



STEP ONE

Do a standard "single bounce" jump step for a few swings of the rope to set your pace.



STEP TWO

As the rope begins to swing down, begin the cross by folding your arms over each other and across your chest.



STEP THREE

If you're right-handed, lead with your right arm and pass it in front of your left. (As you improve, alternate.)



STEP FOUR

Jump through the loop that your cross has created, swinging the rope under your feet and behind you.