

Let's Skip!



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SKILLS CARD 4

Double under (single bounce) – *rope goes under your feet twice*

The pretzel

Side swing cross – *a side swing, then a cross arm skip*

Cross cross – *arms cross one way in front then switch over*

Texas 360

Caboose cross

Routine

Double bounce x4

Texas 360

Side swing cross X2

Cross cross

Double under

Side swing x2

The pretzel

Side swings x2

Caboose cross

Backwards skip

