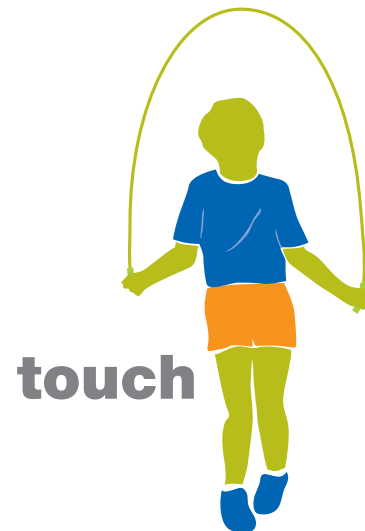
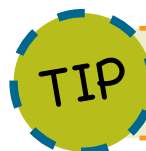


Can Can



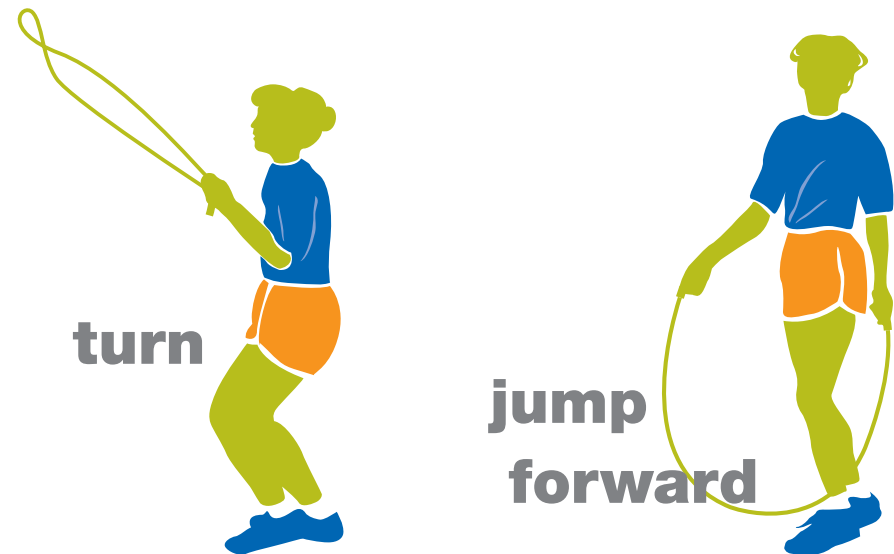
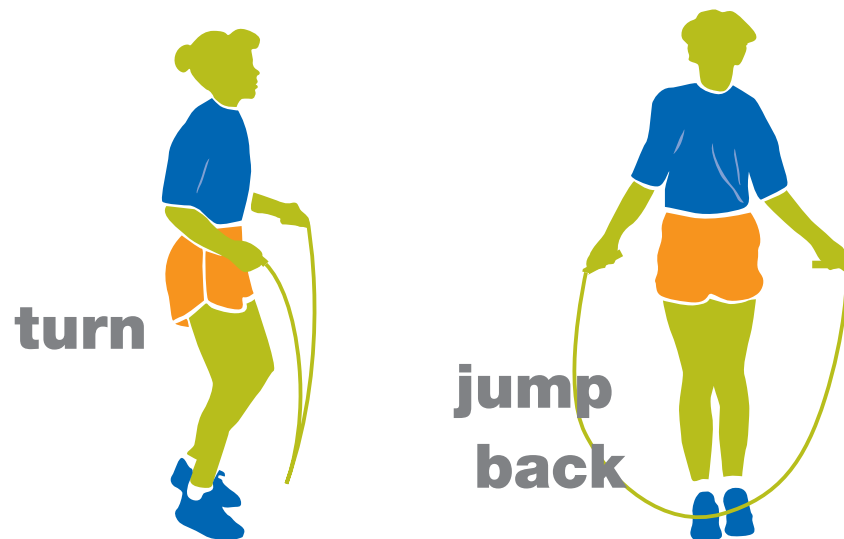
1. Hop on right foot, left knee up.
2. Hop on right foot, touch left toe to side of right foot.

3. Hop on right foot, kick left leg.
4. Jump on both feet.



Knee lift and kick are waist high.
Repeat on opposite leg.

360

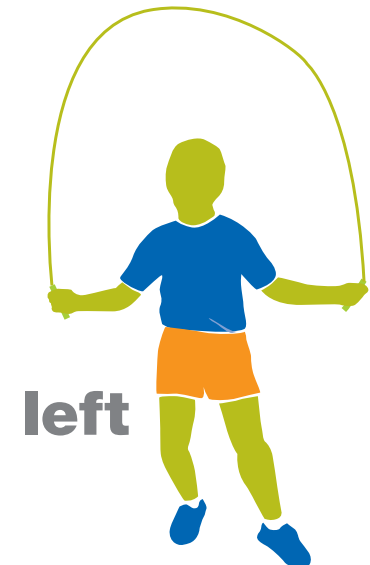
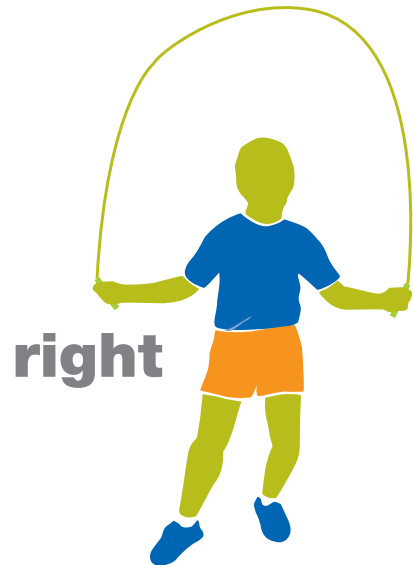


- 1.** Start with the rope behind your feet. Do a left side swing while making a half turn to your left.
- 2.** While facing backward, bring the rope down behind and jump back.
- 3.** Lift the rope high overhead while making a half turn to the left.
- 4.** While facing the front, bring the rope down in front and jump.



Turn body to follow rope.
May be performed to left or right.

Toe Touch



1. Hop on left foot, touch right toe to right.

2. Hop on right foot, touch left toe to left.

Criss Cross



cross



open



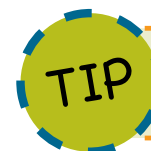
cross



open

1. Cross arms until elbows touch and jump.
2. Open rope and perform basic jump.

3. Cross right arm over left or cross left arm over right.



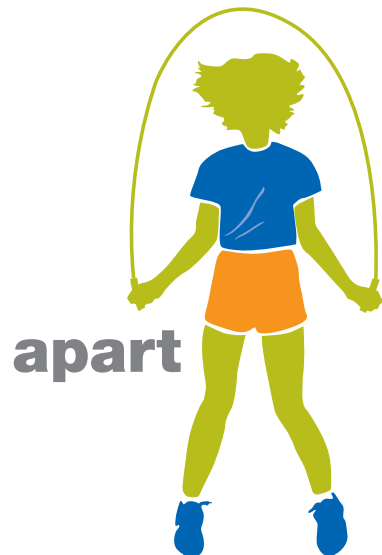
Handles in the extended position.
Keep hands down low on the cross.

Heel-Toe



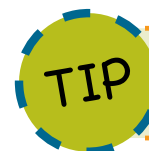
1. Jump over the rope and land on your left foot, touching your right heel to the floor in front.
2. Jump over the rope and land on your left foot again, touching your right toe to the floor in back.
3. Jump over the rope and land on your right foot, touching your left heel to the floor in front.
4. Jump over the rope and land on your right foot again, touching your left toe to the floor in back.

Straddle Cross



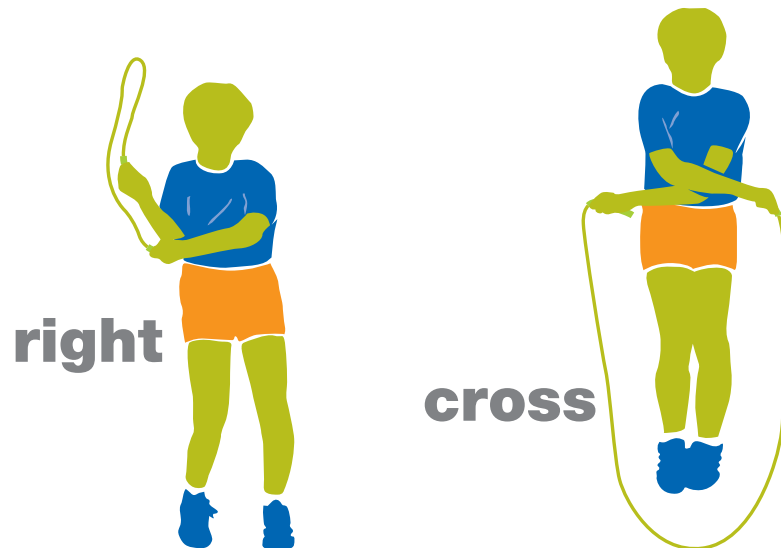
1. Jump over the rope and land with your feet spread shoulder-width apart.
2. Jump over the rope and land with your right leg crossed in front of your left leg.

3. Jump over the rope and land with your feet spread apart again.
4. Jump over the rope and land with your left leg crossed in front of your right leg.

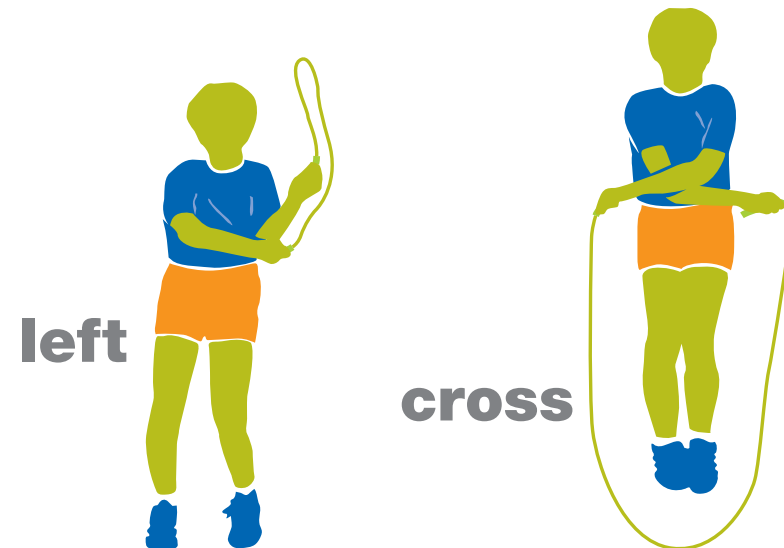


Stay on the balls of your feet.
Alternate the leg in front with each cross.

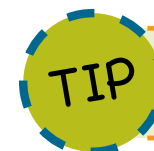
Side Swing Cross



1. Swing rope on right side.
2. Cross right arm over left and jump.

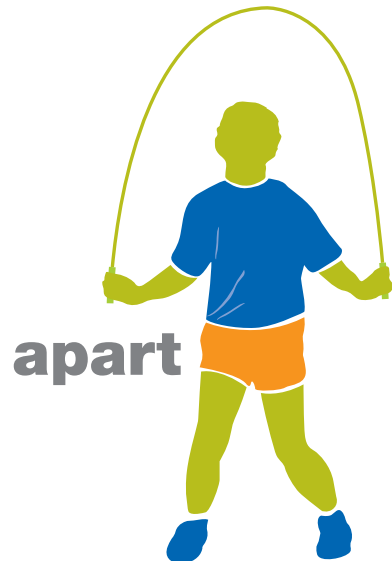


3. Swing rope on left side.
4. Cross left arm over right and jump.



Handles in extended position.
Keep hands down low on the cross.

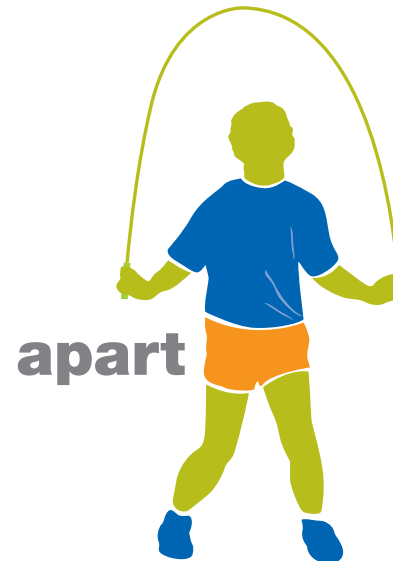
Side Straddle



apart



together



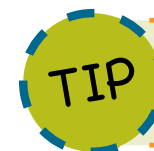
apart



together

1. Jump over the rope and land with your feet spread shoulder-width apart.

2. Jump over the rope again and land with your feet together.



Stay on the balls of your feet.
Wait until the rope passes under you before spreading your feet apart.