**Double Dutch – Disco (Outside Wrap)**

**CUES:**
- Ready • set • go • jump • jump • turn
- Reach over • unwrap • face partner

**STEPS**

1. Two partners face each other, lightly touching or holding hands.

2. Partner A keeps his or her left hand low and lifts the right hand up and out to the right side, turning partner B counter-clockwise.

3. Partner A reaches over partner B’s head as partner B completes a 3/4-turn to the left. Partner A brings his or her right hand back down to his or her waist in front on the right side while turning 1/4 turn to right. Partner A’s left hand comes up behind partner B’s waist.

4. Reverse steps 1–3 to unwrap.

5. Repeat steps 1–4. Both partners jump, using a single bounce, without ropes.


**TIPS:**
- The partners’ hands should barely touch (don’t grip hands tightly).
- Partner B’s hands should be on top, palms down.
- Also practice bringing the left hand up and out to the left side, turning partner B clockwise.