**STEP 1: INDIVIDUAL**

**Practice each sequence below on your own for 30 seconds before working on the next sequence.**

Each sequence starts on the spot with a jump forward off of the spot, and then a jump back on the spot.

(Example Sequence 1: Jump forward to the middle, jump back to the spot; jump forward diagonally to the left, jump backward to the spot; jump forward diagonally to the right, jump backward to the spot. Repeat. It’s okay if you don’t land exactly on your spot.)

* + Sequence 1: Middle, Left, Right (Repeat)
	+ Sequence 2: Right, Middle, Left (Repeat)
	+ Sequence 3: Left, Right, Middle (Repeat)

**STEP 2: IN PAIRS**

**Practice the steps below with a partner.**

Stand facing your partner. Practice completing your jumping sequences at the same time.

*Optional: It may be helpful to hold hands or gently hold each other’s forearms or shoulders.*

**Both Students:**

* Step A: Jump Left Forward and Back
* Step B: Jump Right Forward and Back
* Step C: Straddle Jump Out Center, Jump Back In Feet Together

**STEP 3: GROUPS OF THREE (TRI-ANGLE)**

**Practice the routine below with a group of 3.**

Stand in a triangle. Each person has a letter position. Practice completing each of your jumping sequences at same time.

*Optional: It may be helpful to hold hands or gently hold each other’s forearms or shoulders.*

* Student 1: Middle, Left, Right
* Student 2: Right, Middle, Left
* Student 3: Left, Right, Middle