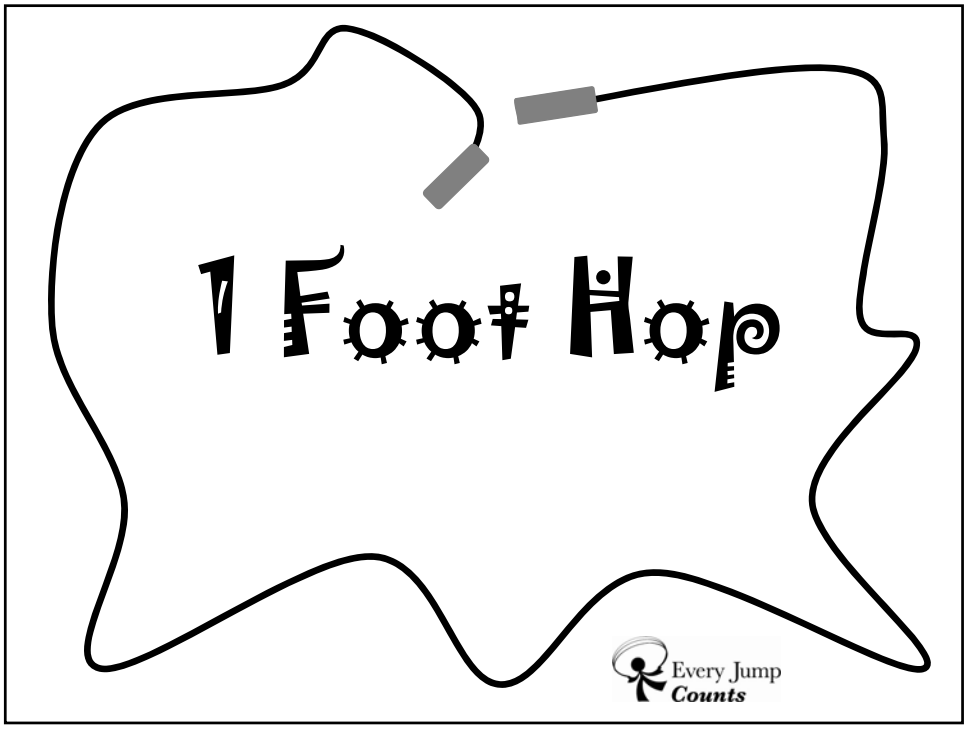
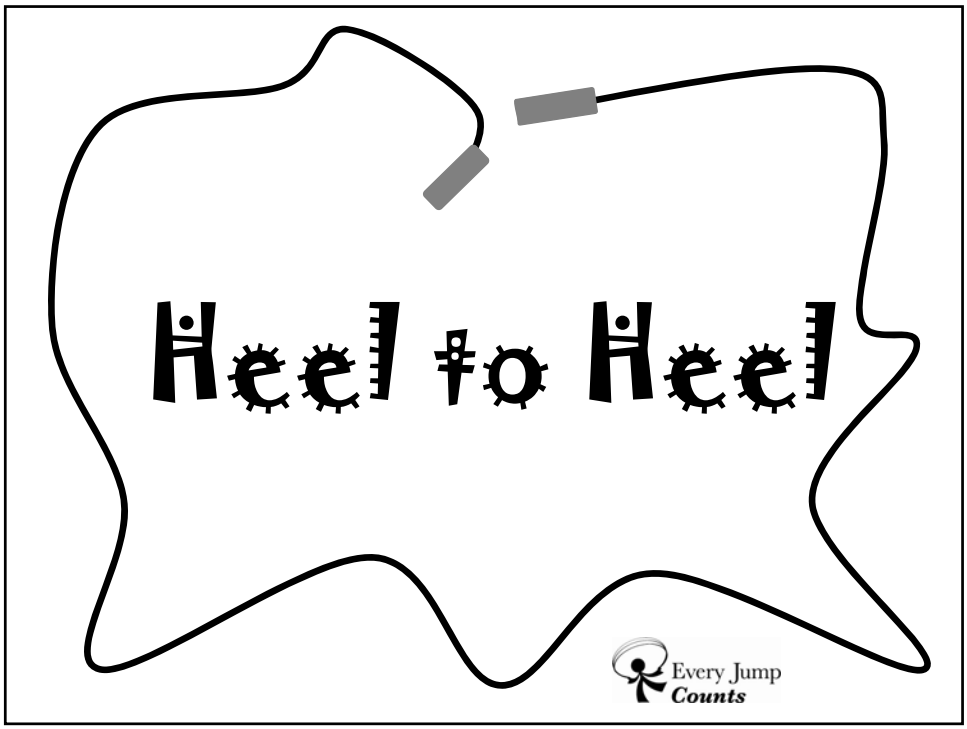
JR Swingin'

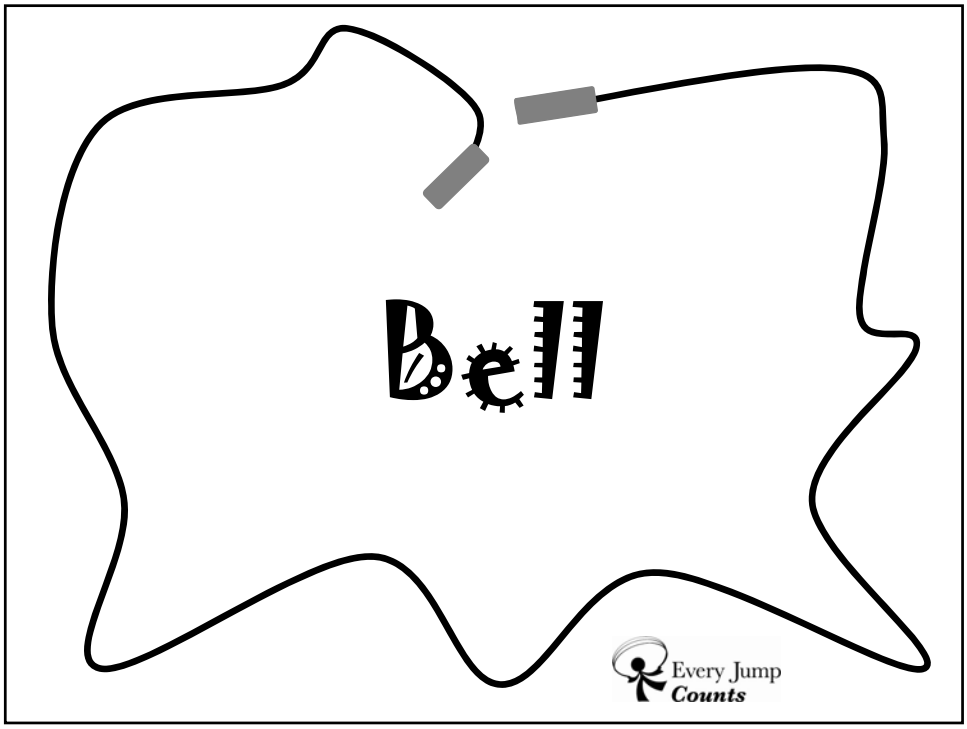
Every Jump Counts

Alternating Foot

Every Jump Counts


1 Foot Hop
Every Jump
Counts


Heel to Heel
Every Jump
Counts


Bell
Every Jump
Counts

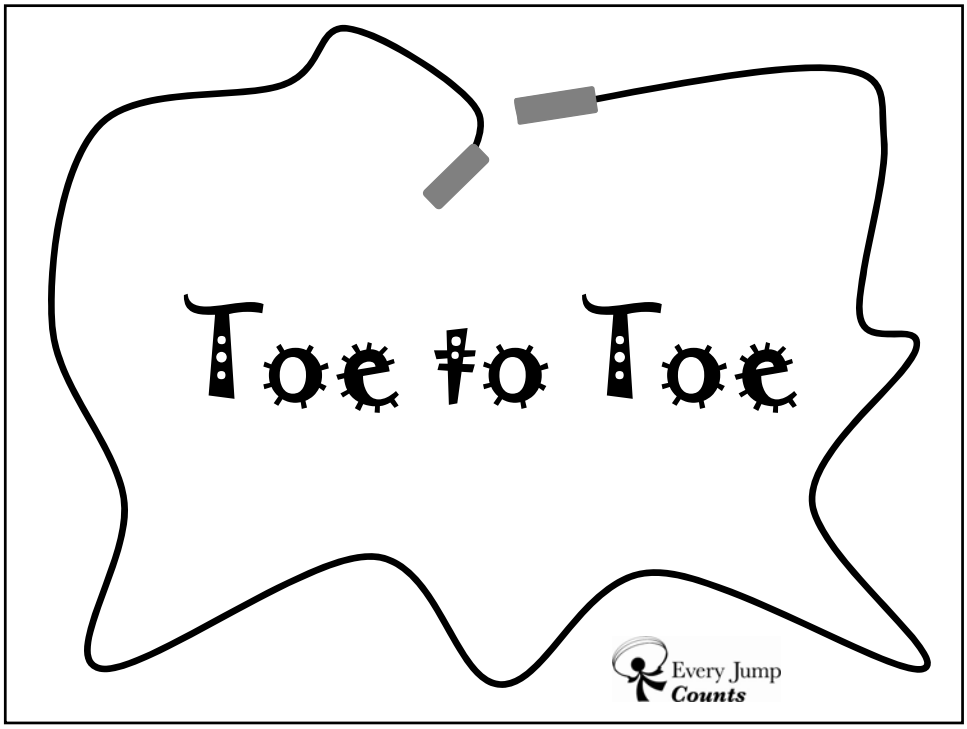
Skier
Every Jump
Counts

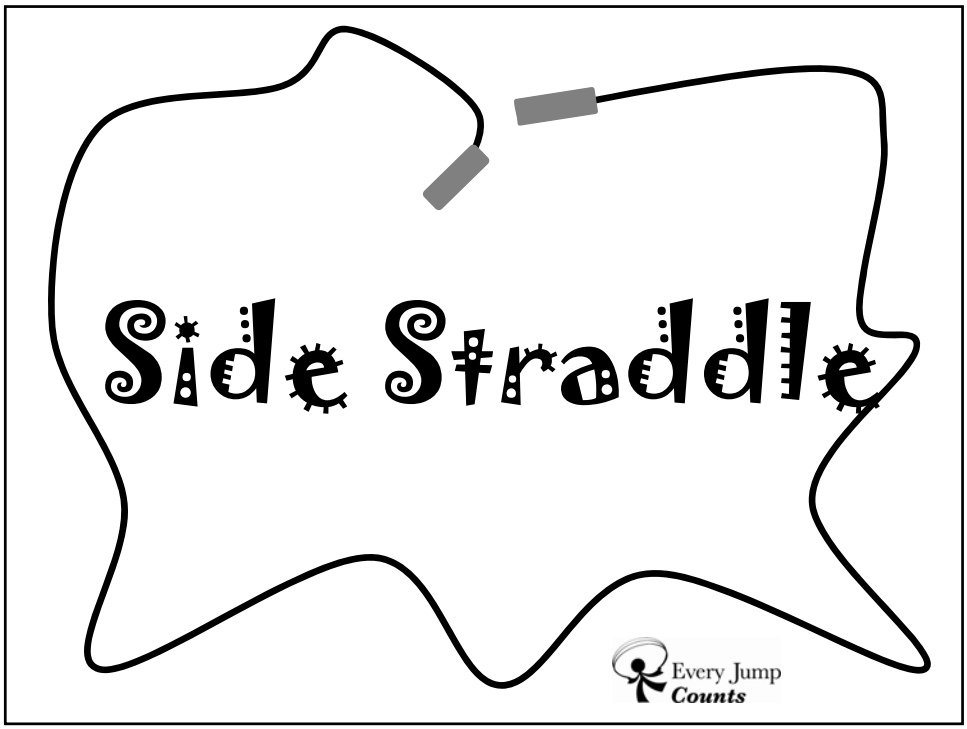
Bounce step

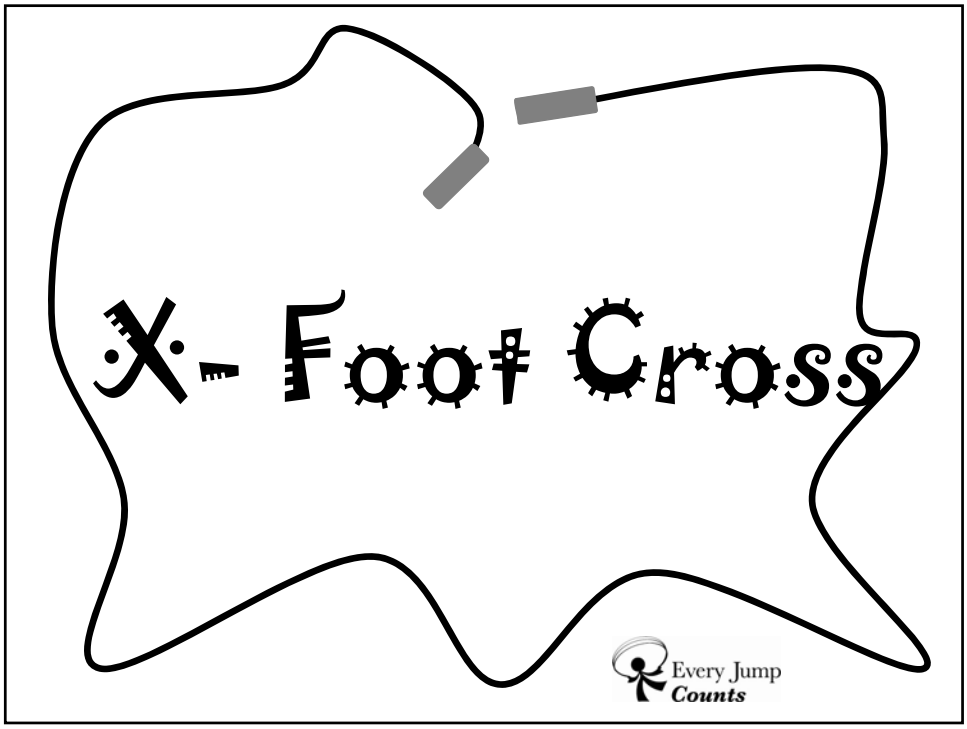
Every Jump Counts

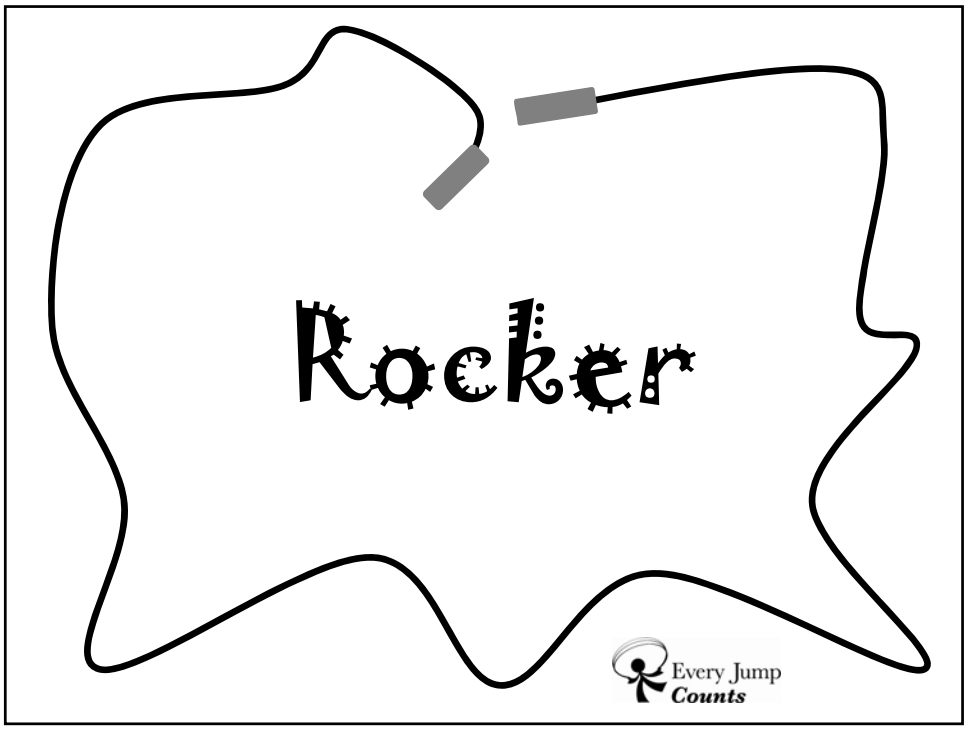
Heel to Toe

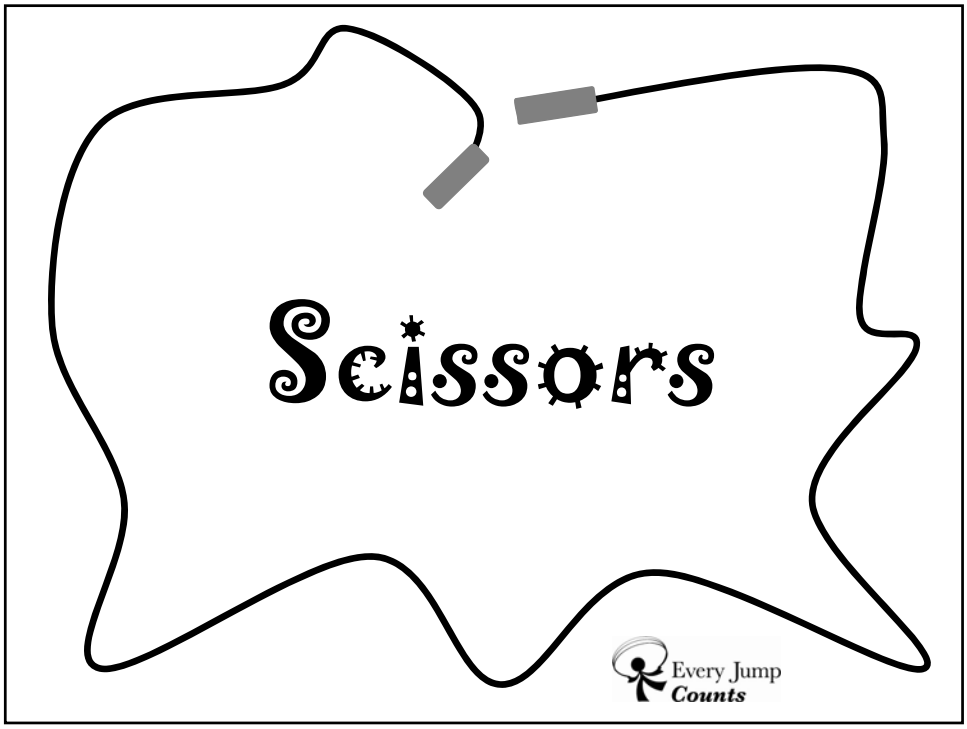
Every Jump Counts

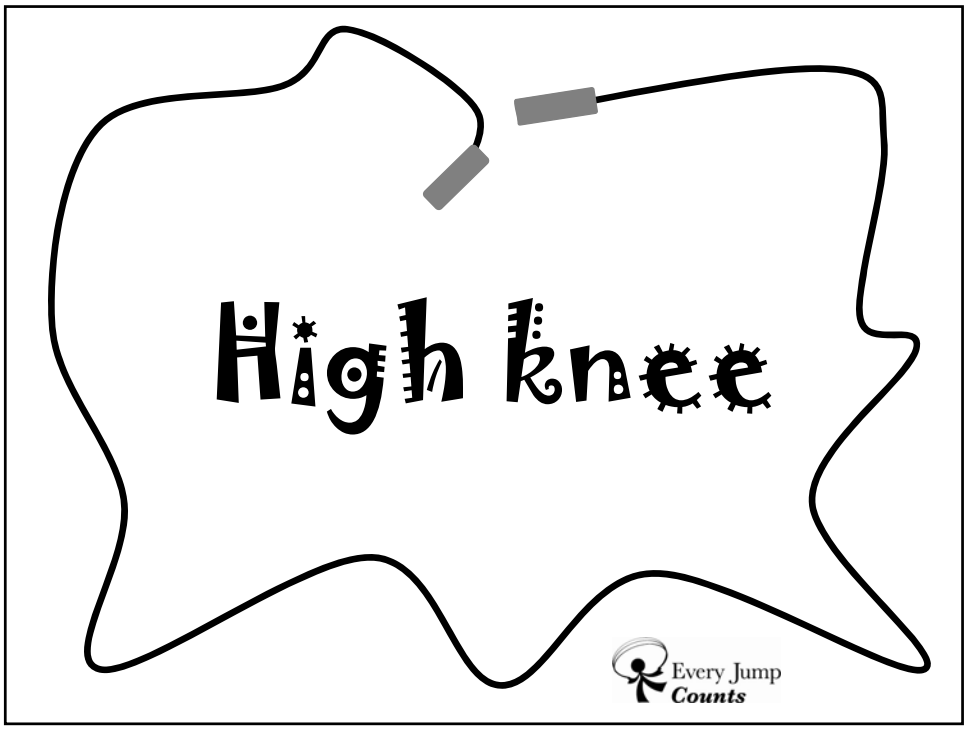

Toe to Toe
Every Jump
Counts

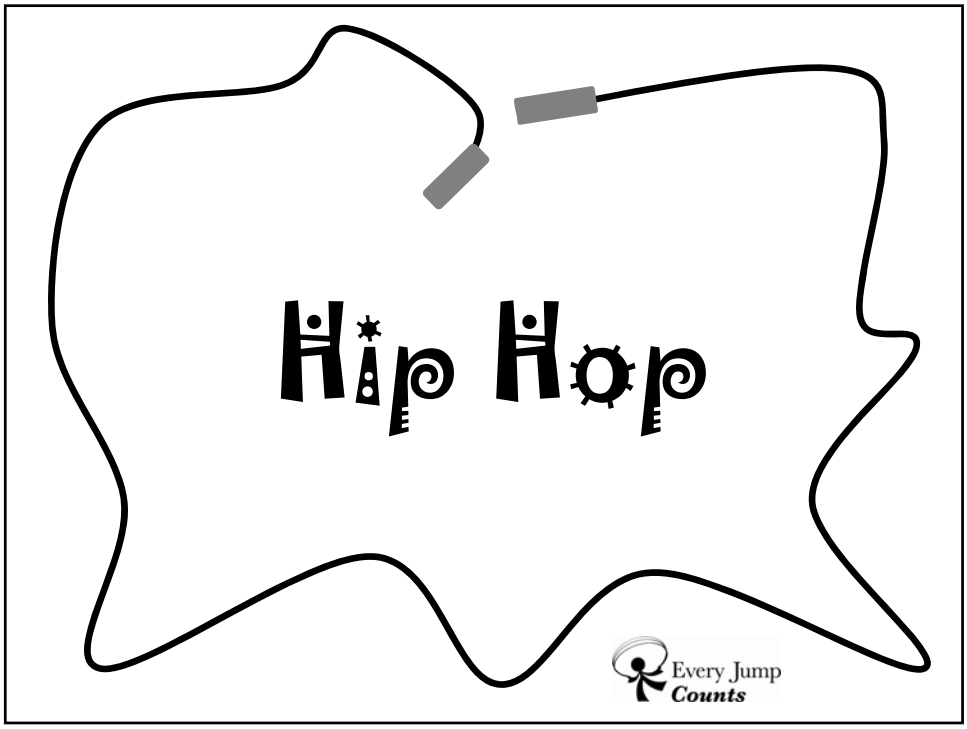

Side Straddle
Every Jump
Counts

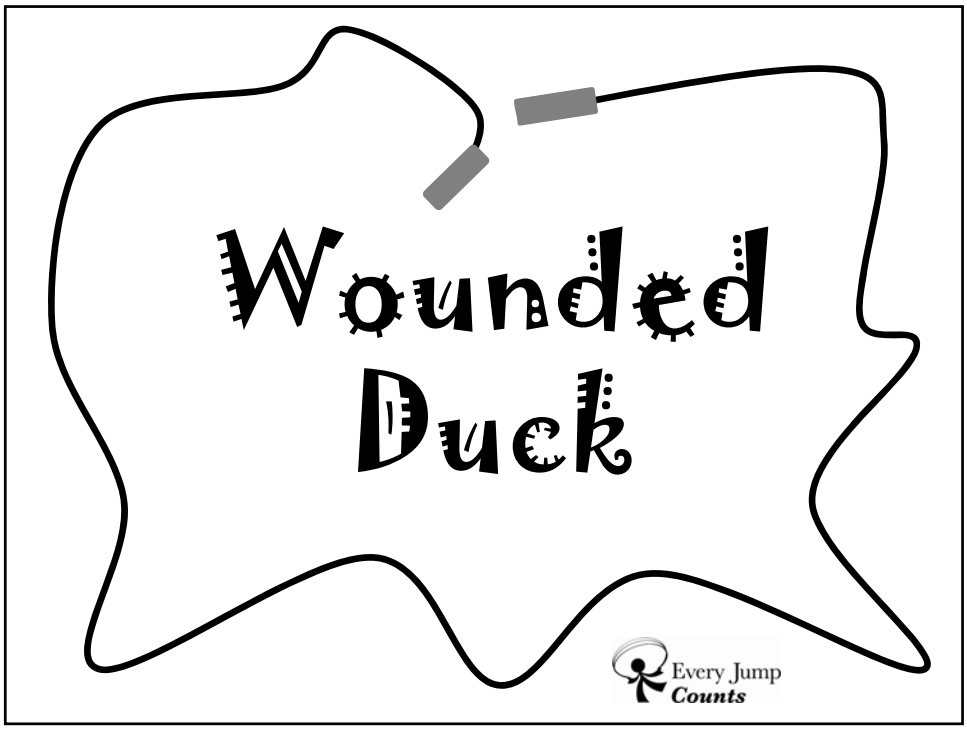

X- Foot Cross
Every Jump
Counts

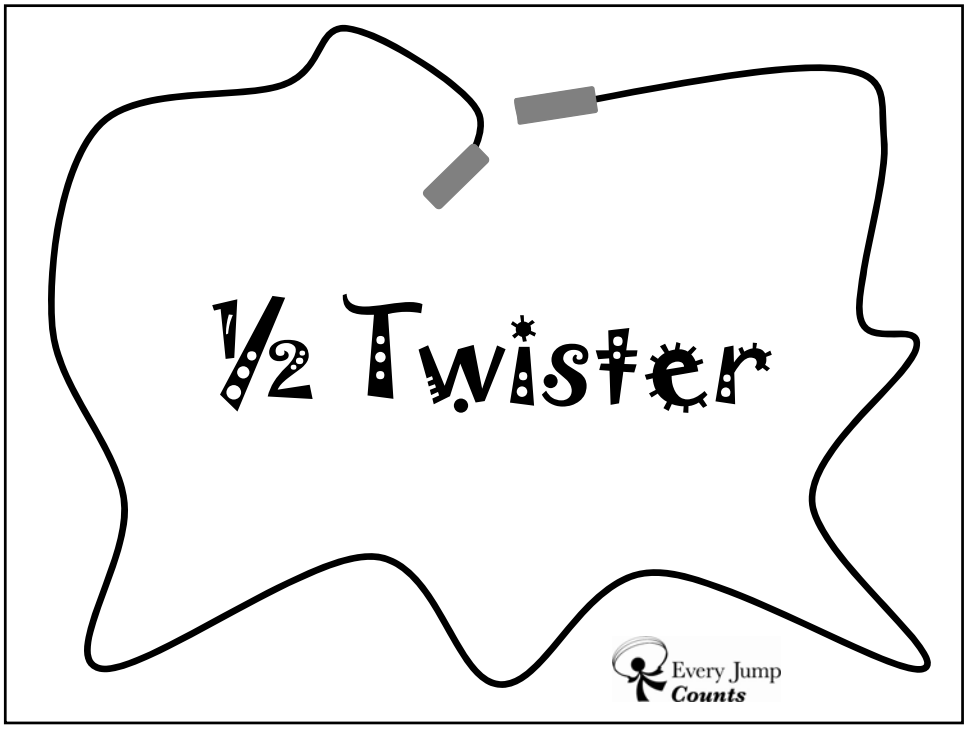

Rocker
Every Jump
Counts

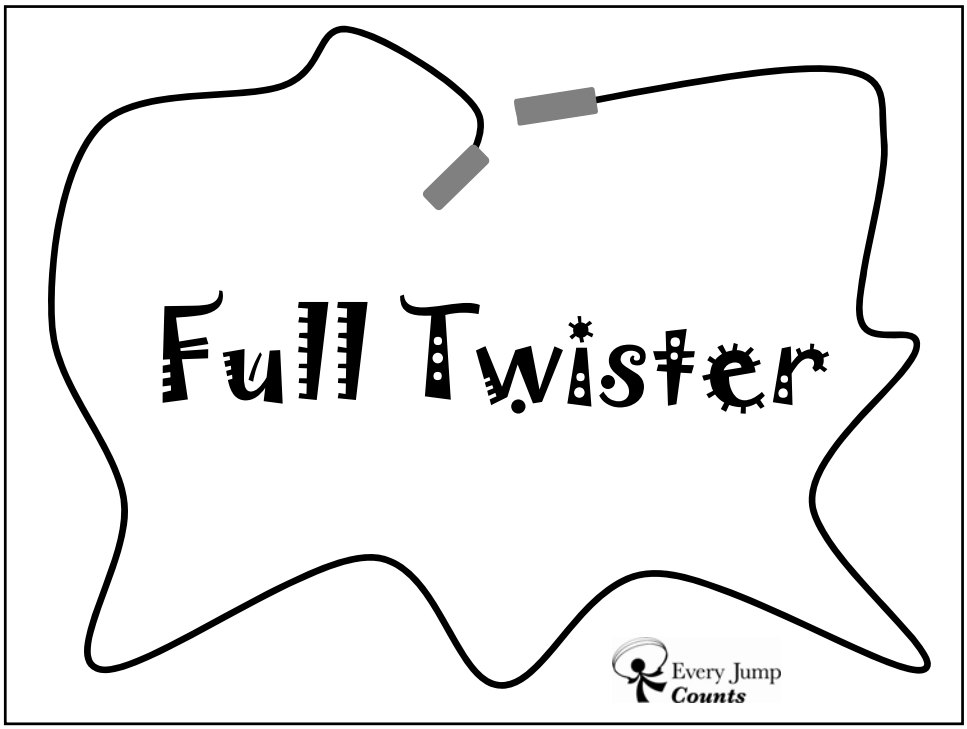

Scissors
Every Jump
Counts

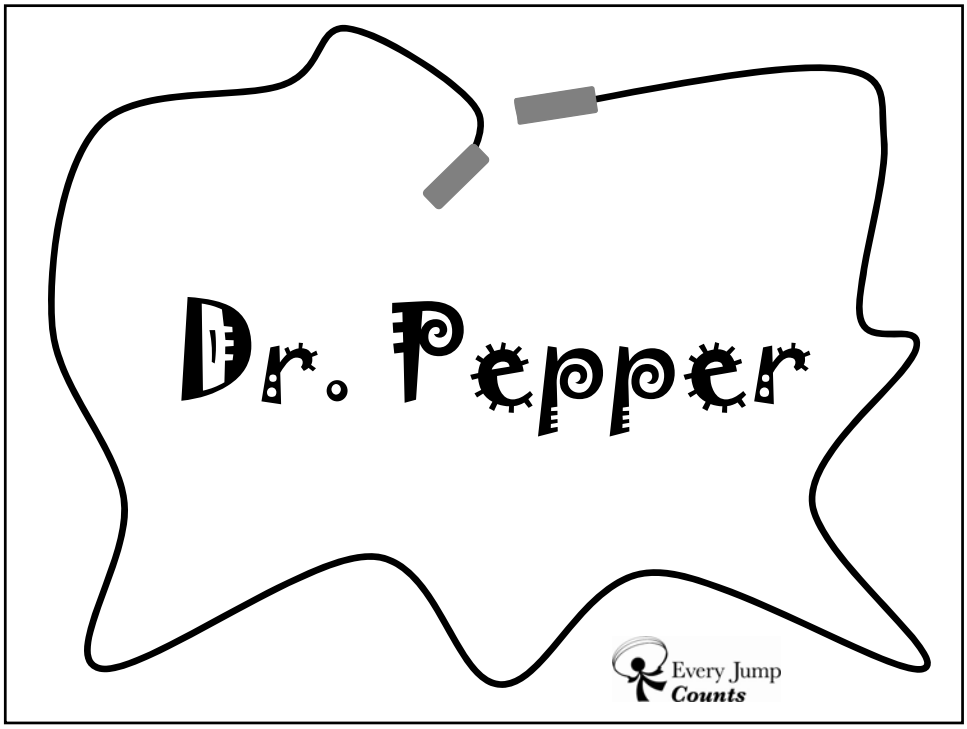

High knee
Every Jump
Counts

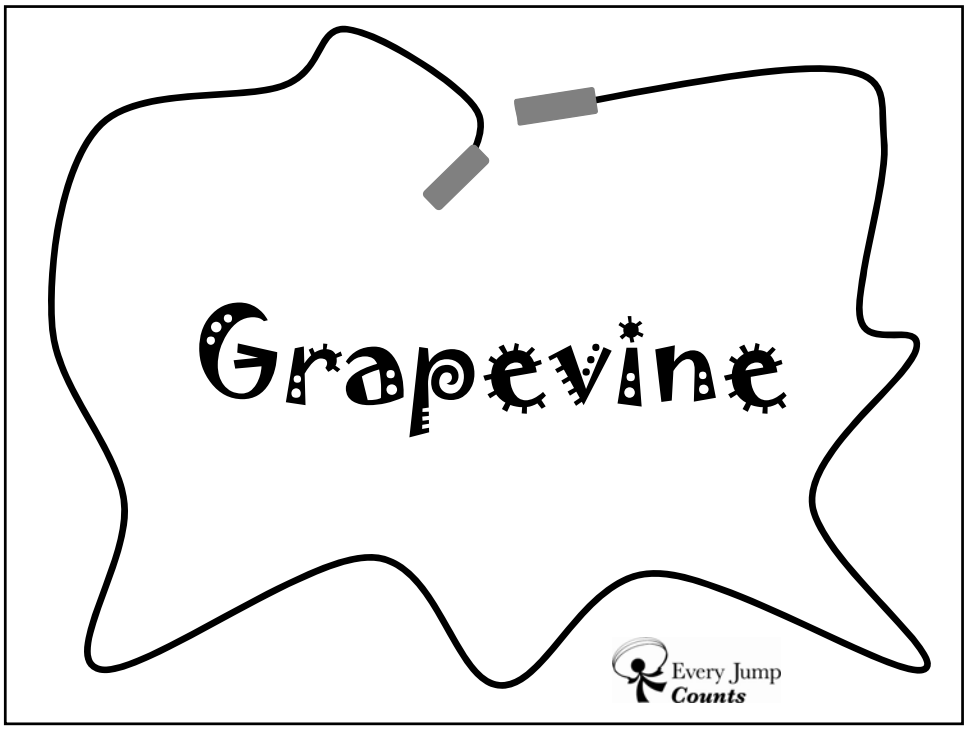

Hip Hop
Every Jump
Counts

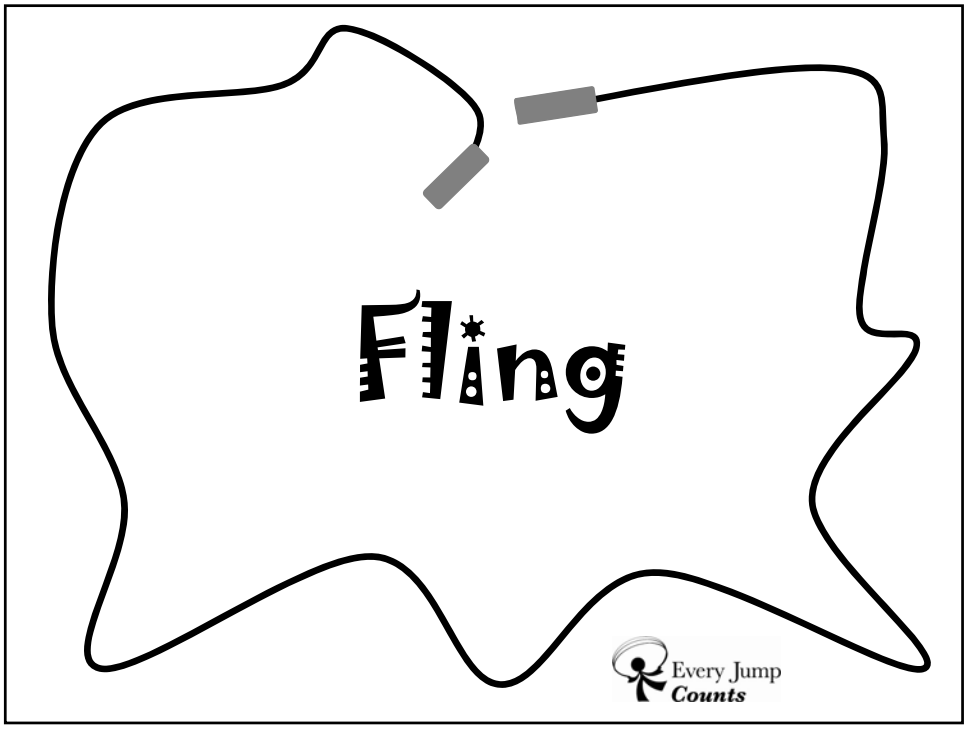

Wounded
Duck
Every Jump
Counts

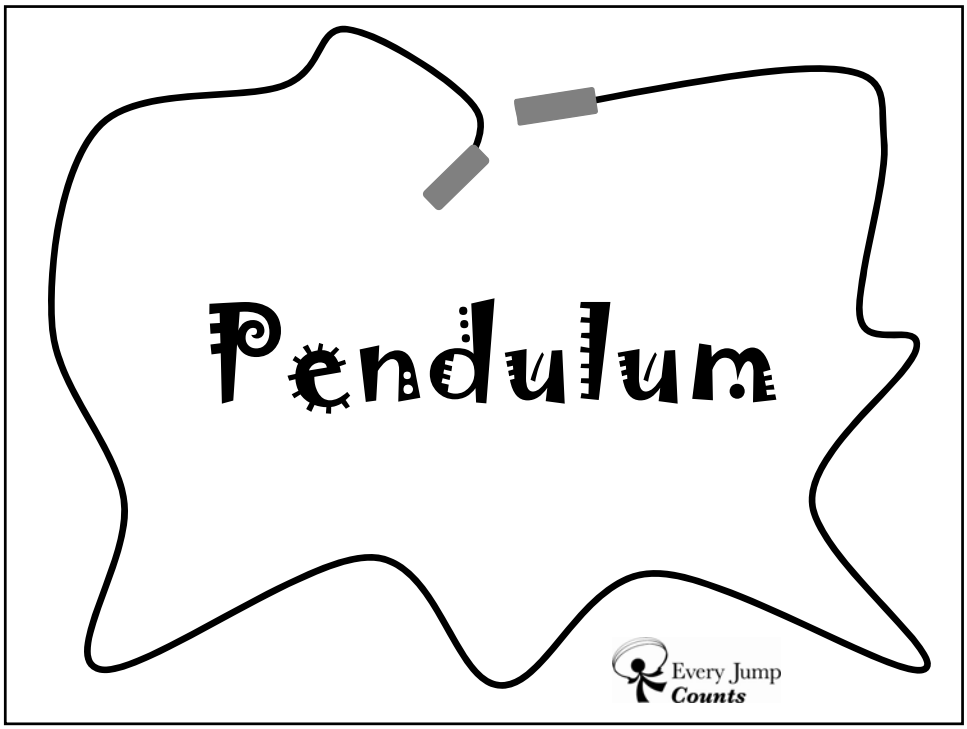

½ Twister
Every Jump
Counts

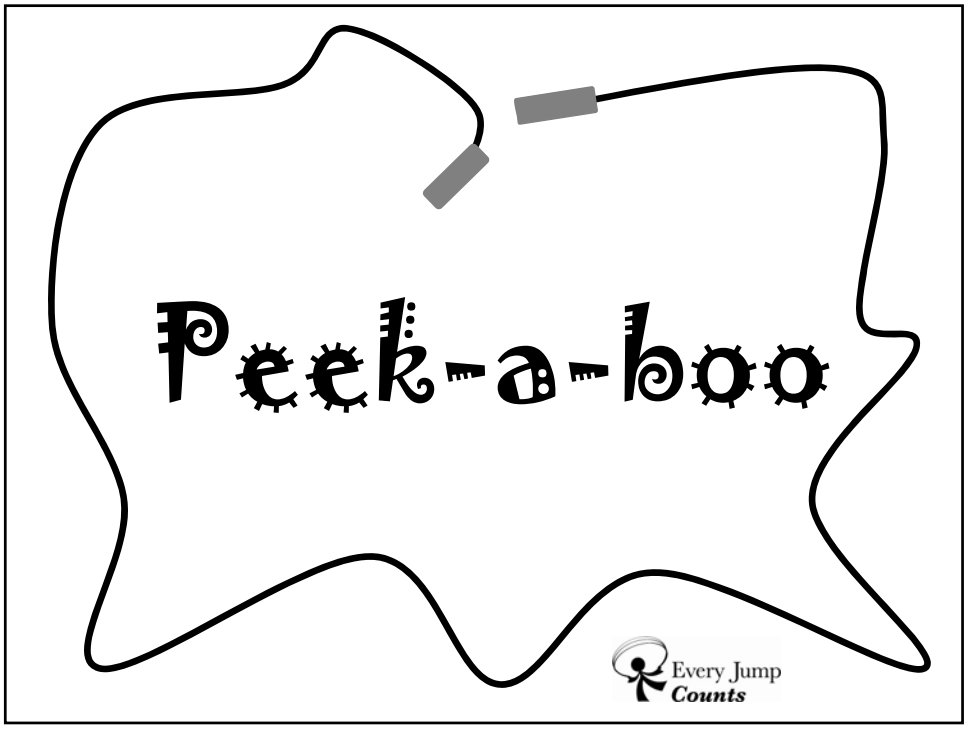

Full Twister
Every Jump
Counts

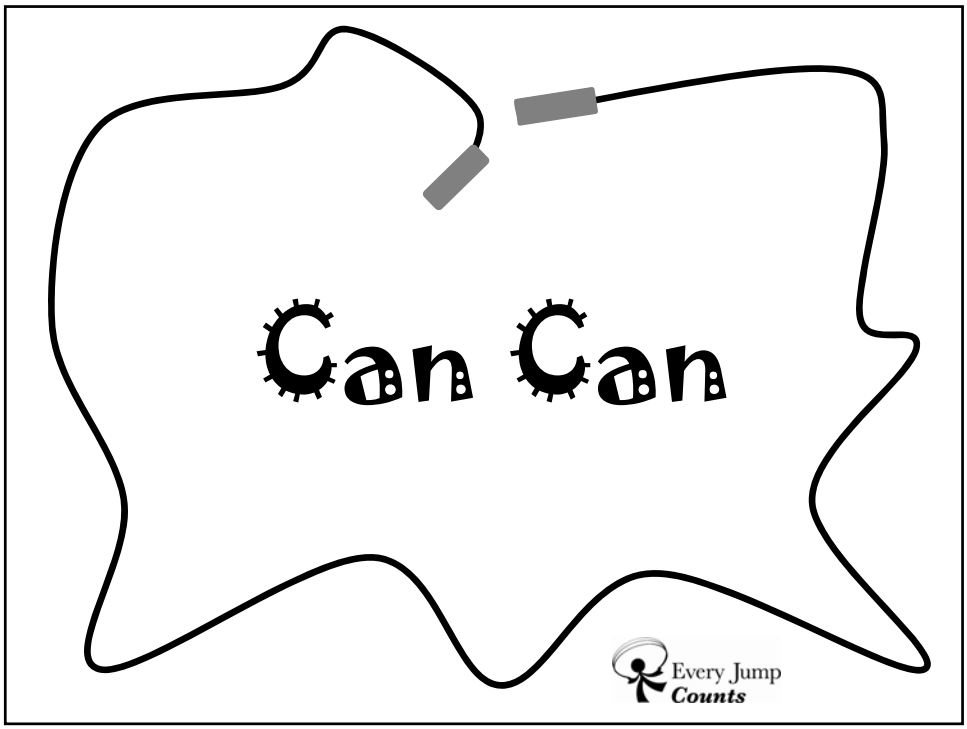

Dr. Pepper
Every Jump
Counts

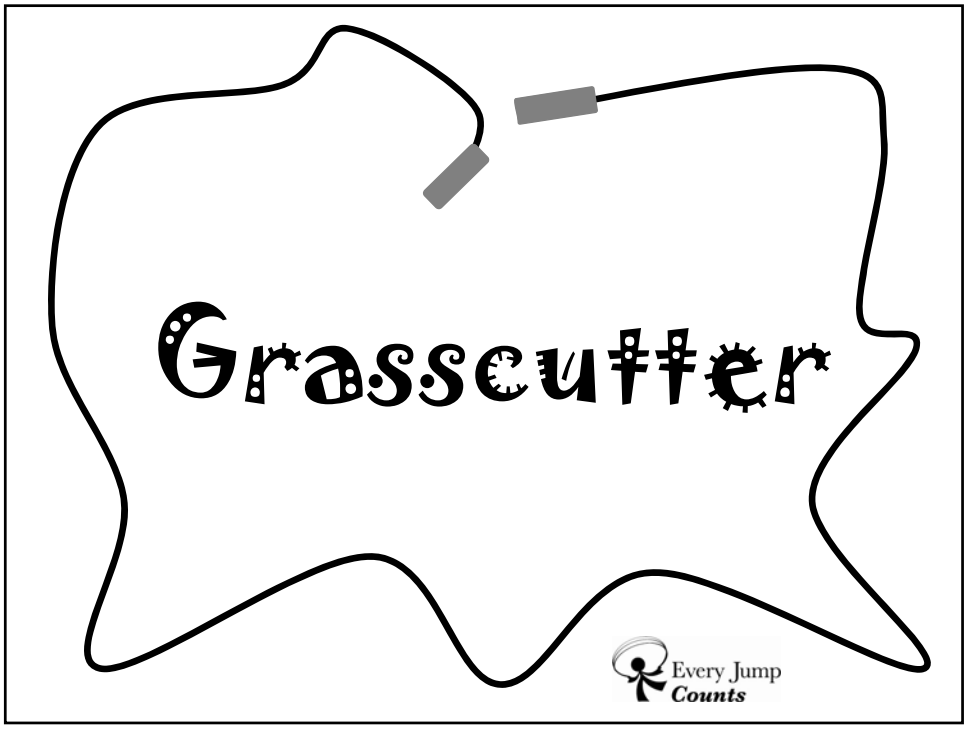

Grapevine
Every Jump
Counts

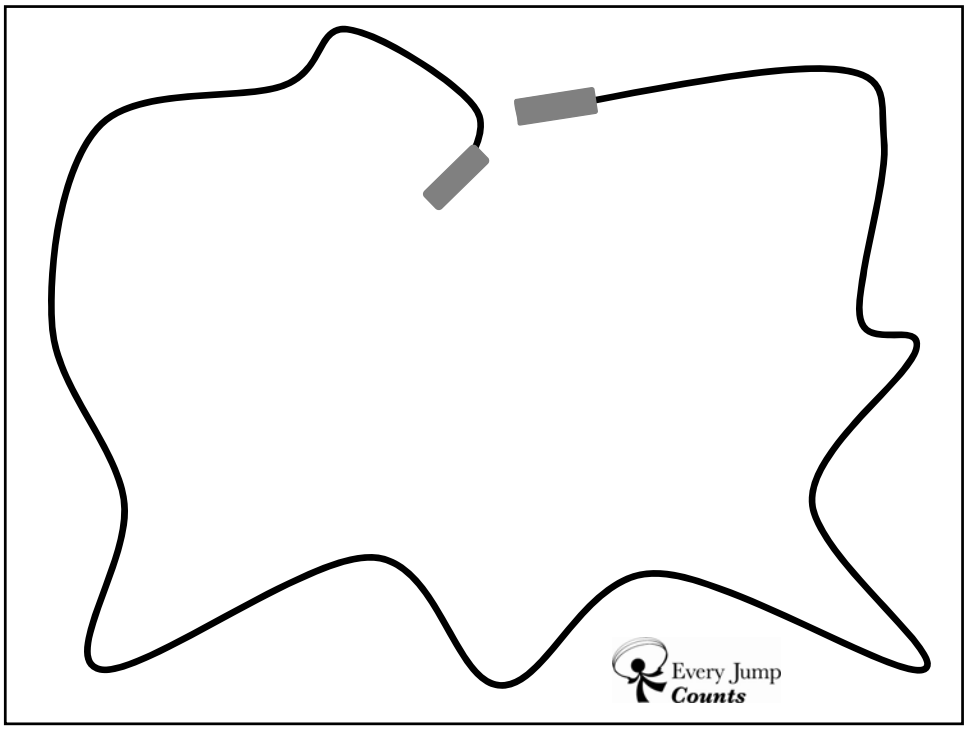

Fling
Every Jump
Counts

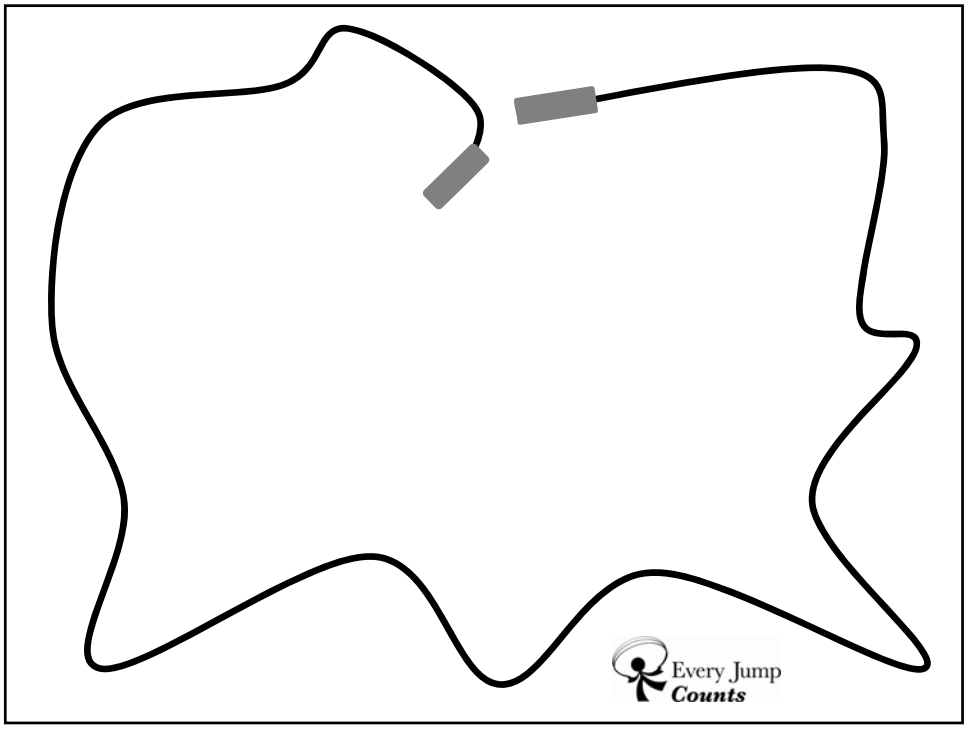

Pendulum
Every Jump
Counts


Peek-a-boo
Every Jump
Counts


Can Can
Every Jump
Counts


Grasscutter
Every Jump
Counts


Every Jump
Counts


Every Jump
Counts