



ROUTINE CARD: RUN IT BACK

YouTube Link: <https://youtu.be/UK31yvaY6Rg>
Music provided by Hip Hop Public Health – HHPH.org

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!	