



ROUTINE CARD: RIDE OUT

Music provided by Hip Hop Public Health – HHPH.org

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
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