



ROUTINE CARD: CROSS & DIP

YouTube Link: <https://youtu.be/aD2DwvR-XQs>
 Music provided by Hip Hop Public Health – HHPH.org

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!	