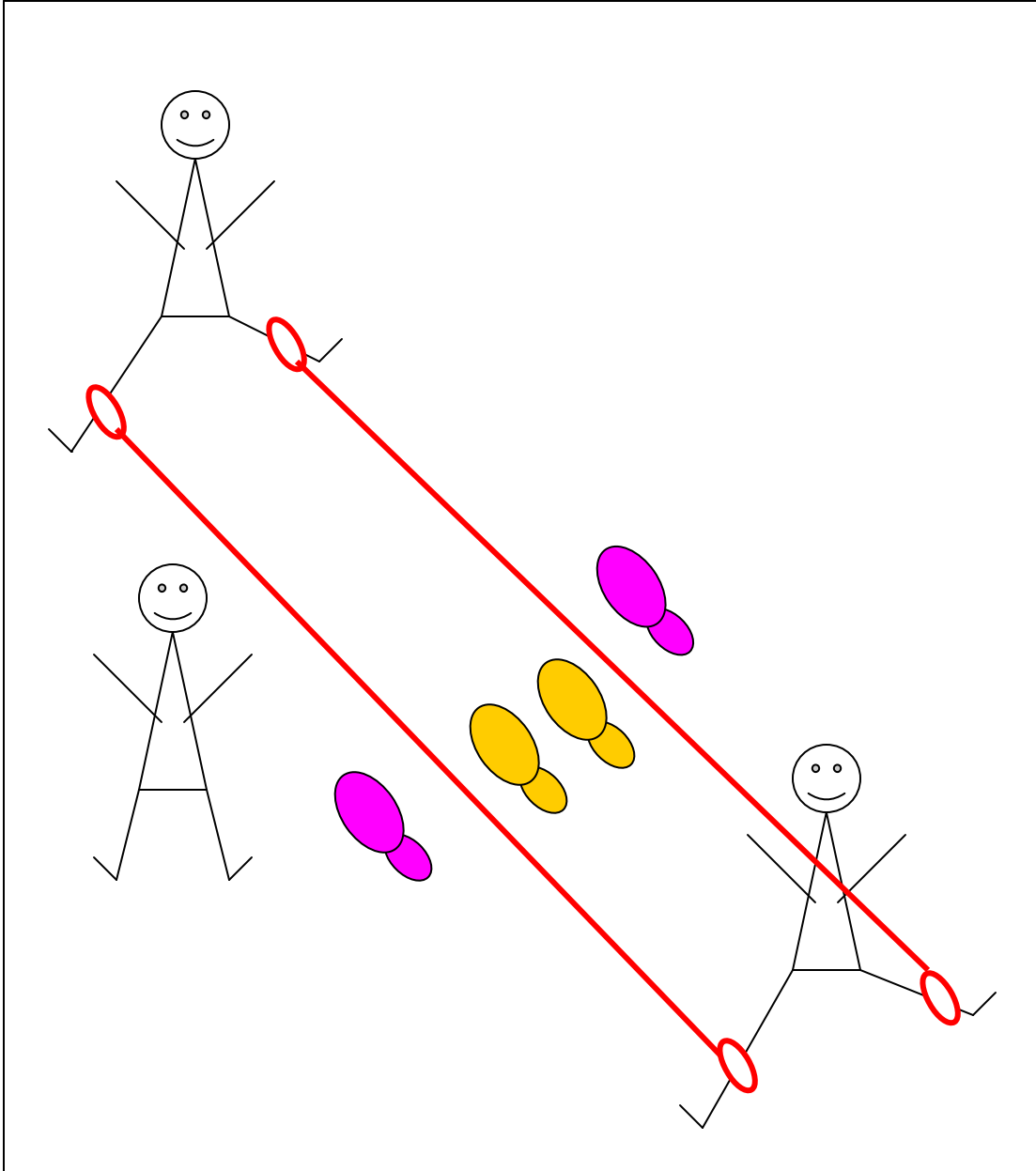


Jump Bands: Straddle



Description:

Centers:

- Start with both feet straddling the jump bands (pink).
- *Start at the same time the Enders begin.
- Jump two (2) beats on the outside of the jump bands.
- Jump two (2) beats inside the jump bands (yellow).
- Jump two (2) beats outside the jump bands (pink).
- Continue sequence.

Enders: Jump "Out-Out-In-In"

- "In-In-Out-Up".