5 Two in One Rope — Side-by-Side (Alternating Sides)

**cues:** ready • set • go • partner B • partner A
• partner B • partner A

**steps:**
1. Partners stand shoulder-to-shoulder as in Two in One Rope — Side-by-Side (Basic Jump).
2. One partner calls “Ready, Set, Go,” and both swing the rope up from behind on “Go.”
3. As the rope comes down in front, partner A brings her right arm down across her body to the left side, and only partner B jumps over the rope.
4. On the next rope turn, partner A returns her right arm to the right side, and partner B crosses his left arm over to his right side. Only partner A jumps over the rope.
5. Continue the pattern of alternate jumping between partners.

**tips:** See tips for Two in One Rope — Side-by-Side (Basic Jump and One In, One Out). • The partner outside the rope does not turn toward the other partner. • The partner crossing his or her arm should bring his or her hand down to waist level. • Also practice from the other side.

6 Two in One Rope — Side-by-Side (Full Turn)

**cues:** ready • set • go • swing and turn • lift and turn • jump

**steps:**
1. Partners stand shoulder-to-shoulder as in Two in One Rope — Side-by-Side (Basic Jump).
2. One partner calls “Ready, Set, Go,” and both swing the rope up from behind on “Go.”
3. As the rope comes down to the feet, both partners turn toward each other (one counter-clockwise and one clockwise) and continue toward the back, swinging the rope between them.
4. As the rope comes up from the ground, both partners lift their arms up high and keep turning toward the front.
5. As the rope comes down in front, both partners bring their hands down by their sides so the rope hits their toes in front. Neither partner jumps.
6. Repeat Steps 1–5. Add a jump at the end.
7. Repeat Steps 1–5. Add a jump at the beginning.

**tips:** See tips for Two in One Rope — Side-by-Side (Basic Jump). • The motion is similar to a Full Turn with a single rope. • Also practice from the other side.