**ROUTINE CARD:**

**ISLAND HOPPING**

Music provided by Hip Hop Public Health – HHPH.org

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| **MOVEMENT** | **DESCRIPTION** | **COUNT** |
| **Sequence 1**:  Single taps R; Single taps L  Double taps R; Double taps L | Single taps R, then single taps L  Double taps R, then double taps L | 8x R/8x L  8x R/8x L |
| **Sequence 2**:  Clicks upper R; Clicks upper L  Single tap R + Click R  Single tap L + Click L | Clicks upper R, then clicks upper L  Single tap + click R, then single tap + click L | 8x R/8x L  4x R/4x L |
| **Sequence 3:**  Double tap R + Click R  Double tap L + Click L | Double tap + click R, then double tap + click L | 4x R/4x L |
| **Sequence 4**:  Double tap R + Click R  Double tap L + Click L | Double tap R 2x + click R 2x  Double tap L 2x + click L 2x | 4x R/4x L |
| **Sequence 5**:  Double taps R; Double taps L | Double taps R, then double taps L | 8x R/8x L |
| **Repeat Sequence 2** | | |
| **Repeat Sequence 3** | | |
| **Repeat Sequence 4** | | |
| **Sequence 6**:  Quick double tap; Alternate single tap | Quick double tap 2x, then alternating single tap 3x | 4x |
| **Sequence 7:**  Alternate single tap; Quick double tap | Alternating single tap 3x, then quick double tap 2x | 4x |
| **Repeat Sequence 3** | | |
| **Repeat Sequence 4** | | |
| **Sequence 8:**  Double tap + Click | Double tap facing center 2x, then click above head 2x | 8x |
| **Repeat Sequence 1** | | |