44 Rocker
Prerequisite: none

**cues:** forward • back • forward • back

1. Jump and lean forward, landing on your right foot in front as the rope passes under.
2. Jump and lean back, landing on your left foot in back as the rope passes under.

**tips:** Stay on the balls of your feet. • The rope will pass under your feet on each step. • Also practice with your left foot forward and your right foot back.

45 Leg Swing
Prerequisite: none

**cues:** right • left • right • left

1. Jump over the rope and land on your left foot, swinging your right leg out in the air to your right.
2. Jump over the rope and land on your right foot, swinging your left leg out in the air to your left.

**tips:** Keep the leg out to the side as straight as possible. • Lift the leg out to the side as high as possible.