**ROUTINE CARD:**

**RIDE OUT**

Music provided by Hip Hop Public Health – HHPH.org

|  |  |  |
| --- | --- | --- |
| **MOVEMENT** | **DESCRIPTION** | **COUNT** |
| **Sequence 1**:Alternating single tapsAlternating single side taps | Single taps alternating R and L, then Single taps on side of ball alternating R and L | 8x8x |
| **Sequence 2**:Double side tapsQuick alternating single taps | Double taps on side of ball, then quick single taps alternating R and L | 8x16x |
| **Sequence 1**:Alternating single tapsAlternating single side taps | Single taps alternating R and L, then Single taps on side of ball alternating R and L | 8x8x |
| **Sequence 2**:Double side tapsQuick alternating single taps | Double taps on side of ball, then quick single taps alternating R and L | 8x16x |
| **Sequence 1**:Alternating single tapsAlternating single side taps | Single taps alternating R and L, then Single taps on side of ball alternating R and L | 8x8x |
| **Sequence 2**:Double side tapsQuick alternating single taps | Double taps on side of ball, then quick single taps alternating R and L | 8x16x |
| **Sequence 1**:Alternating single tapsAlternating single side taps | Single taps alternating R and L, then Single taps on side of ball alternating R and L | 8x8x |
| **Sequence 2**:Double side tapsQuick alternating single taps | Double taps on side of ball, then quick single taps alternating R and L | 8x16x |
| **Sequence 1**:Alternating single tapsAlternating single side taps | Single taps alternating R and L, then Single taps on side of ball alternating R and L | 8x8x |
| **Sequence 2**:Double side tapsQuick alternating single taps | Double taps on side of ball, then quick single taps alternating R and L | 8x16x |
| **Sequence 1**:Alternating single tapsAlternating single side taps | Single taps alternating R and L, then Single taps on side of ball alternating R and L | 8x8x |
| **Sequence 2**:Double side tapsQuick alternating single taps | Double taps on side of ball, then quick single taps alternating R and L | 8x16x |