**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 RSingle 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 R8x Circle R8x L8x 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 sideSingle taps alternating R and L, then single taps alternating R and L walking in circle to L side | 8x R8x Circle R8x L8x 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 sideDouble taps with both arms, then double taps walking in circle to L side |  8x R8x Circle R8x L8x Circle L |
| **Sequence 4**:“Roll Call” | Drumsticks only: open R, open L, close R, close LOpen R + L, close R + L (2x)Single R tap swinging L drumstick above headSingle L tap swinging R drumstick above head | 4x Single4x Double16x Swing L16x Swing R |
| **Sequence 5**: Double tap; Quick alternating single tapsCircle - Alternate single taps RAlternate single tapsCircle – Alternate single taps LAlternate single taps | Double tap 1x, pause, then 4 quick alternating single tapsSingle taps alternating R and L walking in circle to R sideSingle taps alternating R and LSingle taps alternating R and L walking in circle to L side | 8x8x8x8x |
| **Sequence 6:**Clicks upper R; Clicks lower LClicks lower R; Clicks upper LQuick double tap; Quick clicks | Clicks upper R then clicks lower LClicks lower R then clicks upper L3 quick double taps, then 3 quick clicks upper R; then 3 quick double taps, then 3 quick clicks upper L | 8x8x8x |
| **Repeat Sequence 3** |
| **Repeat Sequence 4** |
| **Repeat Sequence 5** |
| **Repeat Sequence 6** |
| **Repeat Sequence 3** |