19 Backward 180  

**cues:** back jump • lift and turn • front jump

**Steps:**

1. Start with the rope in front of your feet. Lift the rope high overhead while making a half turn to your left.
2. Bring the rope down in front of your toes. Don’t jump.
3. Repeat Steps 1–2. Jump forward over the rope as it comes down.
4. Start with the rope in front of your feet. Do one Backward Basic Jump then repeat Steps 1–3.

**Tips:**  
Repeat each step several times before moving to the next one. • Also practice turning to your right. • On the lift and turn, backward jumping changes to forward jumping.

20 360  

**cues:** jump • side swing turn • back jump • lift and turn • front jump

**Steps:**

1. Start with the rope behind your feet. Do a left side swing while making a half turn to your left.
2. While facing backward, bring the rope down behind and jump backward.
3. Lift the rope high overhead while making a half turn to the left.
4. While facing the front, bring the rope down in front and jump.

**Tips:**  
See tips for Forward 180 and Backward 180 (360 is a combination of these). • Also practice turning to the right.