



ROUTINE CARD: GO OFF

YouTube Link: https://youtu.be/dOk2_fg-tHw
 Music provided by Hip Hop Public Health – HHPH.org

MOVEMENT	COUNT
Ball Slaps (alternating hands)	16 counts
2x Dribble & Pause (left)	16 counts
2x Dribble & Pause (right)	16 counts
Finger Taps	16 counts
Dribble	16 counts
Ball Circle (left leg)	16 counts
Ball Circle (right leg)	16 counts
Start back at top and repeat 2x!	
Figure 8	16 counts
Bounce the Ball to Finish!	