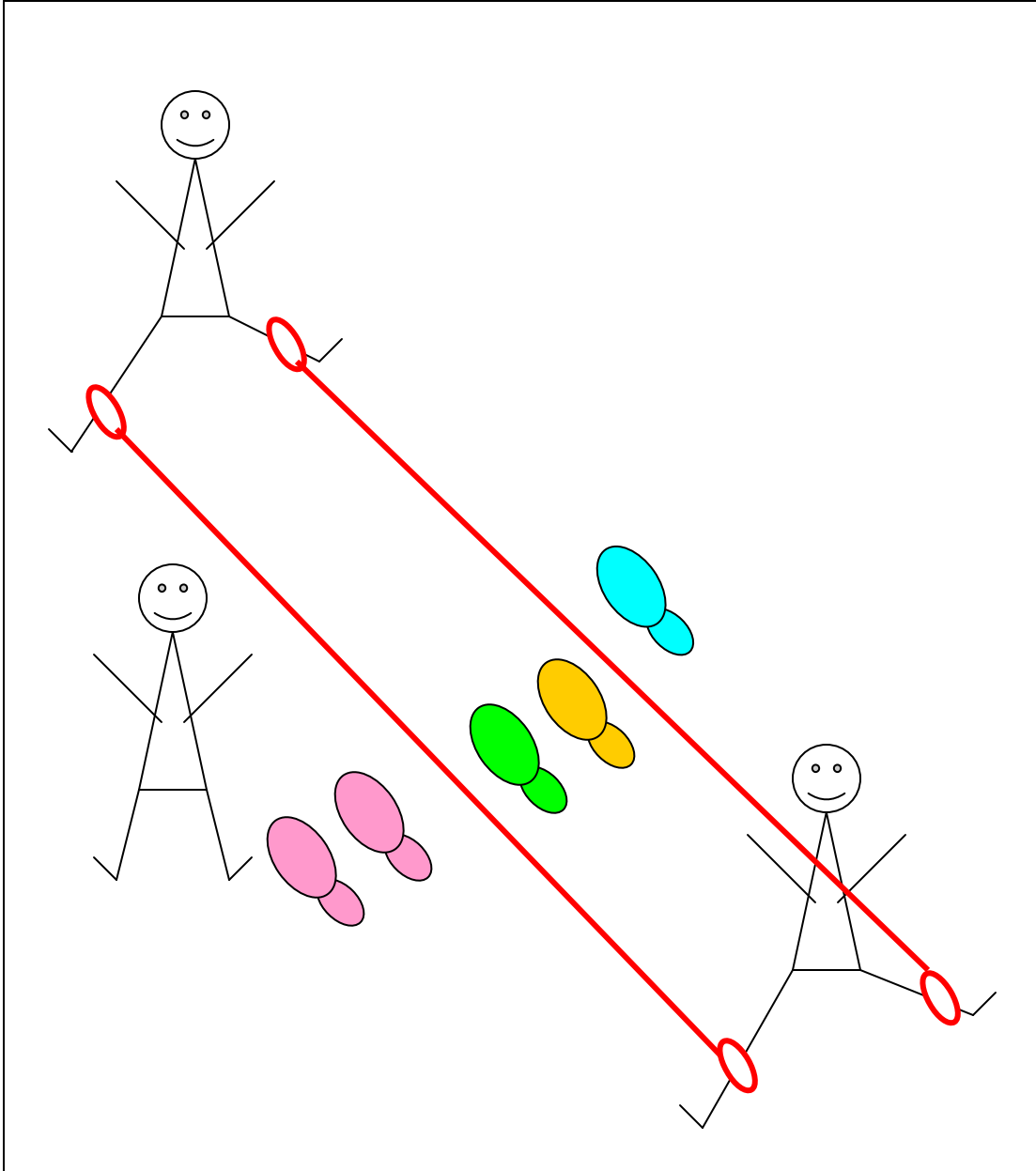


Jump Bands: Original



Description:

Centers:

- Start with right foot closest to jump bands (pink).
 - *Start when Enders are "Out-Out"
 - Hop with right foot inside the jump bands, closest to the opposite jump band (yellow).
 - Hop with left foot inside the jump bands, closest to the 1st jump band (green).
 - Hop with right foot outside the further jump band (blue).
 - Hold left foot in air for one count/beat.
 - Repeat sequence, traveling to the left.
- Enders: Jump "Out-Out-In-In"
- "In-In-Out-Up".