### **Single Rope Stunts**

<https://web.extension.illinois.edu/hopping/onerope.html>

#### **Slalom**

Jump side to side, like you are going down a ski hill.

#### **Jumping Jax**

Move your legs apart and together like you are doing a jumping jax.

#### **X-It**

Cross your feet so your legs look like an X.

#### **Twister**

Jump and twist at the waist.

#### **Hop on One Foot**

Jump on one foot at a time.

#### **Alternating Step**

Jump on one foot at a time, kicking the other foot out in front. Like the running man.

#### **Boxer**

Jump rope like boxers do, running while jumping.

#### **Heel Tap**

Tap your heel in front of you while jumping, one foot at a time.

#### **Toe Tap**

Tap your toe in front of you while jumping, one foot at a time.