Two Wheel — Full Turn

Prerequisite: Two Wheel — Basic Jump

cues: ready • set • go • go • jump • jump
• turn • turn • jump • jump

1. Stand in Two Wheel formation with rope 2 (the left-hand rope) in back.

2. Start ropes as in Two Wheel — Basic Jump (2 first). As rope 2 comes
down in front, jumper B, instead of jumping, turns to the right
(clockwise) toward the middle, bringing her left hand down between
the partners and facing back as her right hand goes up.

3. As rope 1 comes down in front, jumper A, instead of jumping, turns to
the left (counter-clockwise) toward the middle bringing her right hand
down between the partners and facing back as her left hand goes up.
Jumper B keeps turning clockwise toward the front as rope 1 (right hand)
comes down between the partners.

4. Jumper A keeps turning counter-clockwise toward the front as rope 2
(left hand) comes down and hits jumper B’s toes.

5. Then rope 1 comes down and hits jumper A’s toes.

6. To keep the wheel turning, repeat Steps 1–5, but jump when the rope
comes down to feet.

7. Start the wheel again. Each partner will jump once (jumper B first). Then
perform Steps 2–5 several times, adding more jumps.

tips: Keep your hands close to your body on the side swing to prevent the rope from swinging out into your partner’s feet. • Don’t let your hands come
together on the turns. • When the wheel is turning, jumpers may perform a Full Turn together or one at a time. • Practice also from the other side.