

## The Basic Jump for the Insiders

Starting position: you stand on both feet on the left side of the bands

1. jump into the band with your right foot.
2. jump with your left foot next to your right foot into the bands.
- 3./4. jump with your right foot on the right side out of the band and jump with your right foot on your place once. Lift your left foot while jumping on your right.
5. jump with your left foot back into the bands.
6. jump with your right foot next to your left foot into the bands.
- 7./8. jump with your left foot on the left side out of the bands and jump on your left foot on your place once. Lift your right foot while jumping on your left.

Repeat this order again and again while the enders are also moving the bands.

### Counts

### Moves

7, 8



Jump with your left foot out of the bands and jump on your place once. Lift your right leg.

6



Jump with your right foot into the bands.

5



Jump with your left foot into the bands.

3, 4



Jump with your right foot out of the bands and jump on your place once. Lift your left leg.

2



Jump with your left foot into the bands.

1



Jump with your right foot into the bands.



Starting position: on the left of the bands

## The Basic Jump for the Enders

Starting position: you stand on both feet shoulder width apart and about 2 metres apart from each other

1. jump twice with your feet closed on your place („in/in“).
2. afterwards jump shoulder width apart („out/out“).
3. jump in this order again and again („in/in, out/out“...).

### Counts

### Moves

7, 8



2x closed (in/in)

5, 6



2x open (out/out)

3, 4



2x closed (in/in)

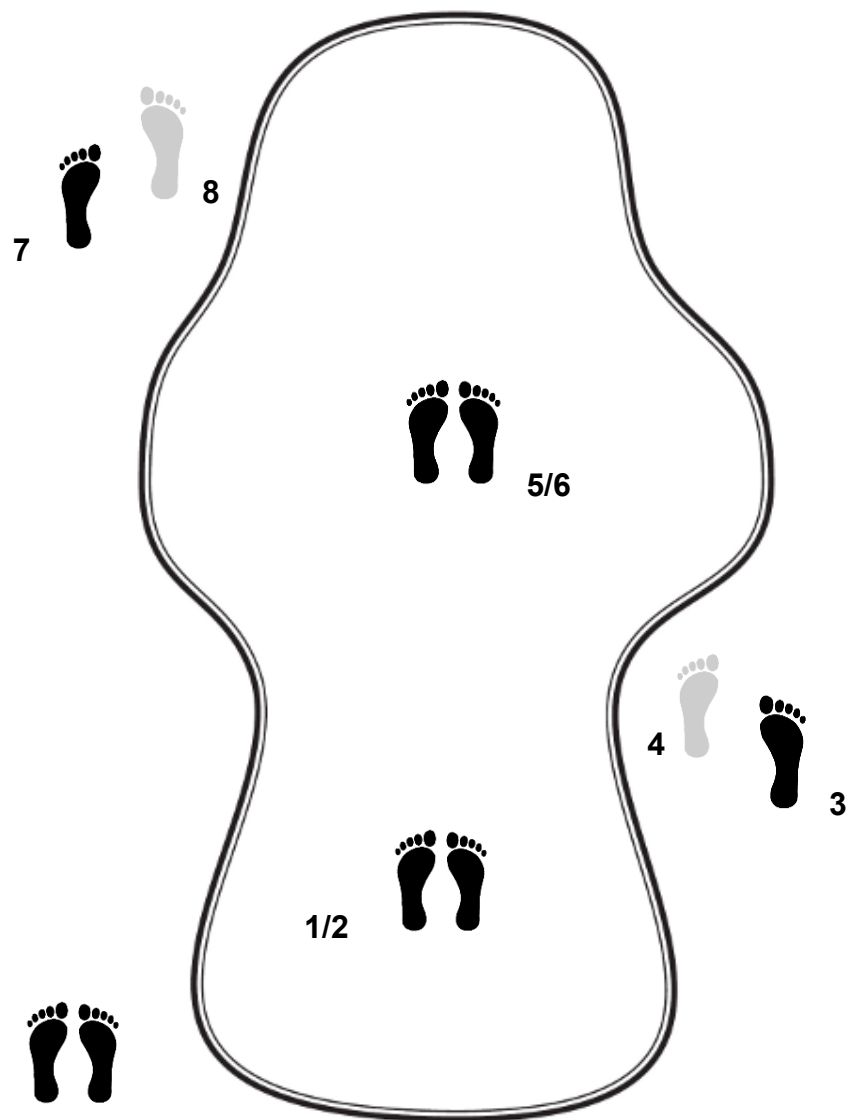
1, 2



2x open (out/out)



# The Kick



## Counts

## Moves

8

Jump **on your place once** with your left foot while doing an **airkick** with your **right foot**.

7

Jump **out** of the bands with your **left foot** on the left side.

6

Jump with both feet **on your place once**.

5

Jump into the bands **with both feet**.

4

Jump **on your place once** with your right foot while doing an **airkick** with your **left foot**.

3

Jump **out** of the bands with your **right foot** on the right side.

2

Jump with both feet **on your place once**.

1

Jump into the bands **with both feet**.

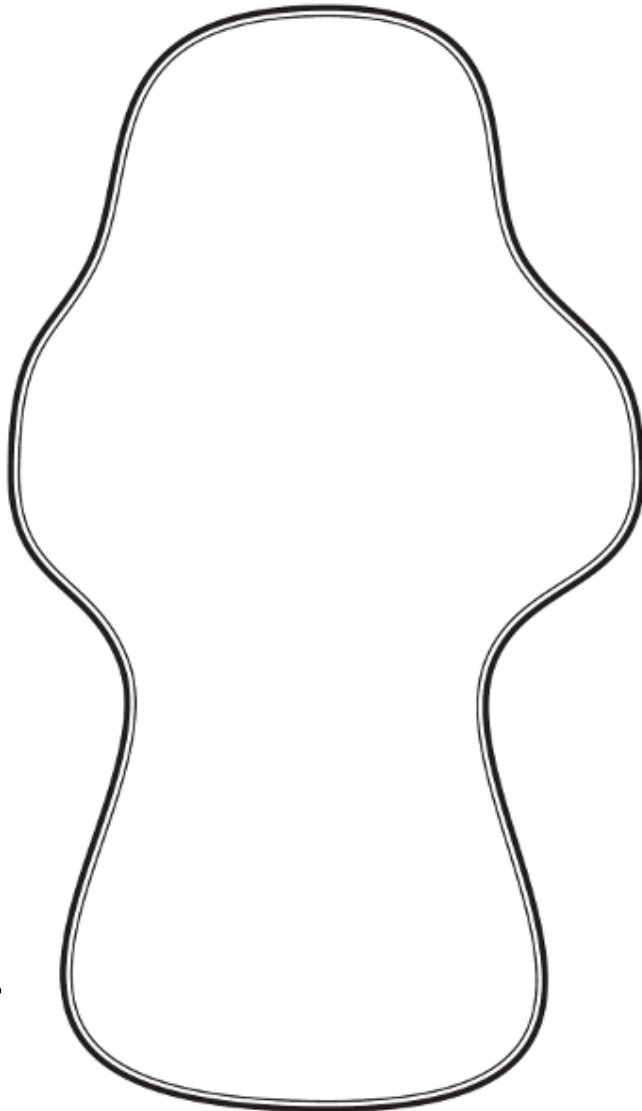
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**Starting position:** you stand on both feet on the left side of the bands.

Jump: \_\_\_\_\_

Counts

Moves



0

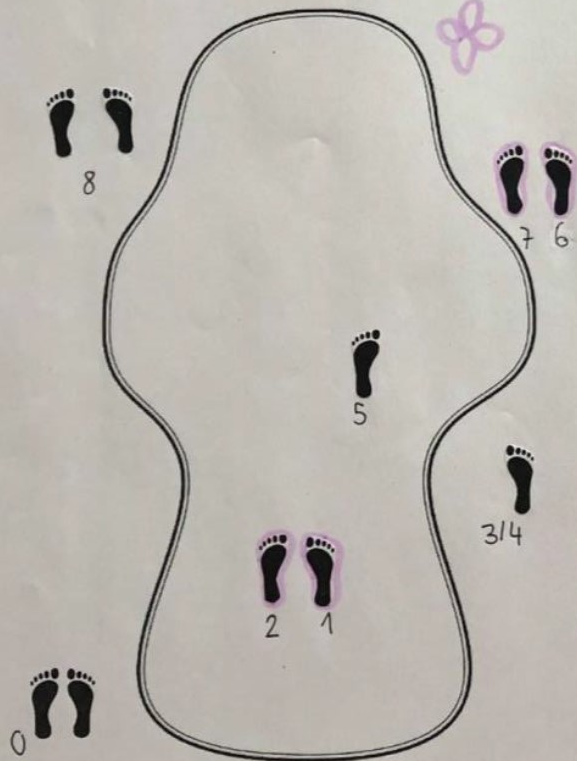
**Starting position:** you stand on both feet on the left side of the bands.

# Jump: The biggy

From: Sophie, Zara, Lilly

Counts

Moves



- |   |   |
|---|---|
| 8 | Do a BIG jump with both feet on the left side                                   |
| 7 | Jump with your left foot after it   |
| 6 | Jump with your right foot on the right side                                     |
| 5 | Put your left foot in the middle  |
| 4 | Do a kick with your left foot   |
| 3 | Jump with your right foot on the right side                                     |
| 2 | Jump with your left foot in the middle  |
| 1 | Jump with your right foot in the middle   |
| 0 | <b>Starting position:</b> you stand on both feet on the left side of the bands. |