**ROUTINE CARD: RUN IT BACK**

YouTube Link: <https://youtu.be/UK31yvaY6Rg>

Music provided by Hip Hop Public Health – HHPH.org

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| **MOVEMENT** | **COUNT** |
| Box Step + Click  (Step Right, Back, Left, Forward) | 8 counts |
| Stomp and Click | 8 counts |
| Click in a Circle  (alternating right and left) | 16 counts |
| Tap Thighs and Click | 16 counts |
| Run in Place  Run Quickly in Place | 12 counts  8 counts |
| Roll + 4 Clicks | 16 counts |
| Reach and Click  (alternating right and left) | 16 counts |
| Start back at top and repeat! | |