**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 tapAlternate side tap Double tap + ClickClick + Double tap | Alternate single tap R and L, then double tapAlternating single taps on side of ball Double tap 2x + Click 2xClick 2x + Double tap 2x | 7x4x 8x8x |
| **Sequence 3**:Click + Alternate Single side tapOverhead Click | Click 2x + alternate single side tap R and LClick overhead | 8x16x |
| **Sequence 4**: Double tap + Alternate Single tapSingle tap L; Single tap R | Double tap 3x, then alternate single taps 3xSingle tap L, then single tap R | 2x8x L / 8x R |
| **Sequence 5:**Double tap; Overhead ClickOverhead Click | Double tap 8x, then overhead click 8xClick overhead | 2x8x |
| **Sequence 6**:Single tap L + Single tap RDouble tapOverhead Click + Double tap | Single tap L 4x, then single tap R 4xDouble tap 4xOverhead click L 4x, then double tap 8x | 1x1x1x |
| **Repeat Sequence 2** |
| **Sequence 7:**Alternate side tap + Overhead ClickOverhead Click | Alternate side taps R and L, then click overhead 2xClick overhead  | 8x16x |
| **Repeat Sequence 4** |
| **Repeat Sequence 5** |
| **Repeat Sequence 6** |
| **Repeat Sequence 2** |
| **Repeat Sequence 7** |
| **Repeat Sequence 4** |
| **Repeat Sequence 5** |
| **Repeat Sequence 6** |