**ROUTINE CARD:**

**RIDE OUT**

Music provided by Hip Hop Public Health – HHPH.org

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| **MOVEMENT** | **DESCRIPTION** | **COUNT** |
| **Sequence 1**:  Alternating single taps  Alternating single side taps | Single taps alternating R and L, then Single taps on side of ball alternating  R and L | 8x  8x |
| **Sequence 2**:  Double side taps  Quick alternating single taps | Double taps on side of ball, then  quick single taps alternating R and L | 8x  16x |
| **Sequence 1**:  Alternating single taps  Alternating single side taps | Single taps alternating R and L, then Single taps on side of ball alternating  R and L | 8x  8x |
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