13 Forward Straddle (Scissors)  
**Prerequisite:** none

**cues:** left • right • left • right

**Steps:**
1. Jump over the rope and land with your left foot forward and your right foot back. Your feet should be about 8” to 12” apart.
2. Jump over the rope again and reverse your feet before landing.

**Tips:** Stay on the balls of your feet. • Lean slightly forward. • You may add a Basic Jump between straddles.

14 Straddle Cross  
**Prerequisite:** Side Straddle

**cues:** apart • cross right • apart • cross left

**Steps:**
1. Jump over the rope and land with your feet spread shoulder-width apart.
2. Jump over the rope and land with your right leg crossed in front of your left leg.
3. Jump over the rope and land with your feet spread apart again.
4. Jump over the rope and land with your left leg crossed in front of your right leg.

**Tips:** Stay on the balls of your feet. • Alternate the leg in front with each cross.