

STEP 1: INDIVIDUAL

Practice each sequence below on your own for 30 seconds before working on the next sequence.

Each sequence starts on the spot with a jump forward off of the spot, and then a jump back on the spot.

(Example Sequence 1: Jump forward to the middle, jump back to the spot; jump forward diagonally to the left, jump backward to the spot; jump forward diagonally to the right, jump backward to the spot. Repeat. It's okay if you don't land exactly on your spot.)

- Sequence 1: Middle, Left, Right (Repeat)
- Sequence 2: Right, Middle, Left (Repeat)
- Sequence 3: Left, Right, Middle (Repeat)

STEP 2: IN PAIRS

Practice the steps below with a partner.

Stand facing your partner. Practice completing your jumping sequences at the same time.

Optional: It may be helpful to hold hands or gently hold each other's forearms or shoulders.

Both Students:

- Step A: Jump Left Forward and Back
- Step B: Jump Right Forward and Back
- Step C: Straddle Jump Out Center, Jump Back In Feet Together

STEP 3: GROUPS OF THREE (TRI-ANGLE)

Practice the routine below with a group of 3.

Stand in a triangle. Each person has a letter position. Practice completing each of your jumping sequences at same time.

Optional: It may be helpful to hold hands or gently hold each other's forearms or shoulders.

- Student 1: Middle, Left, Right
- Student 2: Right, Middle, Left
- Student 3: Left, Right, Middle

