

cues: *jump • side swing turn • back jump • lift and turn • front jump*

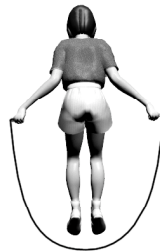
STEPS

1. Start with the rope behind your feet. Do a left side swing while making a half turn to your left.
2. While facing backward, bring the rope down behind and jump backward.
3. Lift the rope high overhead while making a half turn to the left.
4. While facing the front, bring the rope down in front and jump.

1



2



3



4



tips: See tips for Forward 180 and Backward 180 (360 is a combination of these). • Also practice turning to the right.