1 Two in One Rope — Face-to-Face (Basic Jump)

**cues:** ready • set • go • jump • jump • jump

1. Partners stand facing each other about 1’ apart with one partner holding both rope handles.
2. The partner with the rope calls “Ready, Set, Go” and swings the rope up from behind on “Go.” Both begin jumping in unison.
3. Partners continue to jump together with a single or double bounce.

**tips:** Use a rope that is 1’ longer than your usual single rope. • Stay close together. • A double bounce is much easier for partners than a single bounce. The partner with the rope should make larger arm circles than usual to include the other jumper.

2 Two in One Rope — Face-to-Face (Free Turns)

**cues:** jump • jump • turn • turn • turn • turn

1. Partners jump together as in Two in One Rope — Face-to-Face (Basic Jump).
2. The partner without the rope makes a quarter turn to the right with each jump, turning in a circle.
3. Continue turning to the right to complete a circle.

**tips:** See tips for Two in One Rope — Face-to-Face (Basic Jump). • Use your head and shoulders to start the turning motion. • Also practice turning to the left. • Also practice other basic footwork skills within the turn (Side Straddle, Forward Straddle, etc.).