



## ROUTINE CARD: BOUNCE BACK

YouTube Link: <https://youtu.be/TBikQ2Vv0WA>  
 Music provided by Hip Hop Public Health – HHPH.org

MOVEMENT	COUNT
Bounce Ball with 2 Hands	15 bounces
Dribble Right	8 counts
Dribble Left	8 counts
Dribble Right	8 counts
Dribble Left	8 counts
Dribble Forward Right; Dribble Backward Right	16 counts
Dribble Forward Left; Dribble Backward Left	16 counts
Crossover Dribble	32 counts
Start back at first “Dribble Right” and repeat 2x! (**Crossover Dribble will be 16 counts on last time through)	
Fast Crossover Dribble	32 counts