**ROUTINE CARD:**

**NYC Roll Call**

Music provided by Hip Hop Public Health – HHPH.org

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| **MOVEMENT** | **DESCRIPTION** | **COUNT** |
| **Sequence 1**:  Single taps R; Circle - Single taps R  Single taps L; Circle - Single taps L | Single taps R, then single taps R while walking in circle to R side  Single taps L, then single taps L while walking in circle to L side | 8x R  8x Circle R  8x L  8x Circle L |
| **Sequence 2**:  Alternate Single taps; Circle - Alternate Single taps R  Alternate Single taps; Circle – Alternate single taps L | Single taps alternating R and L, then single taps alternating R and L walking in circle to R side  Single taps alternating R and L, then single taps alternating R and L walking in circle to L side | 8x R  8x Circle R  8x L  8x Circle L |
| **Sequence 3**:  Double taps; Circle – Double taps R Double taps; Circle – Double taps L | Double taps with both arms, then double taps walking in circle to R side  Double taps with both arms, then double taps walking in circle to L side | 8x R  8x Circle R  8x L  8x Circle L |
| **Sequence 4**:  “Roll Call” | Drumsticks only: open R, open L, close R, close L  Open R + L, close R + L (2x)  Single R tap swinging L drumstick above head  Single L tap swinging R drumstick above head | 4x Single  4x Double  16x Swing L  16x Swing R |
| **Sequence 5**:  Double tap; Quick alternating single taps  Circle - Alternate single taps R  Alternate single taps  Circle – Alternate single taps L  Alternate single taps | Double tap 1x, pause, then 4 quick alternating single taps  Single taps alternating R and L walking in circle to R side  Single taps alternating R and L  Single taps alternating R and L walking in circle to L side | 8x  8x  8x  8x |
| **Sequence 6:**  Clicks upper R; Clicks lower L  Clicks lower R; Clicks upper L  Quick double tap; Quick clicks | Clicks upper R then clicks lower L  Clicks lower R then clicks upper L  3 quick double taps, then 3 quick clicks upper R; then 3 quick double taps, then 3 quick clicks upper L | 8x  8x  8x |
| **Repeat Sequence 3** | | |
| **Repeat Sequence 4** | | |
| **Repeat Sequence 5** | | |
| **Repeat Sequence 6** | | |
| **Repeat Sequence 3** | | |