

Single Rope

Footwork

Heel Toe, Backward - alternating x 4

successful completion of the skill

masterful completion of the skill

Straight Kick, Backward - alternating x 4

Can Can, Backward - alternating x 4

Rope Manipulations

Caboose x 4

Weave x 4

Pretzel - right x 4

Pretzel - left x 4

XPretzel - right x 4

XPretzel - left x 4

TS x 4

Releases

Snake Release x 4

Skipper's Name _____

Multiple/Rope Manipulation Combos

Double Under - Open, Cross x 4

successful completion of the skill

masterful completion of the skill

Double Under - Cross, Open x 4

Double Under - Cross, Cross x 4

Double Under - Side Swing

successful completion of the skill

masterful completion of the skill

Cross - alternating x 4

Double Under + 180° Turn -

Forward to Backward - right x 2

Double Under + 180° Turn -

Forward to Backward - left x 2

Double Under + 360° Turn - right x 2

Double Under + 360° Turn - left x 2

Double Under + Full Twist - right x 2

Double Under + Full Twist - left x 2

Coach's Signature _____

Date _____

