**ROUTINE CARD: COASTIN’**

YouTube Link: <https://youtu.be/_oiWZe-0Fac>

Music provided by Hip Hop Public Health – HHPH.org

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| **MOVEMENT** | **COUNT** |
| Click in a “Z” Formation  (upper left, upper right,  lower left, lower right) | 24 counts |
| Alternate Clicks, While Stepping  Side to Side | 8 counts |
| Roll Overhead | 8 counts |
| Alternate Clicks, While Stepping  Side to Side | 8 counts |
| Roll Overhead | 8 counts |
| Alternate Clicks, While Stepping  Side to Side | 8 counts |
| Roll Overhead | 8 counts |
| Alternate Clicks, While Stepping  Side to Side | 8 counts |
| Roll Overhead | 8 counts |
| Start back at top and repeat! | |