

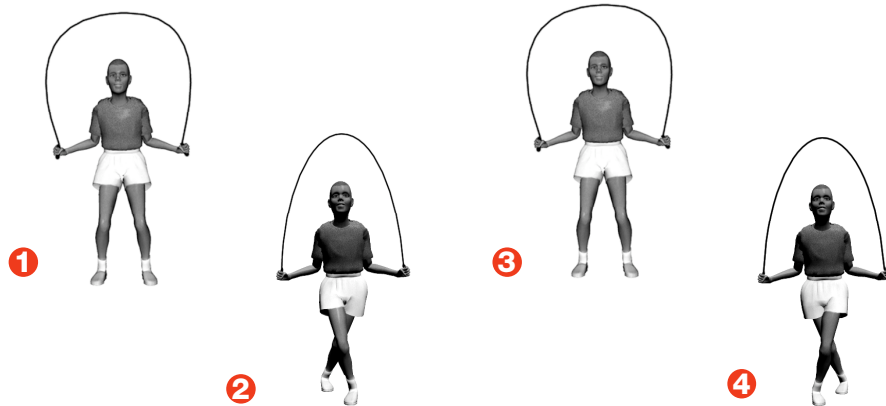
14 Straddle Cross

Prerequisite: Side Straddle

cues: *apart • cross right • apart • cross left*

STEPS

1. Jump over the rope and land with your feet spread shoulder-width apart.
2. Jump over the rope and land with your right leg crossed in front of your left leg.
3. Jump over the rope and land with your feet spread apart again.
4. Jump over the rope and land with your left leg crossed in front of your right leg.



tips: Stay on the balls of your feet. • Alternate the leg in front with each cross.