

19 Backward 180

Prerequisite: Backward Basic Jump

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

STEPS

1. Start with the rope in front of your feet. Lift the rope high overhead while making a half turn to your left.
2. Bring the rope down in front of your toes. Don't jump.
3. Repeat Steps 1–2. Jump forward over the rope as it comes down.
4. Start with the rope in front of your feet. Do one Backward Basic Jump then repeat Steps 1–3.



tips:

Repeat each step several times before moving to the next one. • Also practice turning to your right. • On the lift and turn, backward jumping changes to forward jumping.