



## ROUTINE CARD: COASTIN'

YouTube Link: [https://youtu.be/\\_oiWZe-0Fac](https://youtu.be/_oiWZe-0Fac)  
 Music provided by Hip Hop Public Health – HHPH.org

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
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Roll Overhead	8 counts
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Roll Overhead	8 counts
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Roll Overhead	8 counts
Start back at top and repeat!	