



ROUTINE CARD: GROOVE AND FLOW

beginner

YouTube Link: https://youtu.be/iTH20Gj_4cw
 Music provided by Hip Hop Public Health – HHPH.org

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!	