

## 28 Side Toe Touch

Prerequisite: none

**cues:** *right • left • right • left*

STEPS

1. Jump over the rope and land on your left foot, touching your right toe to the floor 6" to 12" out to your right.
2. Jump over the rope and land on your right foot, touching your left toe to the floor on your left.



**tips:** Don't lift your foot too high. • Wait until the rope passes under you before putting your foot out to the side. • You may add a Basic Jump between toe touches.