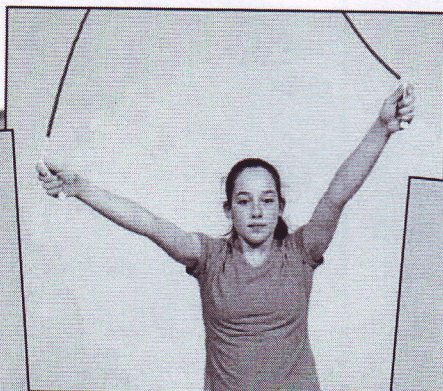


Step 4

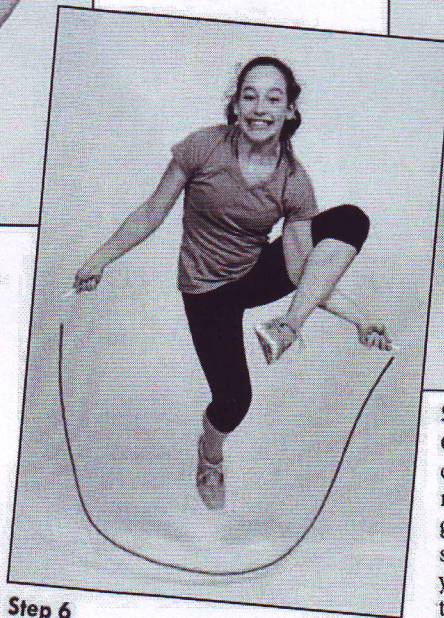
Start with the rope in back. Put your weight on your left foot. Tug and tap.



Step 5

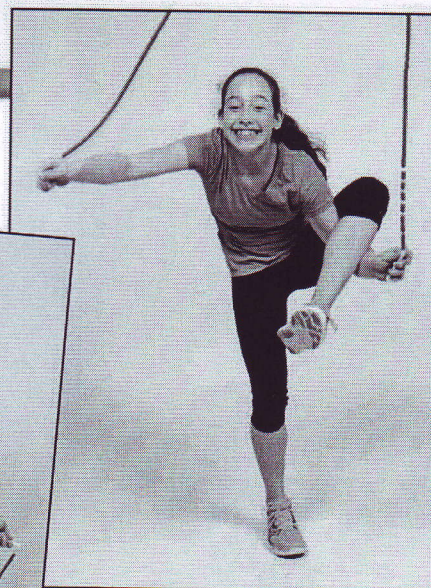
Swing the rope over your head and be ready to lift your right knee up and out to the side.

Try to keep good posture during this trick. If you don't stay upright, I have a hunch you'll be hunching 😊



Step 6

As the rope comes down, bring your right hand and then your right elbow (if you are flexible enough) to the inside of and then under your right knee. Then HOP on your left leg.



Step 7

Continue hopping and smiling. (The crowd LOVES this trick.) When you have milked it for all it's worth, here is how to get out: As the rope comes over, start to slide your right hand to the left. Angle your right foot so it does not get caught on the way out, and do an open side swing on the left as you put your right foot down.

Variation: To start this trick already in the leg-up position, start with the rope in front. Step over with your left foot. Lift your right knee and put your right hand on the inside and all the way under your right leg. Tug and tap, circle and hop.

heels, tug, tap

circle

leg up and hop