cues: ready • set • go • go • jump • jump
• move • move • jump • jump

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

2. Start the ropes (rope 2 first). As rope 2 comes down in front, jumper B, instead of jumping, moves sideways to the right behind jumper A as rope 2 swings to the left side.

3. As rope 1 comes over, jumper A moves to the left in front of jumper B and rope 1 comes down to hit jumper B’s toes.

4. Then rope 2 comes down to hit jumper A’s toes.

5. To keep the wheel turning, repeat Steps 1–4, but jump as the rope comes down to your feet.

6. Start the wheel again, with each partner jumping once (jumper B first). Then do Steps 2–5 several times, adding more jumps.

When walking through the switch (Steps 1–4), the partner with the rope in back goes behind the other partner. • Mark the starting positions on the floor so jumpers switching places don't move too far to the other side. • Turn the ropes slowly to allow more time to move. • Practice also from the other side.