**ROUTINE CARD: GROOVE AND FLOW**

*beginner*

YouTube Link: <https://youtu.be/iTH20Gj_4cw>

Music provided by Hip Hop Public Health – HHPH.org

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| **MOVEMENT** | **COUNT** |
| Reach and Tap Side of Bucket  (alternating right and left) | 8 counts |
| Reach and Tap Top of Bucket  (alternating right and left) | 8 counts |
| Alternating Taps on Top of Bucket | 16 counts |
| Step Touch Side to Side + Click  (alternating right and left) | 16 counts |
| Alternating Taps on Right Side of Bucket  Alternating Taps on Left Side of Bucket | 16 counts  16 counts |
| Start back at top and repeat! | |