**Jump Bands: Original**

**Description:**

**Centers:**
- Start with right foot closest to jump bands (pink).
- *Start when Enders are “Out-Out”*
- Hop with right foot inside the jump bands, closest to the opposite jump band (yellow).
- Hop with left foot inside the jump bands, closest to the 1st jump band (green).
- Hop with right foot outside the further jump band (blue).
- Hold left foot in air for one count/beat.
- Repeat sequence, traveling to the left.

**Enders:** Jump “Out-Out-In-In”
- “In-In-Out-Up”.

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