15 Front Cross  
Prerequisite: none

**Cues:** cross • open • cross • open

**Steps:**
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.

16 Side Swing Cross  
Prerequisites: Single Side Swing and Front Cross

**Cues:** right • cross • left • cross

**Steps:**
1. With the rope in front, hold both arms to your right side.
2. Cross your right arm over your left arm to the Front Cross position.
3. Move both arms to your left side.
4. Cross your left arm over your right one to the Front Cross position and continue, repeating Steps 1–4 several times.
5. Starting with the rope behind your feet, swing the rope up and over into a right side swing.
6. On the next rope turn, cross your right arm over your left one and jump.
7. As the rope comes over, do a left side swing.
8. On next turn, cross your left arm over your right arm and jump.

**Tips:** See tips for Front Cross. • The arm on the side of the side swing should be on top for the next cross. • Keep your side swings close to your body.