27 Heel-to-Toe

Prerequisites: Heel-to-Heel, Toe-to-Toe

Cues: heel • toe • heel • toe

Steps:
1. Jump over the rope and land on your left foot, touching your right heel to the floor in front.
2. Jump over the rope and land on your left foot again, touching your right toe to the floor in back.
3. Jump over the rope and land on your right foot, touching your left heel to the floor in front.
4. Jump over the rope and land on your right foot again, touching your left toe to the floor in back.

Tips: See tips for Heel-to-Heel and Toe-to-Toe. • Jump twice in a row on the same foot. • The motion is similar to the heel-toe motion in a polka.

28 Side Toe Touch

Prerequisite: none

Cues: right • left • right • left

Steps:
1. Jump over the rope and land on your left foot, touching your right toe to the floor 6” to 12” out to your right.
2. Jump over the rope and land on your right foot, touching your left toe to the floor on your left.

Tips: Don’t lift your foot too high. • Wait until the rope passes under you before putting your foot out to the side. • You may add a Basic Jump between toe touches.