Genre	Steps	Song/Artist	
1	Warmup	Fun Dance	Dance With Me (Edit)- KUU		Song/Artist
			1	Side steps with finger snaps	
			2	Ducks side to side then add arms	
			3	Grapevines	
			4	Stretches side to side then stretching back of legs	
			5	Big breaths + touch body up	
			6	Punches	
2	Warmup 2	Pop	Jersey Club- Pony		Song/Artist
			1	Hip dips L+R	
			2	Side steps with chest pumps L+R	
			3	SSD front taps with hips	
			4	Front punches x 4 then side to side punches x 4	
			5	Booty slaps around the world x 8 L+R	
3	Plyo	Electric Dance Music	Shockwave- R3HAB & AFROJACK		Song/Artist
			1	Side steps then side step jumps (Jumps across the river)	
			2	1 Tuck Jump 1 Burpee combo x 4	
			3	Mountain climbers x 8 + 4 floor star jumps (Or scissor runs x 8 then 4 star jumps)	
			4	2 Travel Jump squats to the left, then turn and repeat to the right	

Choreography:

CLUB FIESTA

Release **59**

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Videos Link](#) & Password:

SPICY

No.	Type	Genre	Steps			
4	Dance	Pop	Spicy Margarita – Jason Derulo & Michael Buble		Song/Artist	
			1	Forward Salsa + cha cha cha Left,Right,left then Step side to side with hammer arms		
			2	2 Travel body waves L+R		
			3	Left side step + 2 quick steps, repeat other side then sway side to side		
			4	Shake it off arms x 3 + clap in middle, L+R		
5	Boxing	Drum and Bass	Leavemealone- Fred again ..& Baby Keem		Song/Artist	
			1	SSD hammer arms above head		
			2	SSD front jabs		
			3	SSD uppercuts then single uppercuts		
			4	Heres Johnny combo: 4 front jabs, 4 uppercuts, 2 hooks then jump legs in and out		
			5	Split stance: Single jab cross		
			6	High knee lifts		
6	Dance	Pop	No No No – Jason Derulo & Tayc		Song/Artist	
			1	Side steps x 4 then front low taps x 4		
			2	Side body wave then Bollywood arms x 2 Left, then Right		
			3	2 quick “SHOKIs” (2 serve arms) then GUDA (Touch inside of the arm x 2 then chest touches x 2)		
			4	Hip circles around the world x 4 L+R		

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Videos Link](#) & Password:

SPICY

No.	Type	Genre	Steps			
7	Dance	Afro	Tempo- Jenn Morel		Song/Artist	
			1	SS heel lifts x 3 + 2 claps		
			2	Low squat steps L+R x 4 with strong arm wall pushes Up down		
			3	Side steps L+R x 4 with gun fingers		
			4	2 x L hip waves + 2 R hip waves, then 2 front body waves + 4 knee lifts, repeat starting other side		
			5	Gallop with big hands up and down x 2 then fast hand cross to front + 2 big afro waves		
8	Dance	Latin	Digo Eo- Orlando El Moreno Feo		Song/Artist	
			1	R leg super low taps with hips x 8 then Low walks back L+R		
			2	Side jump + waves x 3 then hip figure 8		
			3	Hip circle to back L+R		
			4	SSD front reggaeton taps		
9	Dance	Latin	ASI ES LA VIDA- Enrique Iglesias & Maria Becerra		Song/Artist	
			1	Bachata step in place		
			2	Bachata basic step + step in place, repeat side to side		
			3	Body wave to front then slow turn to switch to other side		
			4	Sexy walk to front then open arms and sway side to side, repeat combo going back		
			5	L leg side front tap with cross arms front, then cha cha cha shimmy travel to R side & repeat with R leg side tap with arms		

Choreography:



Release **59**

[iTunes Playlist Link](#)

[Spotify Playlist Link](#)

[Videos Link](#) & Password:

SPICY

No.	Type	Genre	Steps			
10	Arms	Pop	My My My! (Throttle Remix) – Troye Sivan		Song/Artist	
			1	Arm waves L+R		
			2	Finger snaps with hip drops		
			3	L arm side pushes x 8 then switch to R arm		
			4	1 Chest press then 1 overhead press		
			5	3 pushes side to front front then 1 up combo		
			6	Arm circles		
11	Legs	Pop	Haunted House - Neoni		Song/Artist	
			1	Single squats		
			2	3 low squat pulse then up		
			3	Low hip dips L+R		
			4	2 side travel squat + knee lift, repeat to other side		
			5	Low squat + knee lift L+R		
12	Floor	Pop	Wicked(feat.Pitbull)- Veronica Vega		Song/Artist	
			1	Single glute bridges		
			2	1 Glute hold up then slowly down		
			3	Glute pulses		
			4	Glute swinger		
			5	Hip circles L+R		
13	Cool Down	RnB	Nightmares (feat.Bryon Messia)		Song/Artist	
			No video / notes			