



## ROUTINE CARD: SHOUT OUT *beginner*

YouTube Link: [https://youtu.be/DRyDI\\_XlwNg](https://youtu.be/DRyDI_XlwNg)  
Music provided by Hip Hop Public Health – HHPH.org

MOVEMENT	COUNT
Step and Tap Side of Bucket (alternating right and left)	16 counts
Alternating Taps on Top of Bucket	16 counts
Double Taps While Moving Around Bucket (move towards front of bucket, then back to behind the bucket)	16 counts
Single Click to Left, Double Click to Right Single Click to Right, Double Click to Left	8 counts 8 counts
Tap Top and Left Side of Bucket Tap Top and Right Side of Bucket	16 counts 16 counts
Alternating Taps on Side of Bucket	16 counts
Start back at top and repeat!	