**ROUTINE CARD: TO THE CORE**

*intermediate*

YouTube Link: <https://youtu.be/g-LF9CvwBrQ>

Music provided by Hip Hop Public Health – HHPH.org

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| **MOVEMENT** | **COUNT** |
| Sitting on Bucket:  Alternate Single Taps on Front of Bucket | 32 counts |
| Sitting on Bucket:  Double Tap Thighs + Click | 32 counts |
| Stand Up and Alternate Single Taps  on Top of Bucket | 32 counts |
| Single Taps on Sides of Bucket  (alternating right and left) | 16 counts |
| Alternate Single Taps on Floor, Then Side of Bucket  (do this on left side, then on right side) | 4 counts/4 counts |
| Start back at top and repeat! | |