

13 Forward Straddle (Scissors)

Prerequisite: none

cues: *left • right • left • right*

STEPS

1. Jump over the rope and land with your left foot forward and your right foot back. Your feet should be about 8" to 12" apart.
2. Jump over the rope again and reverse your feet before landing.



tips: Stay on the balls of your feet. • Lean slightly forward. • You may add a Basic Jump between straddles.