

JUMP ROPE MOVE DESCRIPTIONS

The jump rope moves below are to represent many different jump rope levels. Designated to the right of each jump rope is a Beginner Level 1(B1), Beginner Level 2 (B2), Intermediate (I)

Level	Jump Rope Move	Description
B1	Alternating foot	Jump while alternating feet similar to jogging in place
I	Backward Cross	Jump while crossing the rope backwards. Make sure to keep hands outside of the hips.
B2	Backward Jumping	While turning the rope backwards, jump with both feet together
B1	Bell	Feet are together, jump forward and then jump backward
I	Bottom's up	Sit on the ground with legs straight out. Swing the rope above the head and then swing the rope under your legs and glutes while lifting entire body off the ground.
I	Can Can	Jump on left foot and lift right leg to form a high knee. The jump on left foot and kick right foot forward. Alternate legs.
B2	Continuous Crossover	Arms cross in front of the body and stay crossed with each jump.
B2	Crossover	Arms cross in front of body, then jump with feet together, then uncross arms and jump. Continue the pattern.
I	Double Under	The rope swings under your feet twice before you jump again.
B2	Dr. Pepper	Jump with feet together. Imagine a clock. Jump to ten o'clock, then back to center, then to two o'clock and then back to center then four o'clock and back to center
I	Fling	Hop on left foot. Cross right foot in front of left knee, then kick right foot out to side, then cross right foot behind left knee. Alternate legs and repeat sequence.
B2	Forward Shuffle	Jump while shuffling feet and moving forward
B2	Full Turn	Jump the rope with both feet together as you make a full 360 degree turn
B2	Full Twister	Feet are together. Jump with toes pointing to the right (about 2 o'clock) then jump with toes pointing to the left (about 10 o'clock).
I	Grapevine	Step to the side with the right foot, cross the left foot behind the right foot, step to the side with the right foot, cross the left foot in front of the right foot. Then go to the left completing the same sequence
B2	Grasscutter	Hold both handles of the rope with one hand and turn rope on the ground while jumping over the rope alternating feet
B2	Half Twister	Feet are together. Jump with toes facing the right (2 o'clock) then toes facing straight (12 o'clock) ahead then toes pointing to the left (10 o'clock)
B2	Heel to Heel	Jump with feet together. Alternate right heel forward then left heel forward
B2	Heel to Toe	Jump with right heel in front of body then right toe behind body. Then jump with left heel in front then left toe behind the body
B2	High knee	Jump on left foot and raise right knee, then switch, jump right foot and left knee raised.
I	Hip Hop	Jump with feet in straddle position, lift right foot behind the body, jump on right foot and lift left foot behind body. (Similar to a glute kick)
I	Leg over	Jump with feet together. Jump and left hand goes under left knee. Continue to jump. Slide left hand to the side and begin a side swing.
B1	One foot hop	Jump on one foot with other foot bent behind body
B2	Peek-a-boo	This is a non rhythmic jump. Jump on left foot and the right foot touches the ground. Alternate sides. The cues are jump then touch.
B2	Pendulum	Jump on the right foot while the left leg forms a 45 angle to the body. Alternate legs.
I	Ribbet	Jump in a squat position (knees bent close to the floor) while turning the rope. You look like a frog
B2	Rocker	Split feet – the left foot is at 12 o'clock, and right foot is at 6 o'clock. Jump to the foot at 12 o'clock then jump to the 6 o'clock. Alternate legs.
I	Rocker plus	Jump and step to the right with the right foot, jump and cross the left foot behind the right foot, jump and step back on right foot, jump and step to the left with the left foot, jump and cross the right foot behind the left foot, jump and step back on the left foot. Repeat.
B2	Running in place	Jump while running in place. (Alternating foot step)
B2	Scissors	Jump with one foot at 12 o'clock and one foot at 6 o'clock. Switch feet with each jump.
B1	Skier	Feet are together, jump side to side (3 o'clock and 9 o'clock)
B1	Side Straddle	Feet jump together then feet jump apart (one foot at 9 o'clock and one foot at 3 o'clock)
B1	Side swing to jump	Swing the rope to one side of body one revolution then jump over the rope. Switch sides.
B2	Toe to Toe	Jump with feet together. Jump and alternate right toe then left toe
B1	Two foot hop	Jump with both feet together. Jump only 1-2 inches off the ground.
B2	Wounded Duck	Jump with toes pointed towards each other then jump again and heels are pointed towards each other
B2	X-foot Cross	Jump with feet in straddle position (feet are at 9 o'clock and 3 o'clock). Then jump and cross the right foot in front of the left foot. Jump again and the left foot crosses in front of the right foot.