**ROUTINE CARD: CROSS & DIP**

YouTube Link:<https://youtu.be/aD2DwvR-XQs>

Music provided by Hip Hop Public Health – HHPH.org

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| **MOVEMENT** | **COUNT** |
| Click Right, Click Left  Click Up, Click Down | 8 counts, 8 counts  8 counts, 8 counts |
| Alternate Clicks Side to Side | 16 counts |
| Slide and Click Over Head | 16 counts |
| Open and Close Lummi Sticks, While  Stepping Side to Side | 16 counts |
| Click Around in a Circle | 16 counts |
| Slide + 3 Clicks  (left, right, front, back) | 32 counts |
| Clicks in a “Z” Formation  (single clicks, then double clicks) | 32 counts |
| Slide + Click and Knee Lift | 16 counts |
| Start back at top and repeat! | |