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| **Level 1**    Knuckle Bump + Turn Rope | **Level 2**    Knuckle Bump + Turn Rope + Trap with Feet |
| **Level 3**    Knuckle Bump + Turn Rope + Trap with Feet + Jump Over Once | **Level 4**    Knuckle Bump + Turn Rope + Jump Over Once |
| **Level 5**    Knuckle Bump + Turn Rope + Jump + Keep Jumping | |

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