

## **Jump Rope Stunts**

Single Bounce  
Double Bounce

Skier  
Bell

Front Cross  
Side Swing Cross

Side Straddle  
Forward Straddle  
Combo Straddle  
Straddle Cross

Scissors  
Twister  
Wounded Duck

Toe to Toe  
Heel to Heel  
Heel to Toe Combo

Double-under  
Jogging

Fling  
Irish Fling

Long Rope

- Entering Front
- Entering Backdoor
- Multiple Jumpers

Long Rope Double Dutch

- Entering
- Jumping
- Exiting