

Let's Skip!



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SKILLS CARD 2

Slalom (double and single bounce)

Wounded duck (double and single bounce)

Bell (double and single bounce)

Twister (double and single bounce)

Routine

Double bounce x4

Hop on one leg x2, other leg x2

Slalom double bounce x 4

Bell double bounce x4

Twister double bounce x4

Wounded duck double bounce x4



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