

Let's Skip!



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SKILLS CARD 2

Slalom (double and single bounce) – *jump side to side*

Wounded duck (double and single bounce) – *toes together, then heels together*

Bell (double and single bounce) – *jump forwards and back*

Twister (double and single bounce) – *rotate to one side then the other*

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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