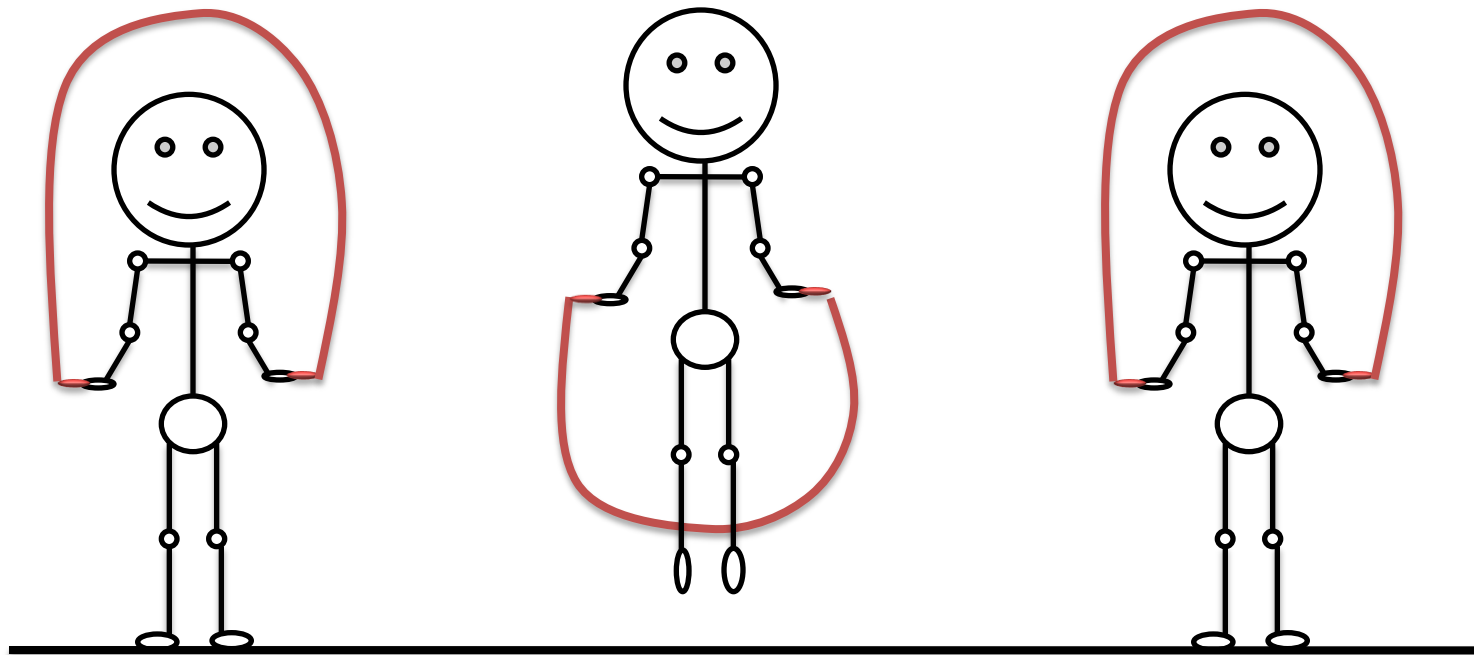


JUMP

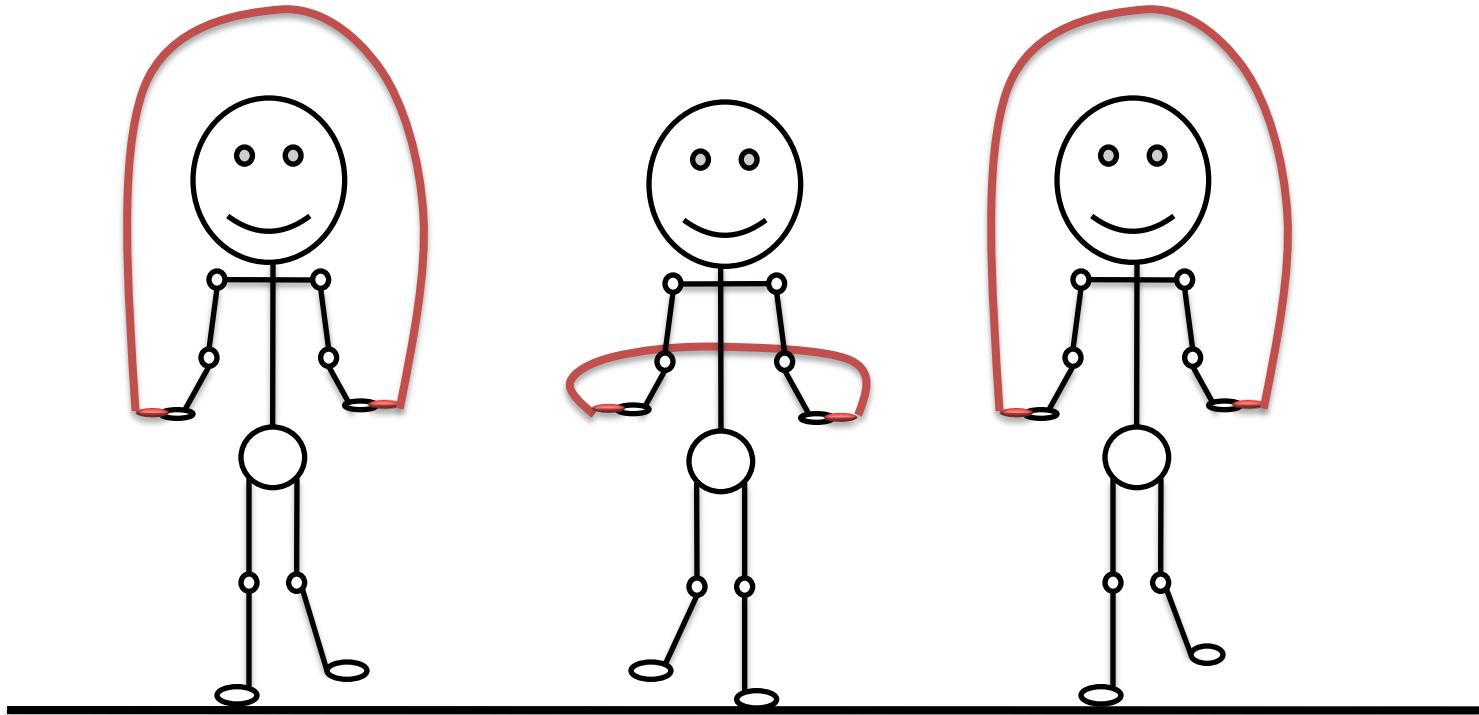
ROPE



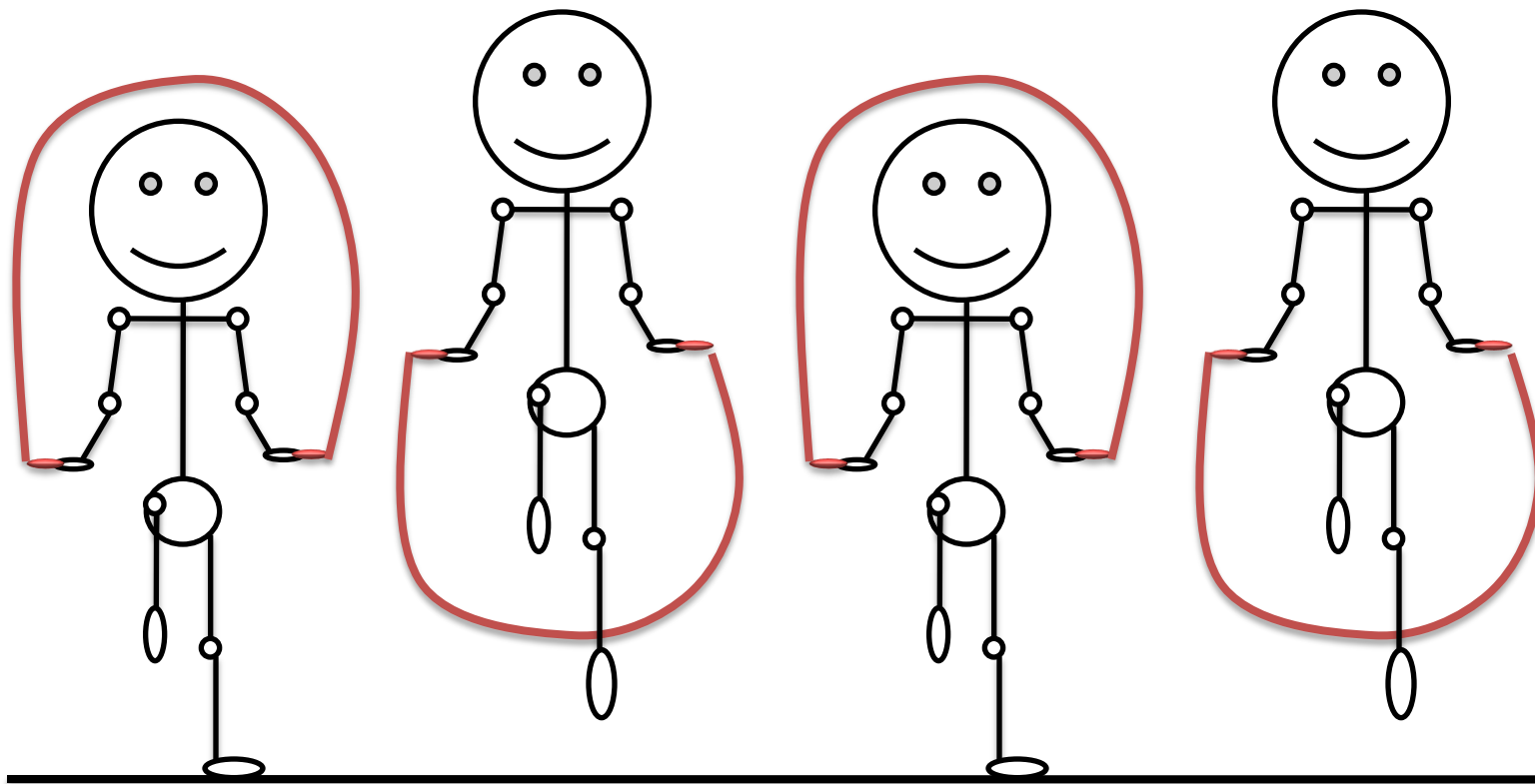
BASIC JUMP



ALTERNATING FOOT

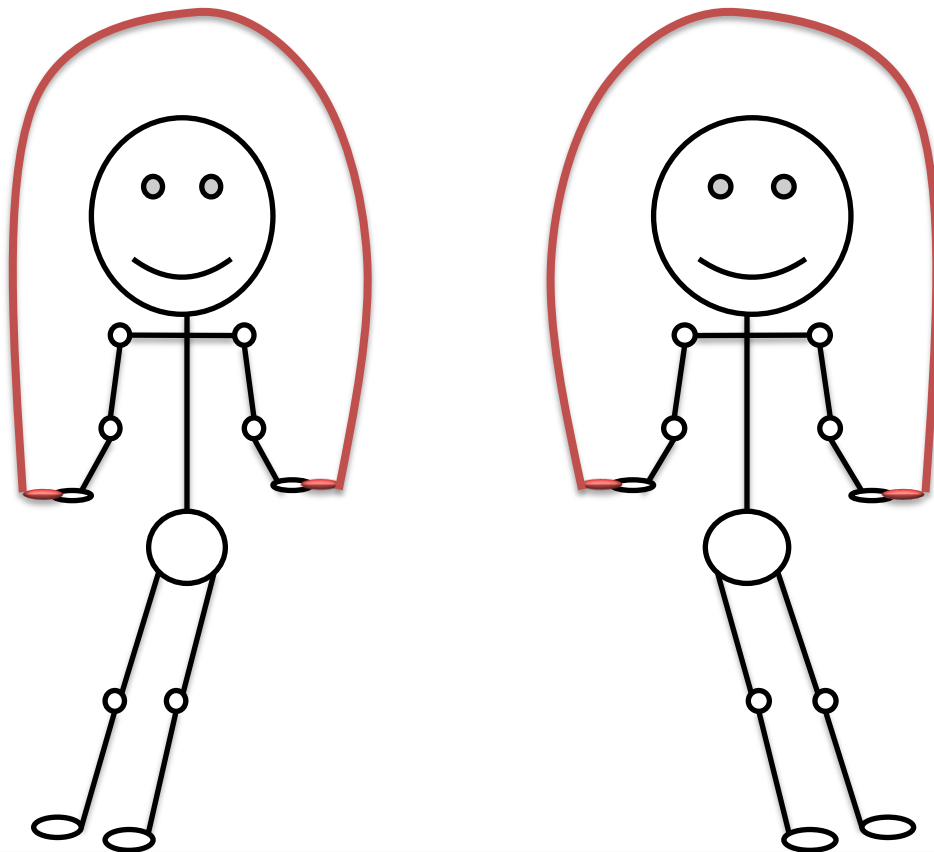


ONE FOOT HOP

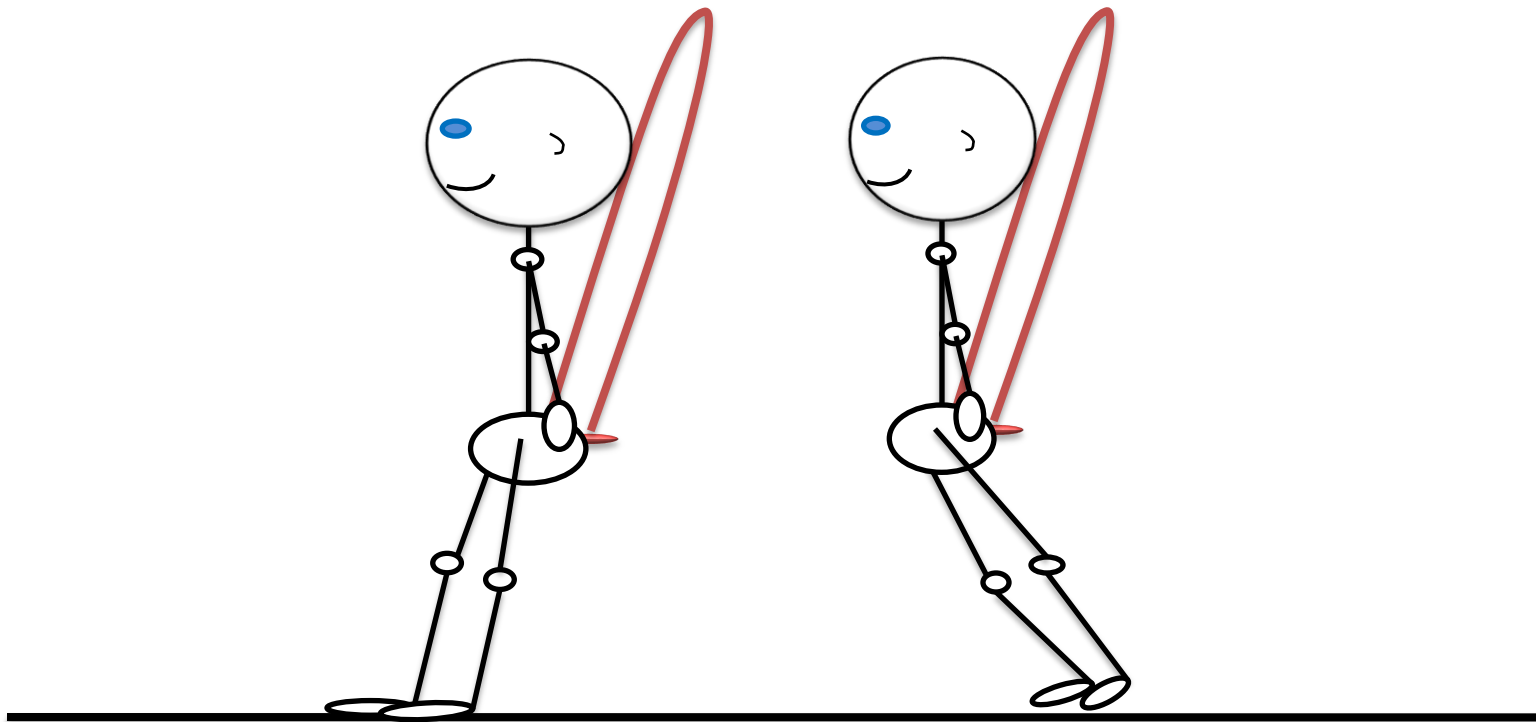


Try right one foot hop and left one foot hop.

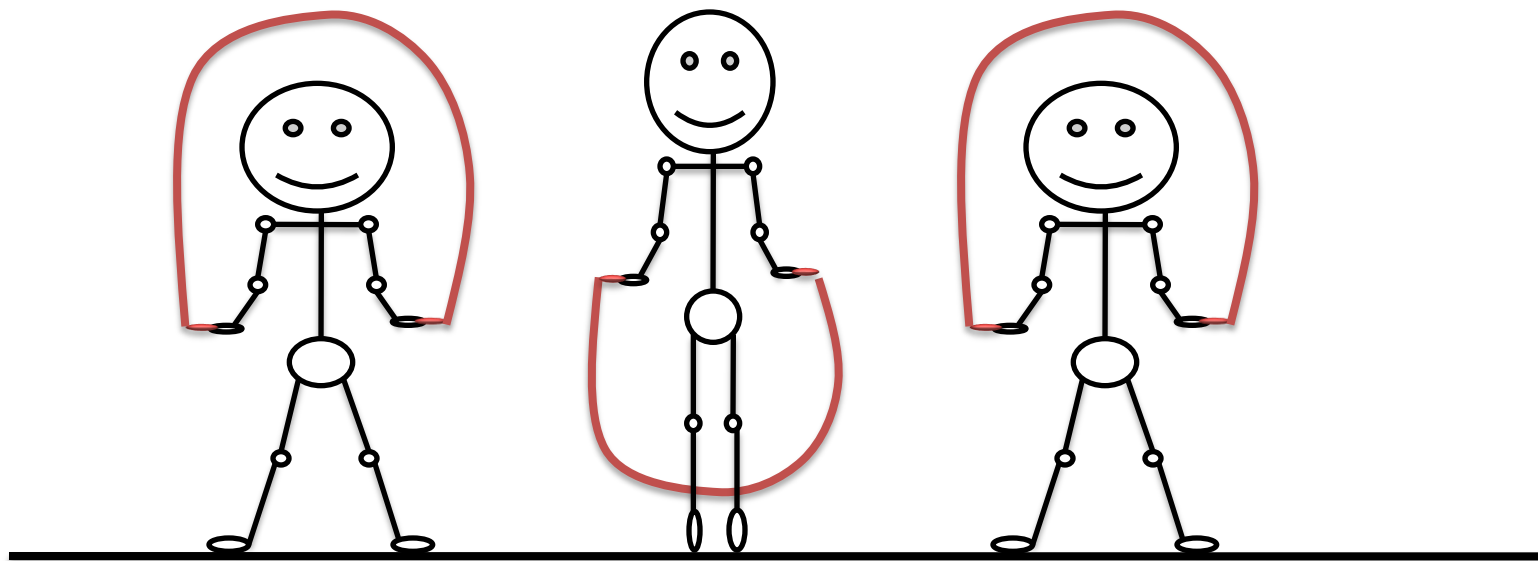
SKIER



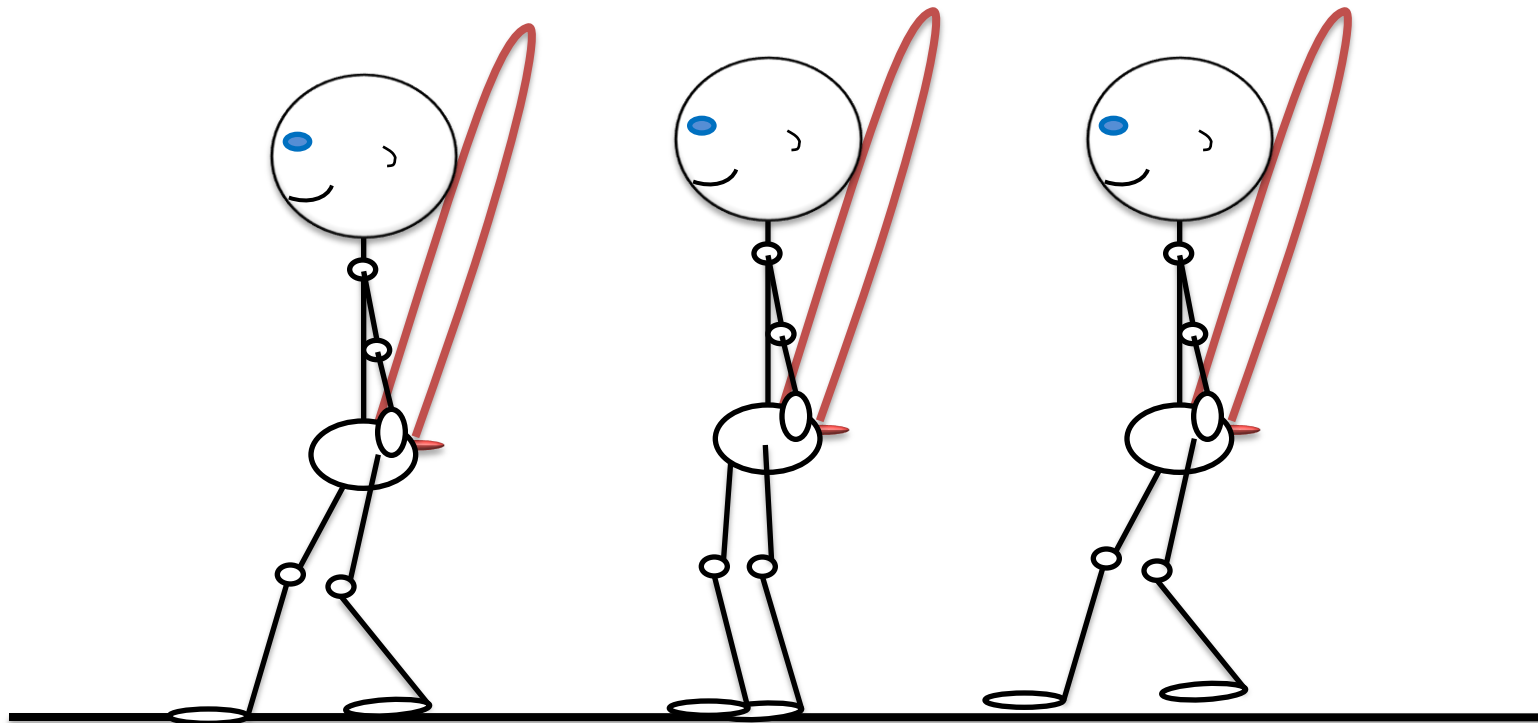
BELL



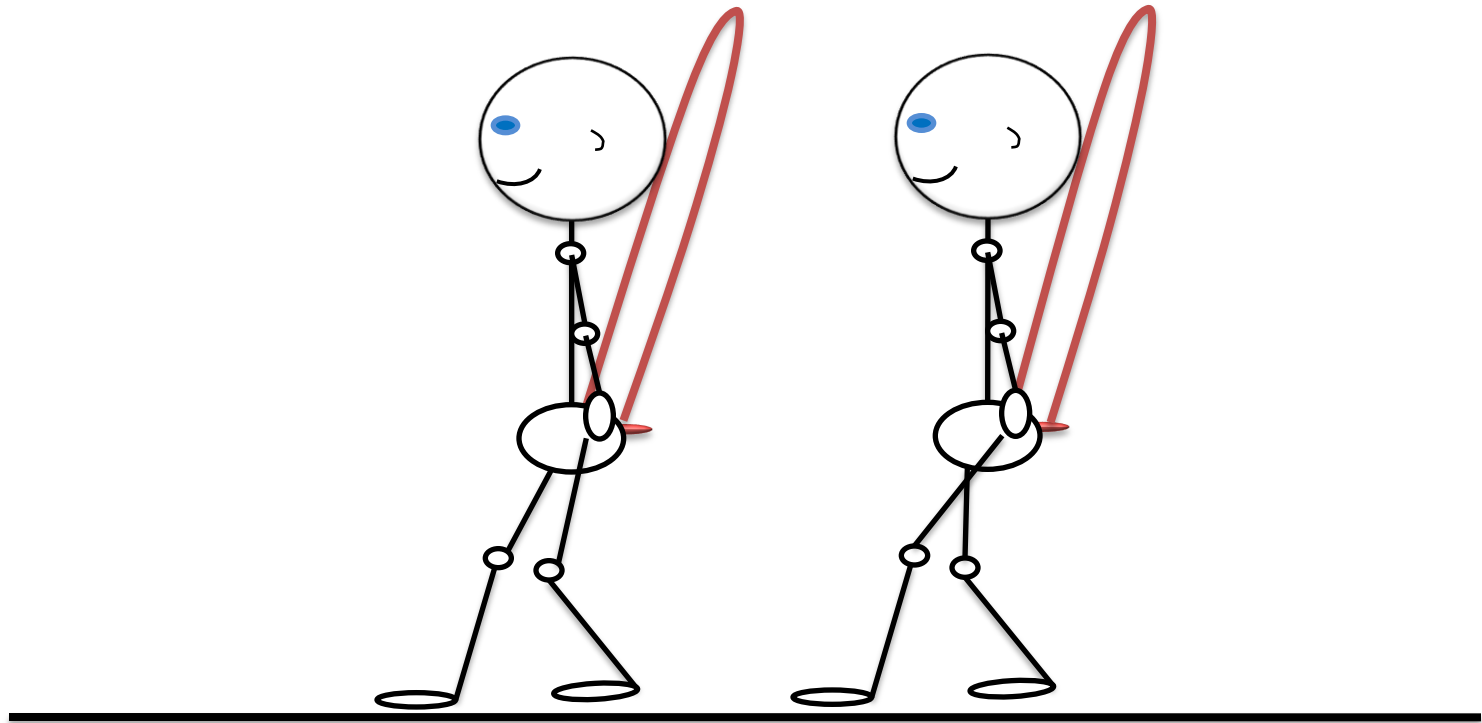
SIDE STRADDLE



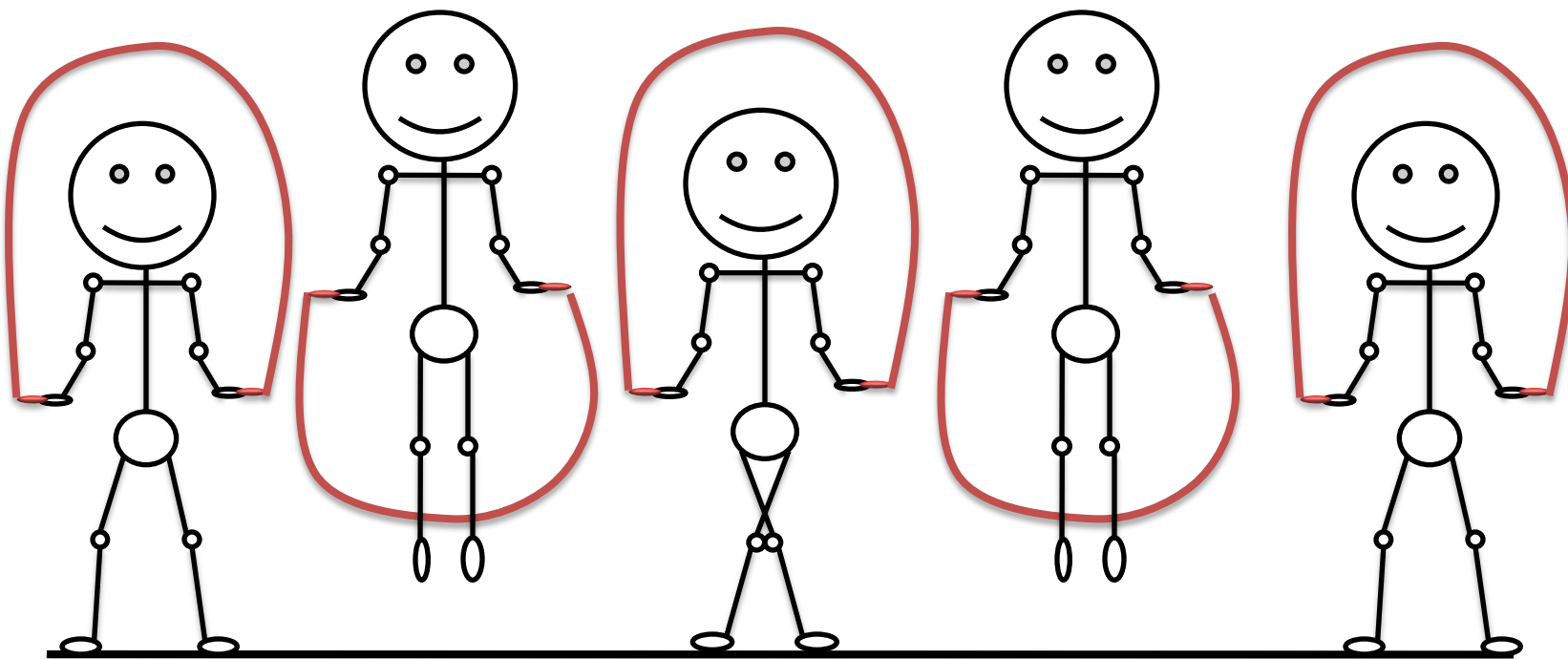
FORWARD STRADDLE



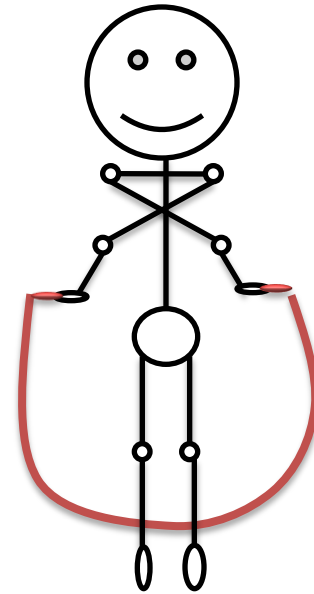
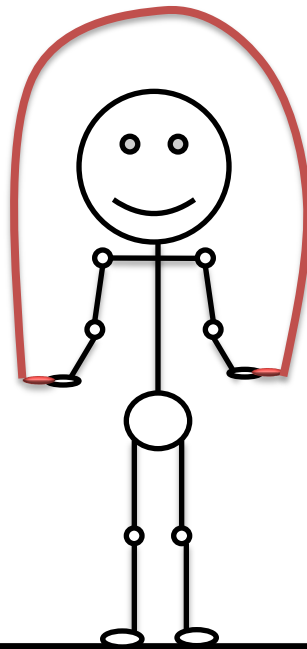
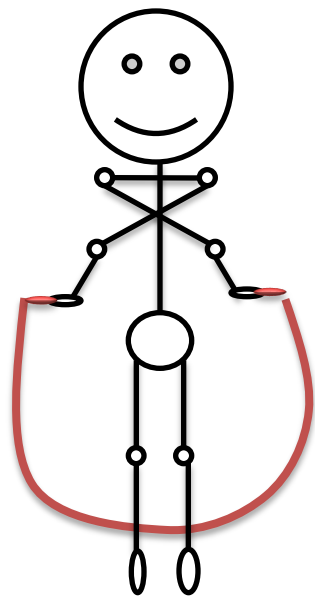
SCISSORS



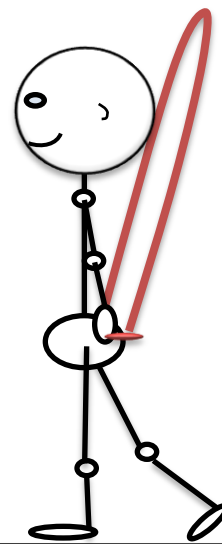
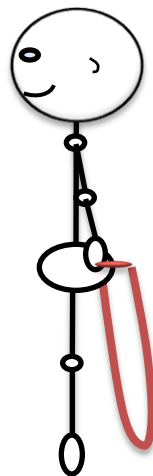
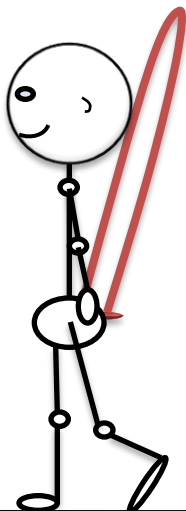
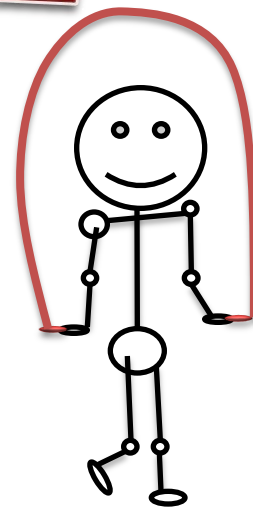
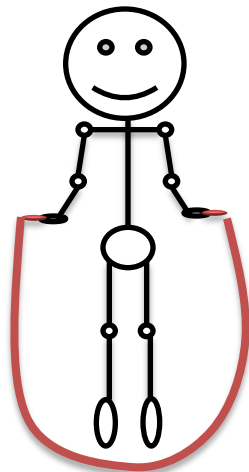
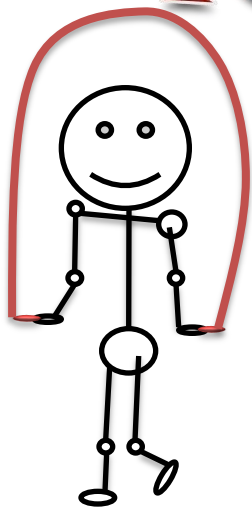
X-CROSS



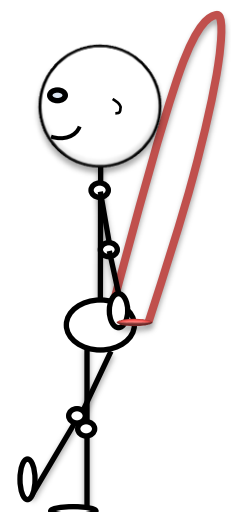
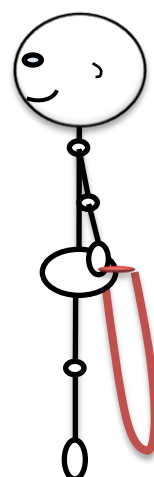
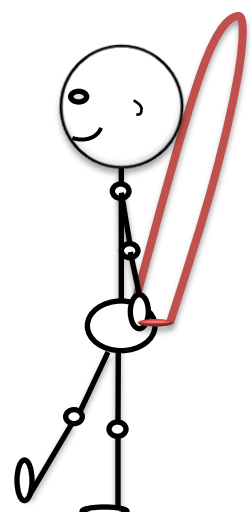
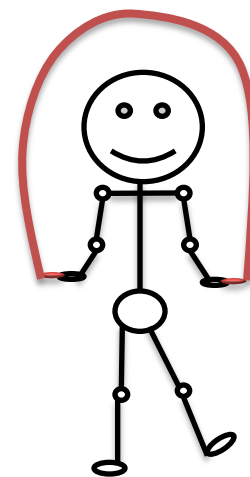
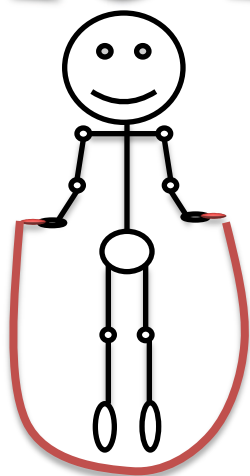
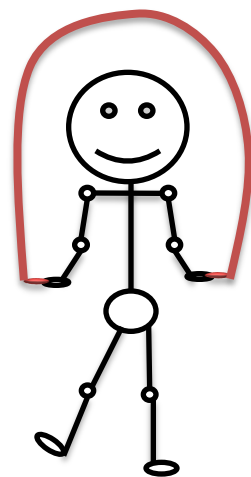
CRISS-CROSS



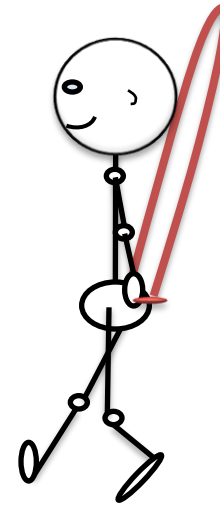
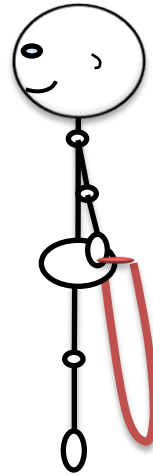
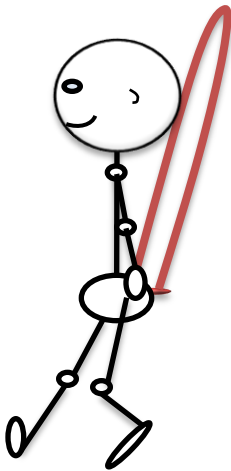
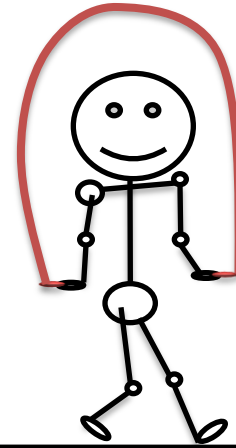
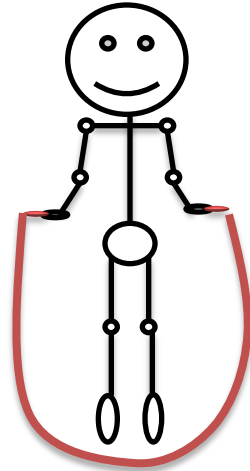
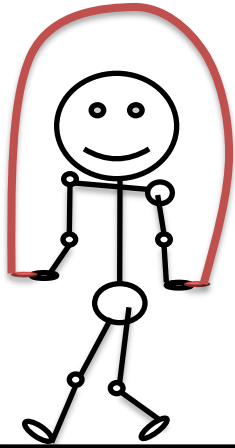
TOE-TO-TOE



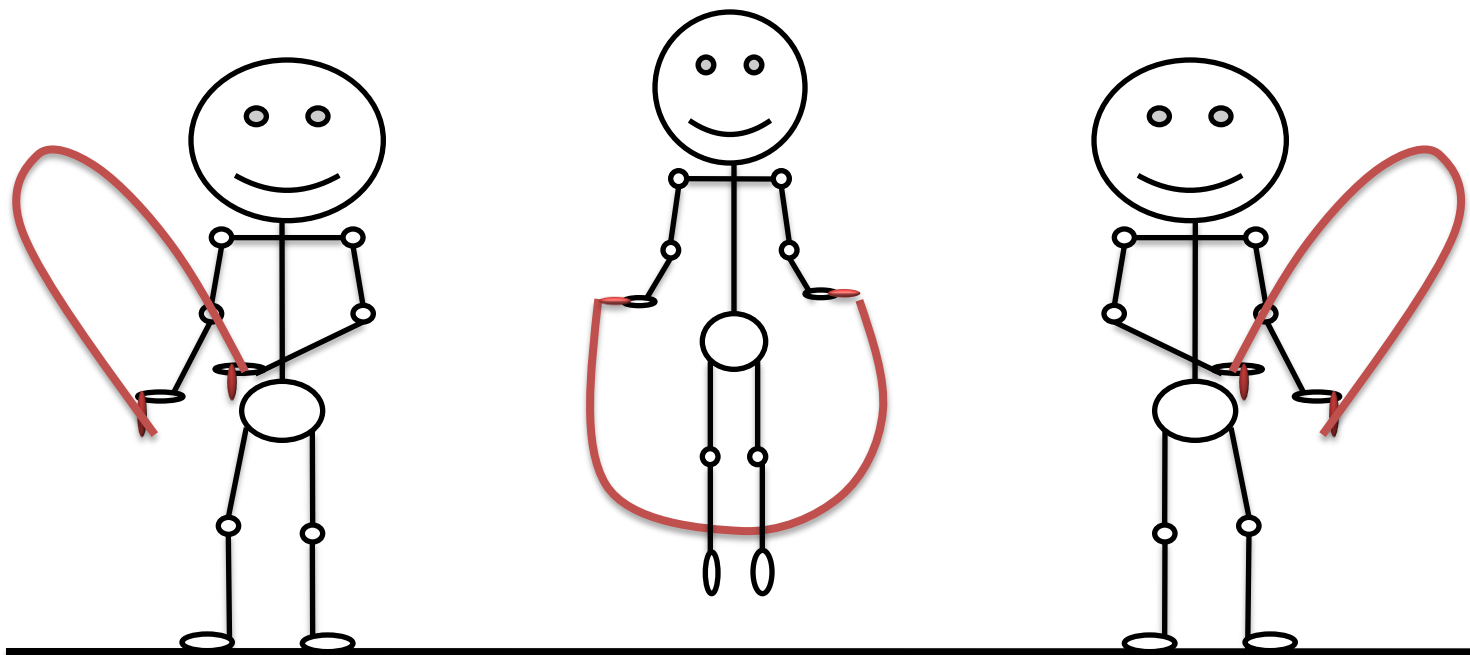
HEEL TO HEEL



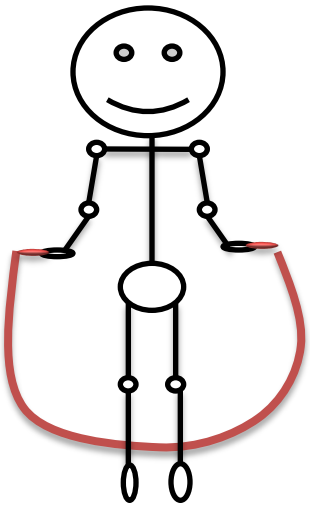
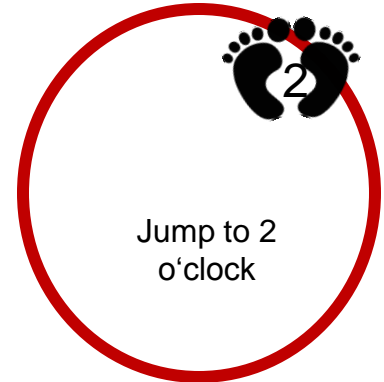
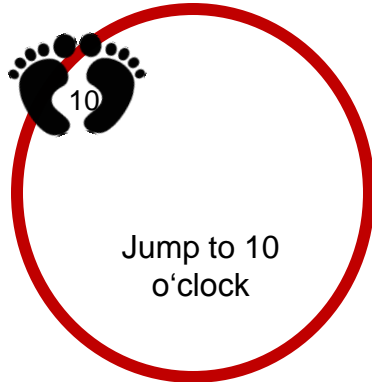
HEEL TO TOE



SIDE SWING to a JUMP



DR. PEPPER

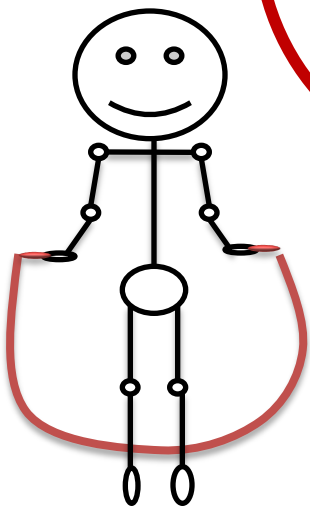


Think of a clock (Jump to 10 o'clock, 2 o'clock, and 4 o'clock)

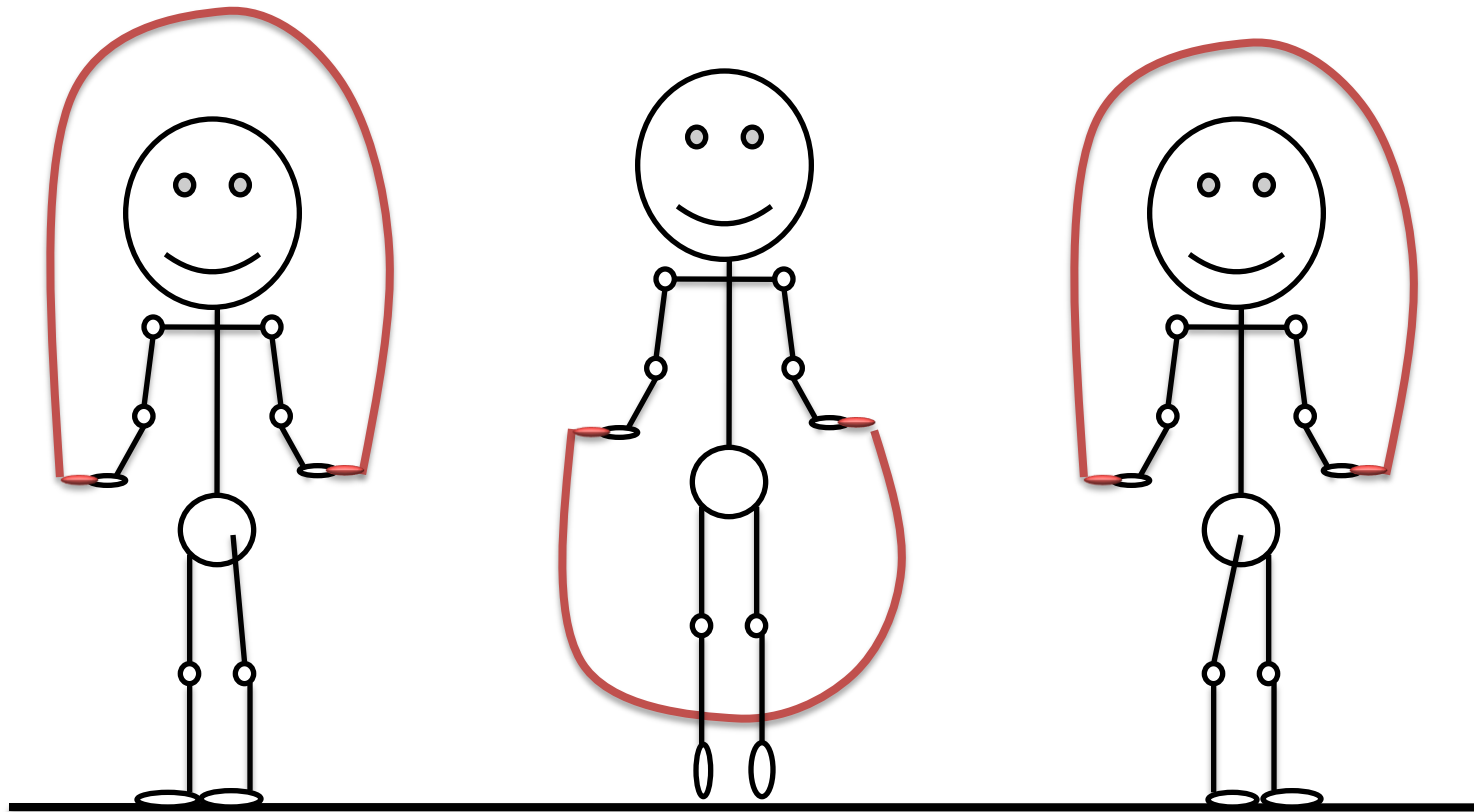
V JUMP



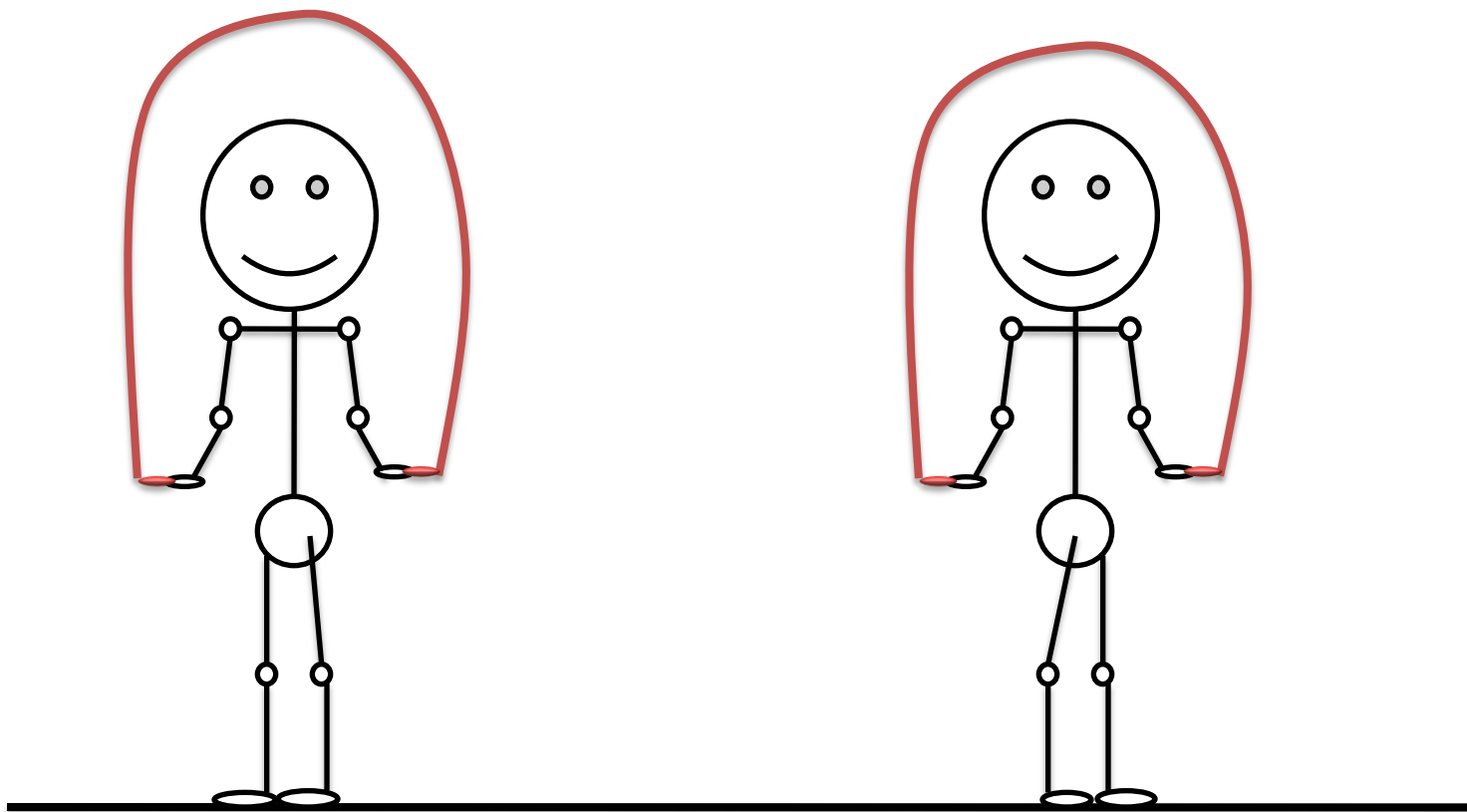
Jump to
10 & 2 o'clock



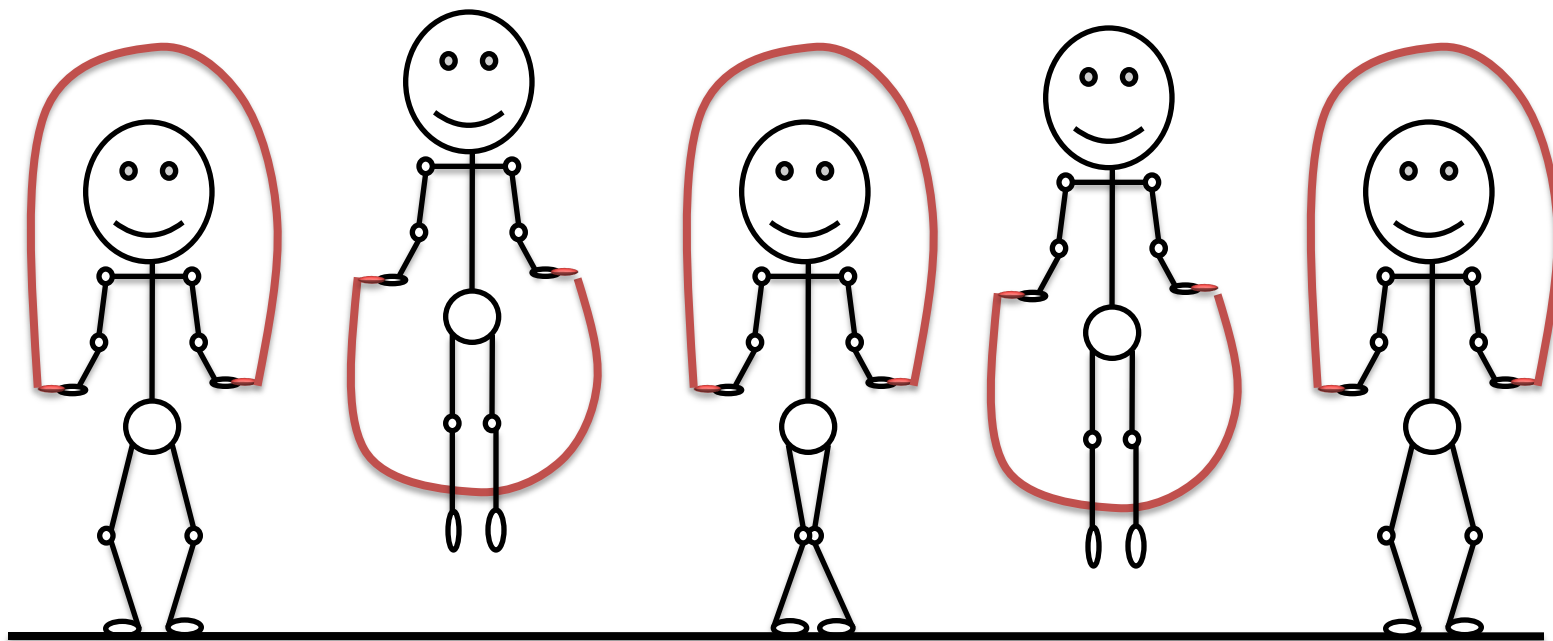
1/2 TWISTER



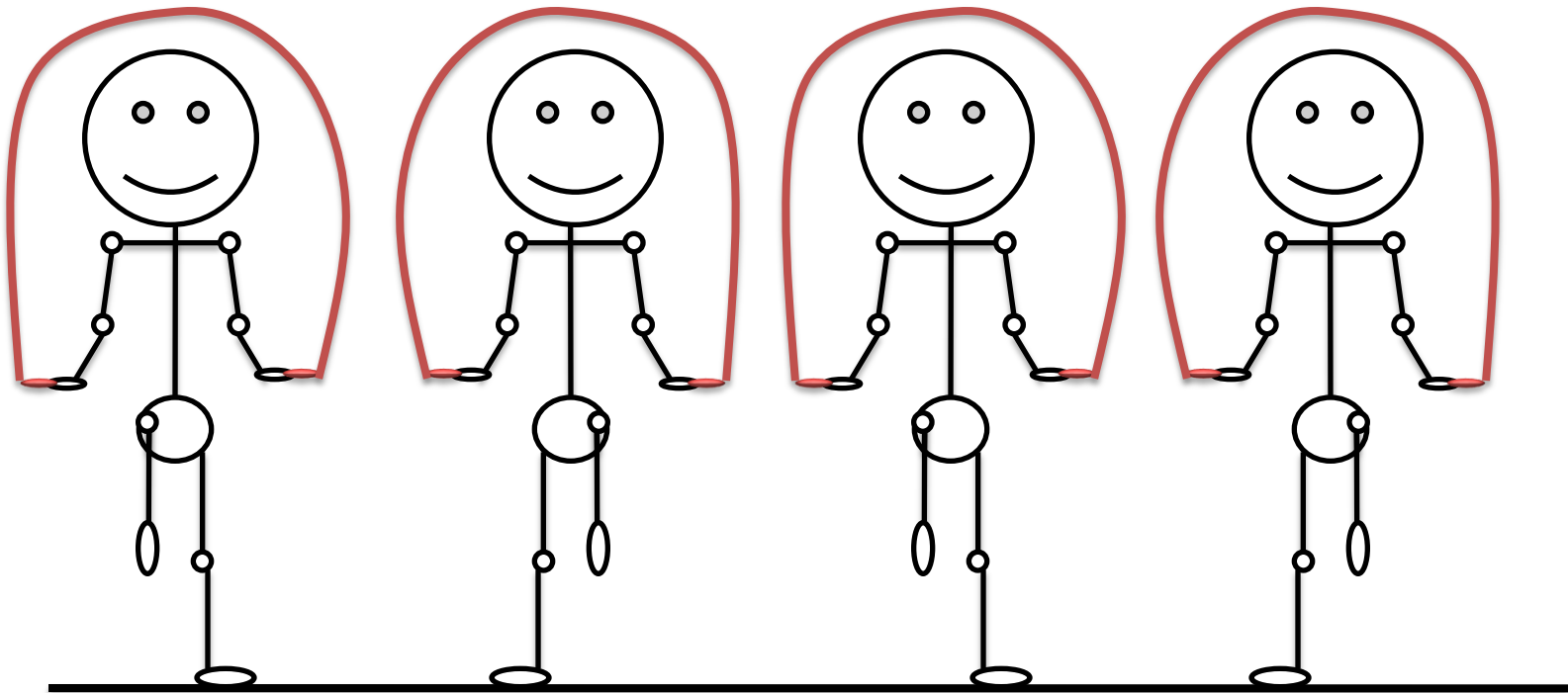
FULL TWISTER



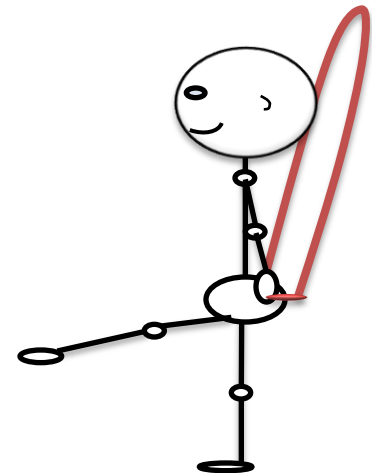
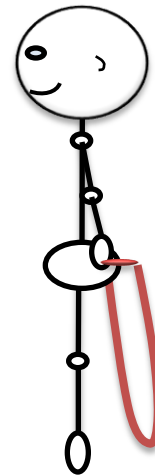
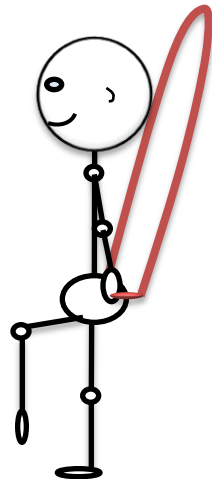
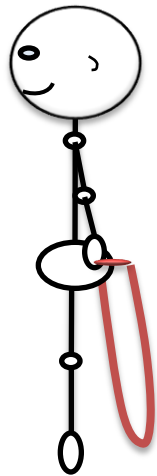
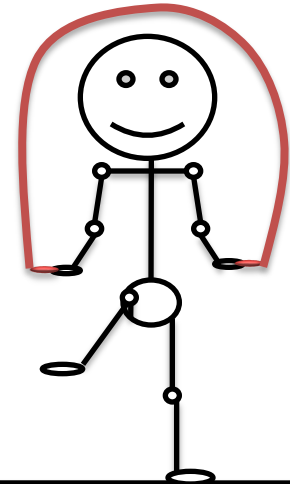
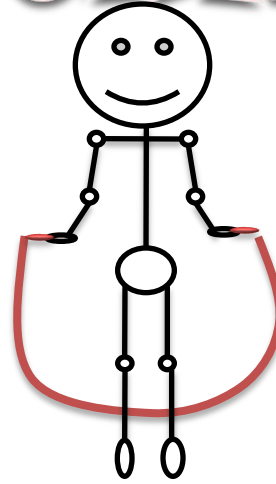
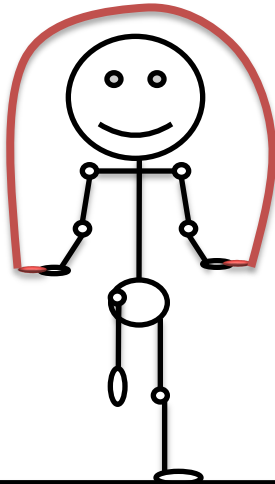
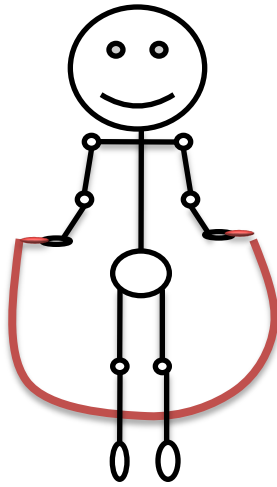
WOUNDED DUCK



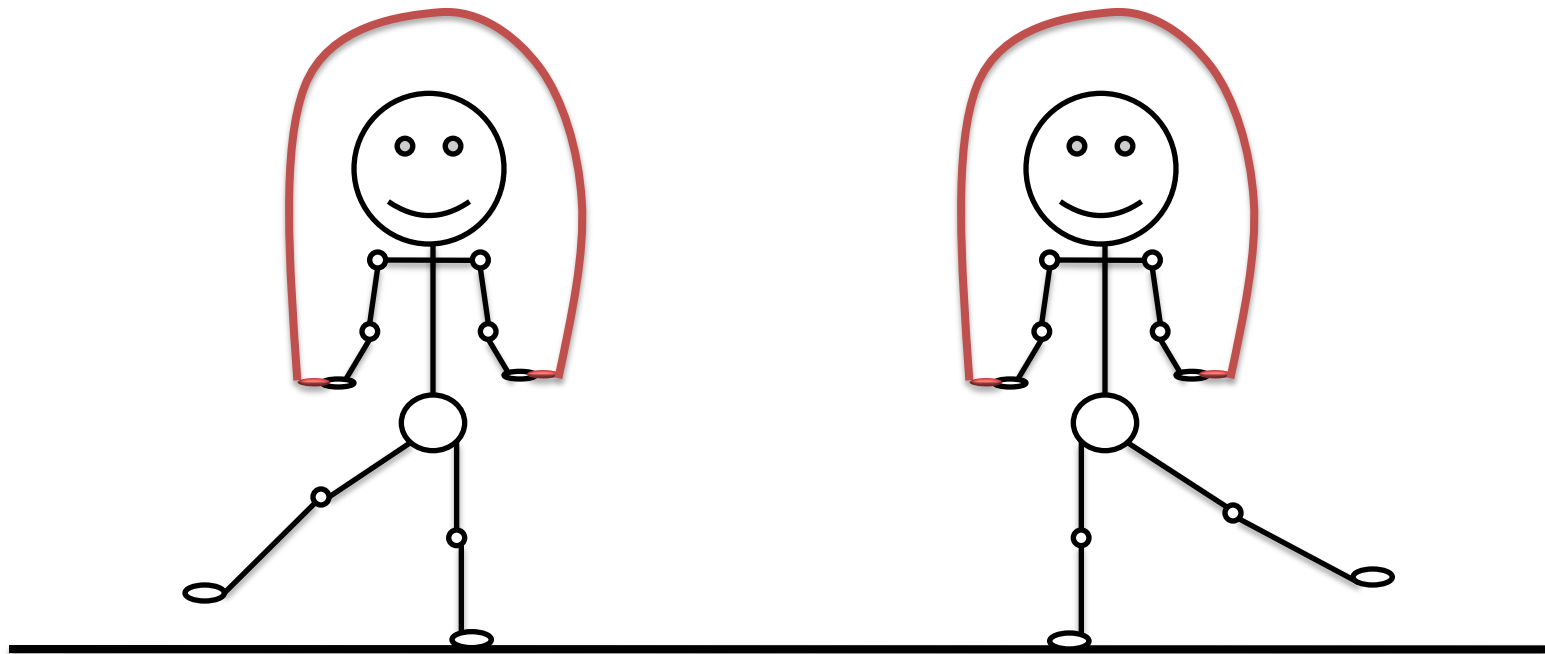
HIGH KNEE



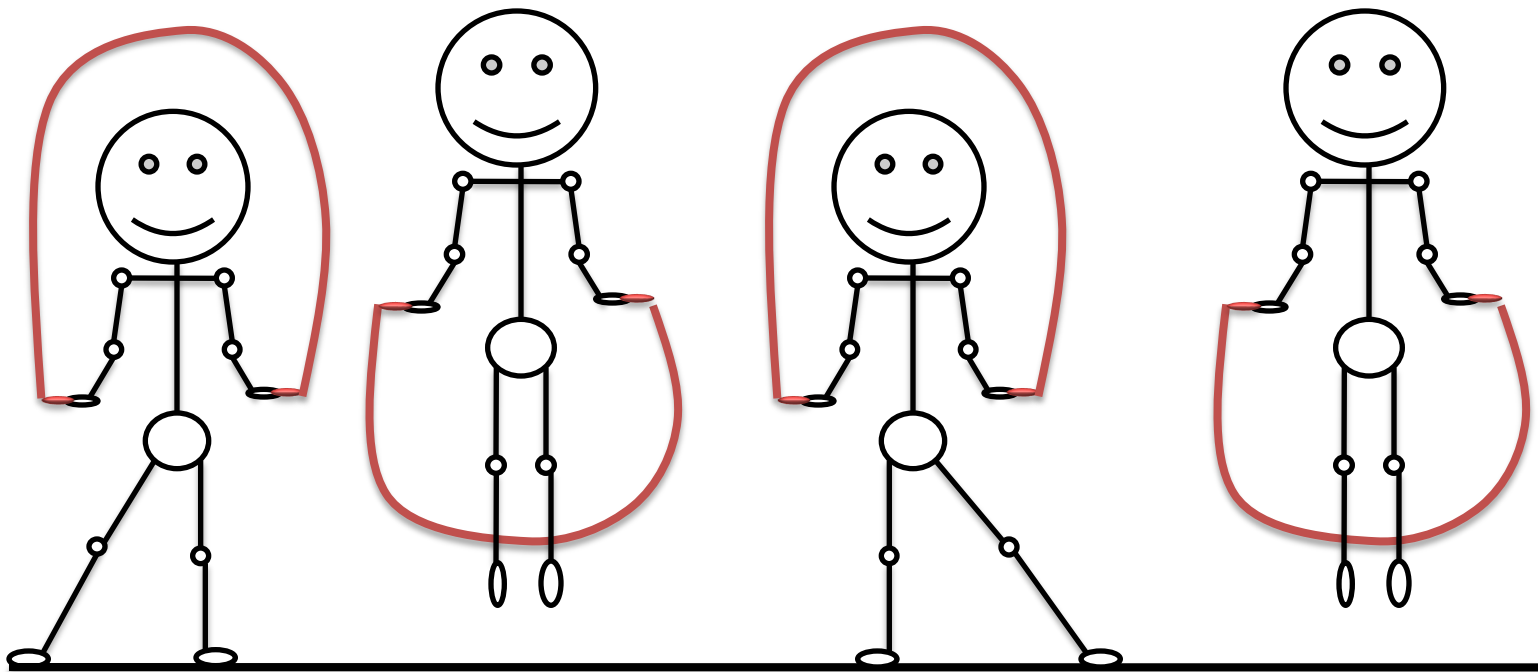
CAN CAN



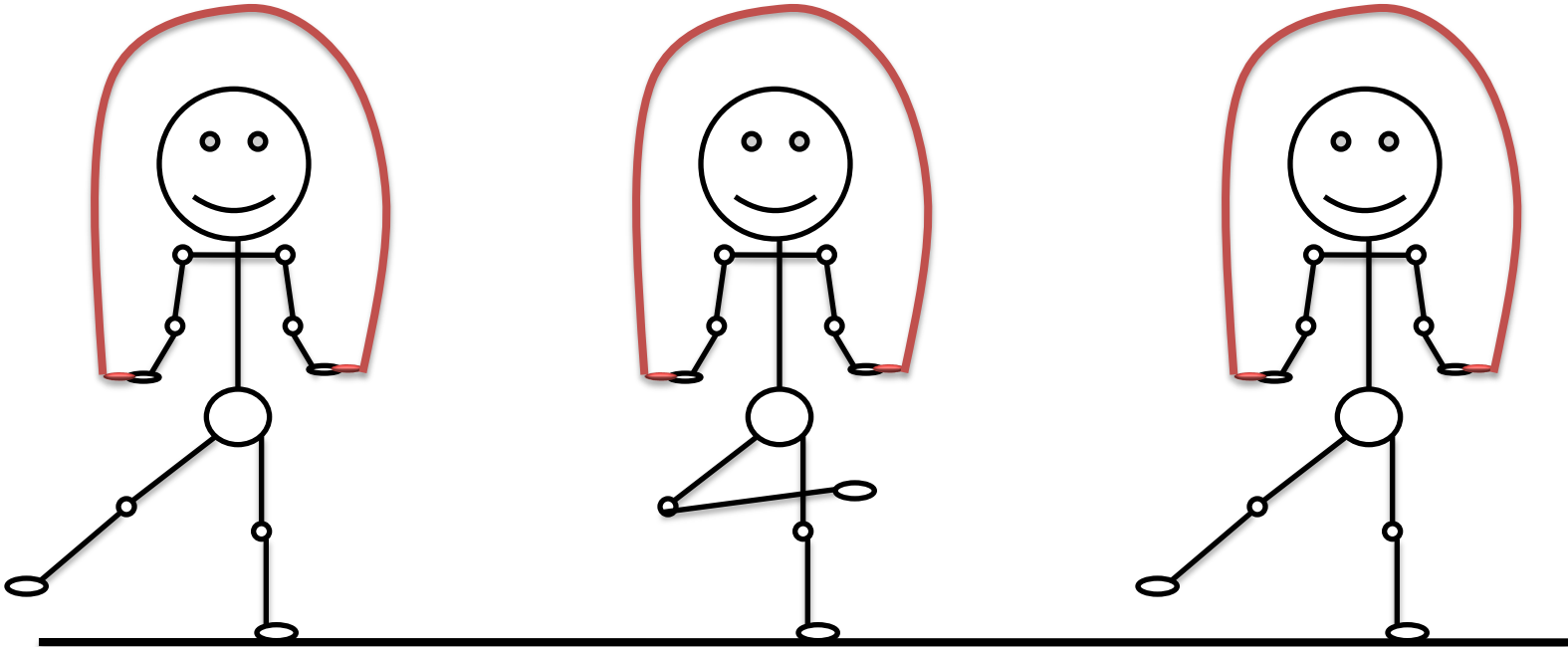
PENDÜLÜM



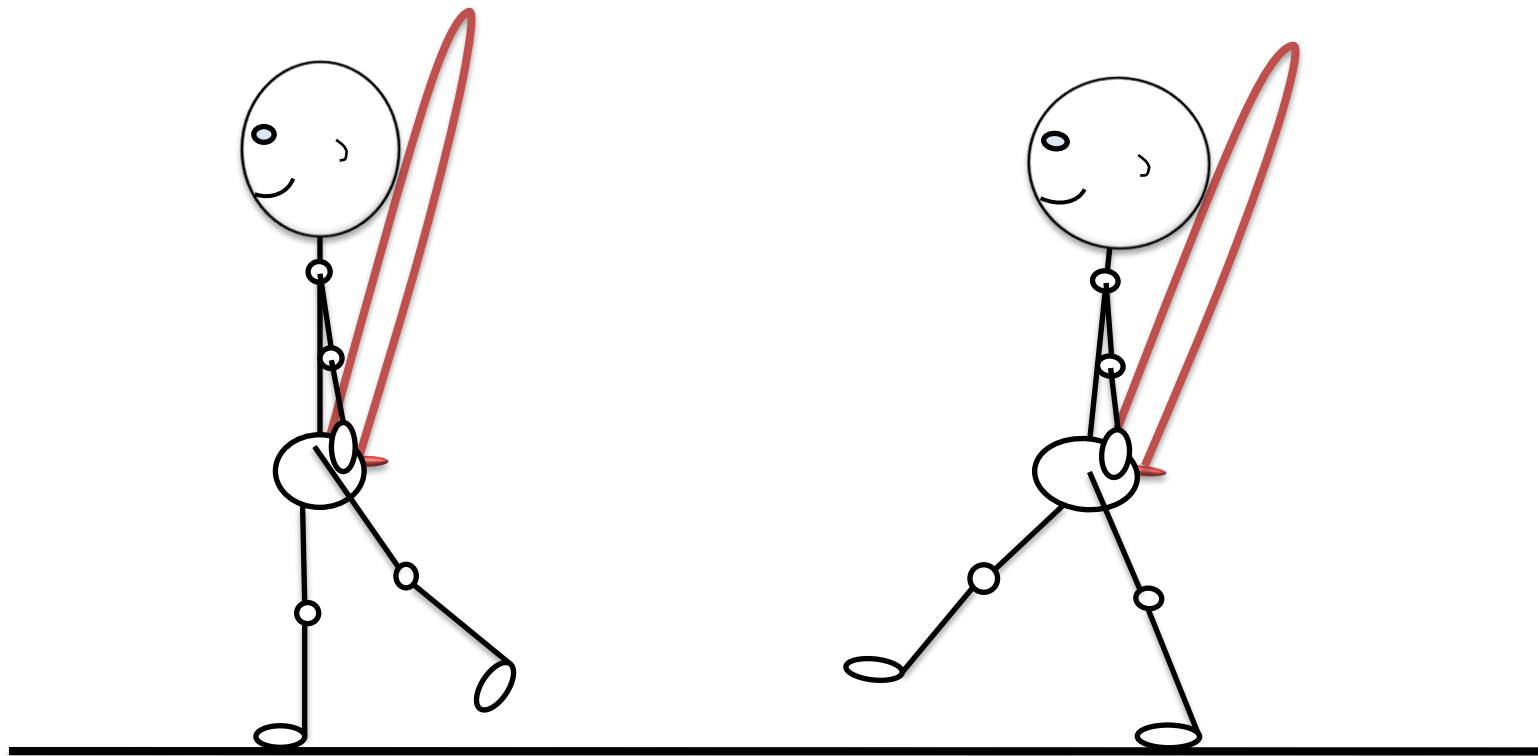
PEEK-A-BOO



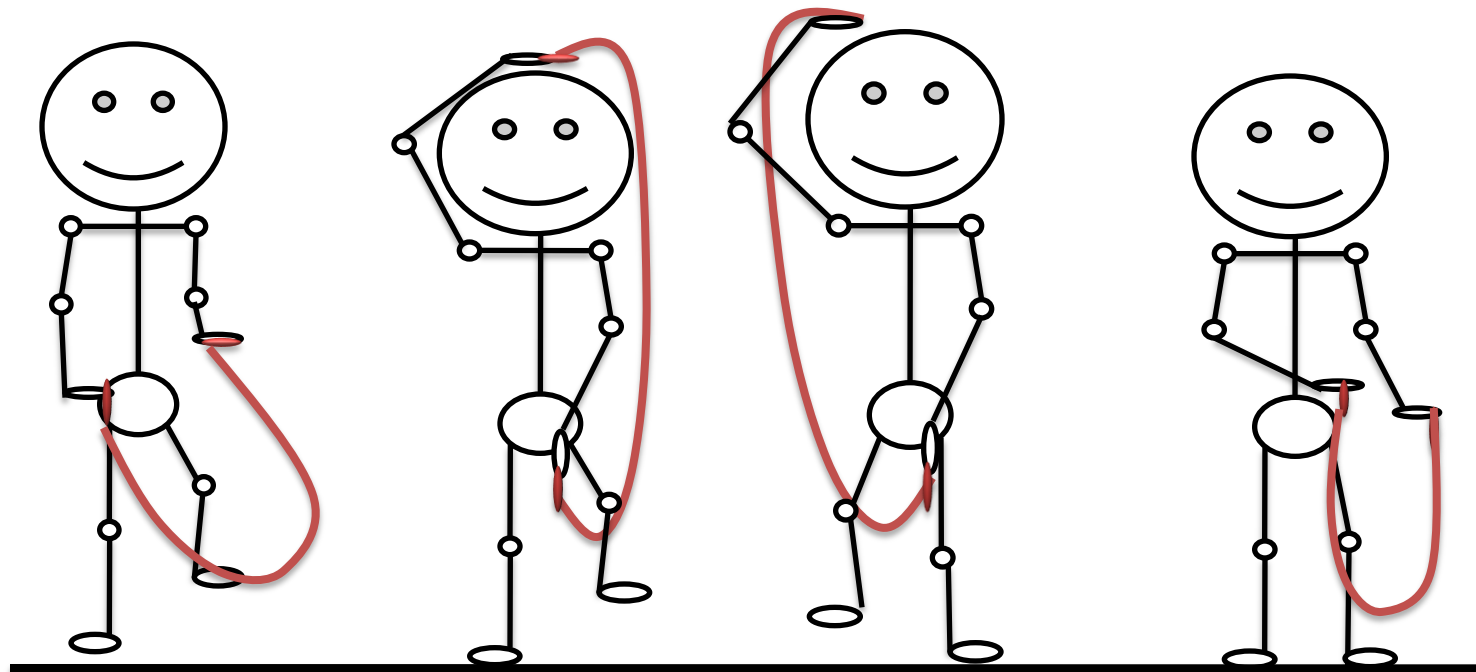
FLING



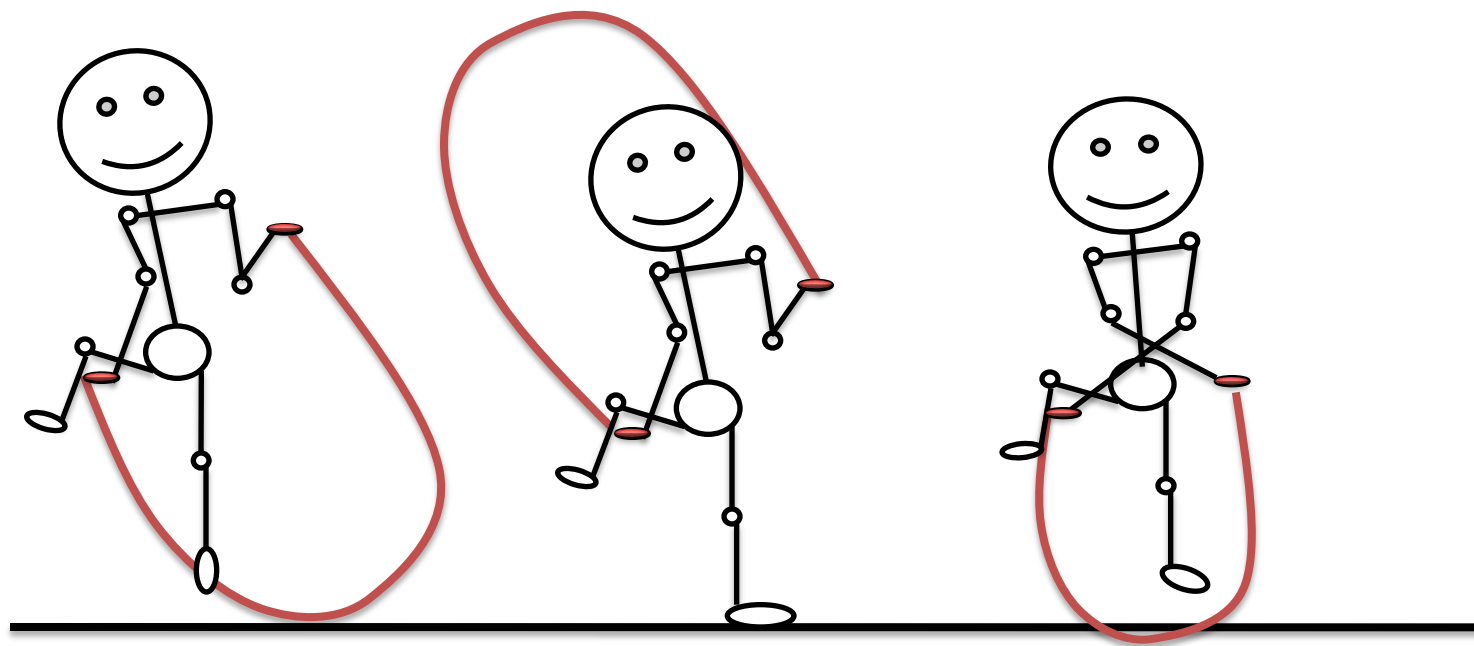
ROCKER



OPEN STEP THROUGH



PRETZEL



CROSS STEP THROUGH

