32 Jogging Step (Speed)  
**Cues:** right • left • right • left  

1. Step over the rope and land on your right foot.  
2. On the next rope turn, step over, land on your left foot and continue as if you’re jogging.

**Tips:** Alternate your feet with each rope turn. • Lift your knees in front instead of kicking your heels back. • To go faster, use a shorter rope and keep your hands low, turning only with your wrists.

33 Swing Kick  
**Cues:** back • kick • back • kick  

1. Jump over the rope, landing on your right foot, and swing your left foot back.  
2. Jump over the rope, landing on your right foot again, and kick your left foot forward.  
3. Jump over the rope, landing on your left foot, and swing your right foot back.  
4. Jump over the rope, landing on your left foot again, and kick your right foot forward.

**Tips:** Straighten your leg on each forward kick.