**ROUTINE CARD: HIP HOP FEET**

YouTube link**:** <https://youtu.be/Yg08myJl7Yg>

Music provided by Hip Hop Public Health – HHPH.org

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| **MOVEMENT** | **COUNT** |
| Click Right  Click Left | 4 counts  4 counts |
| Click Upper Right, then Lower Left  Click Upper Left, then Lower Right | 4 counts  4 counts |
| Roll + 4 Clicks | 16 counts |
| Reach + Click  (Right 2x, Left 2x, Right 2x, Left 2x) | 8 counts |
| Start back at top and repeat! | |