23 Wounded Duck

**cues:** toes in • toes out • toes in • toes out

**steps:**

1. Jump over the rope and land with your toes and knees turned inward and your heels apart.
2. Jump over the rope and land with your toes and knees turned outward and your knees apart.

**tips:** Stay on the balls of your feet. • Alternate turning your legs and feet inward and outward.

24 Toe-to-Toe

**cues:** right • left • right • left

**steps:**

1. Jump over the rope and land on your left foot, touching your right toe to the floor about 6" to 12" in back.
2. Jump over the rope and land on your right foot, touching your left toe to the floor in back.

**tips:** Don’t put any weight on the toe in back; keep all your weight on your front foot. • Lightly touch the tip of the toe in back. • Wait until the rope passes your back toe before you touch your toe to the floor.