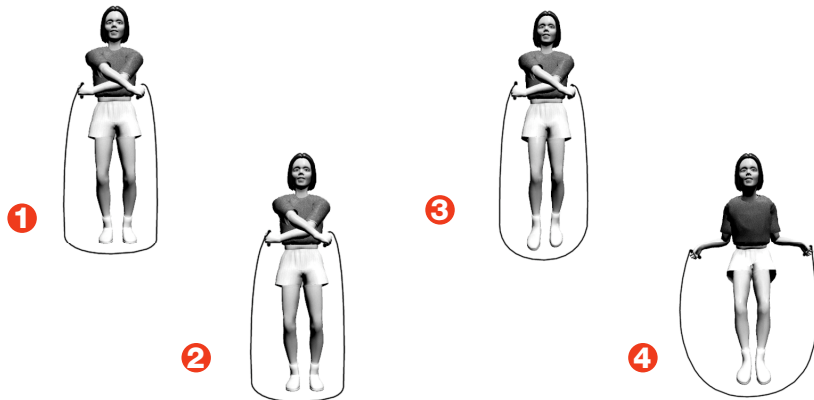


15 Front Cross

Prerequisite: none

cues: *cross • open • cross • open*

1. With the rope in front of your feet, cross your right arm over your left arm in front until your elbows touch and your hands extend beyond your waist. Rotate your wrists.
2. Start with the rope behind your feet. Swing the rope overhead, crossing your right arm over your left arm. Don't jump. Check your hand placement.
3. Repeat Step 2. Jump one time with your arms crossed so the rope goes under your feet and continues back up overhead.
4. Repeat Step 3. When the rope comes back up overhead, open your arms for a Basic Jump.



tips: Hold the rope handles in the extended position. • Cross your arms wide enough for the handles to extend beyond the sides of your body. • On the cross, your hands must stay at waist level. • Also practice crossing your left arm over your right one.