**ROUTINE CARD: GO OFF**

*intermediate*

YouTube Link: <https://youtu.be/PA19Q76ODZQ>

Music provided by Hip Hop Public Health – HHPH.org

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| **MOVEMENT** | **COUNT** |
| Reach Up and Double Tap Top of Bucket | 8 counts |
| Double Tap Top of Bucket | 8 counts |
| Double Taps on Sides of Bucket | 8 counts |
| Double Taps on Top of Bucket  Double Taps on Top Swaying Side to Side | 8 counts  8 counts |
| Double Taps on Sides of Bucket  Double Taps on Sides Swaying Side to Side | 8 counts  8 counts |
| Start back at top and repeat! | |