**ROUTINE CARD: BOUNCE**

Music provided by Hip Hop Public Health – HHPH.org

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| **MOVEMENT** | **DESCRIPTION** | **COUNT** |
| **Sequence 1**:  Single tap L; Single tap R | Single tap L, then single tap R | 8x L / 8x R |
| **Sequence 2**:  Alternate Single tap + Double tap  Alternate side tap  Double tap + Click  Click + Double tap | Alternate single tap R and L, then double tap  Alternating single taps on side of ball Double tap 2x + Click 2x  Click 2x + Double tap 2x | 7x  4x  8x  8x |
| **Sequence 3**:  Click + Alternate Single side tap  Overhead Click | Click 2x + alternate single side  tap R and L  Click overhead | 8x  16x |
| **Sequence 4**:  Double tap + Alternate Single tap  Single tap L; Single tap R | Double tap 3x, then alternate single taps 3x  Single tap L, then single tap R | 2x  8x L / 8x R |
| **Sequence 5:**  Double tap; Overhead Click  Overhead Click | Double tap 8x, then overhead click 8x  Click overhead | 2x  8x |
| **Sequence 6**:  Single tap L + Single tap R  Double tap  Overhead Click + Double tap | Single tap L 4x, then single tap R 4x  Double tap 4x  Overhead click L 4x, then double  tap 8x | 1x  1x  1x |
| **Repeat Sequence 2** | | |
| **Sequence 7:**  Alternate side tap + Overhead Click  Overhead Click | Alternate side taps R and L, then click overhead 2x  Click overhead | 8x  16x |
| **Repeat Sequence 4** | | |
| **Repeat Sequence 5** | | |
| **Repeat Sequence 6** | | |
| **Repeat Sequence 2** | | |
| **Repeat Sequence 7** | | |
| **Repeat Sequence 4** | | |
| **Repeat Sequence 5** | | |
| **Repeat Sequence 6** | | |