RHYTHM FIT

ROUTINE CARD: BOUNCE

Music provided by Hip Hop Public Health – HHPH.org

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		