

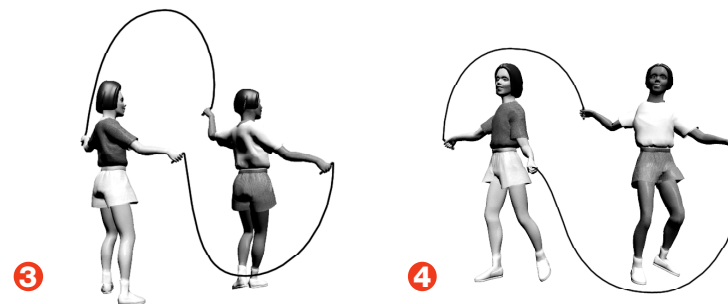
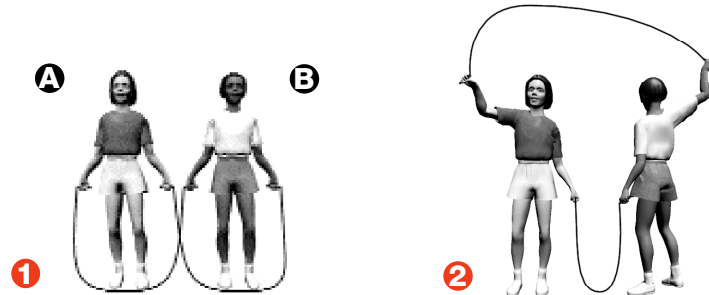
12 Two Wheel – Full Turn

Prerequisite: Two Wheel – Basic Jump

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

STEPS

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.