

Straight Jump



Start in a straight shape.



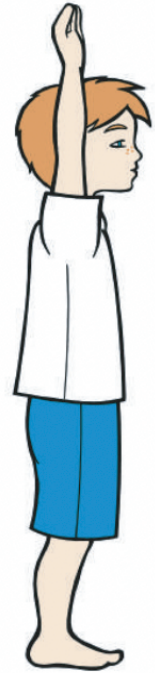
Bend knees,
lower arms
down



Push off feet to
show Straight Jump

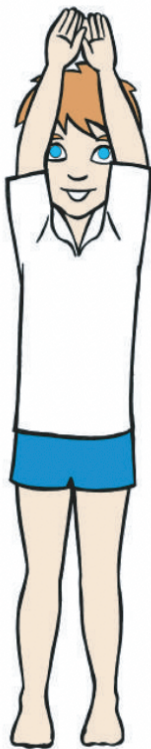


Land on the
same spot
with knees bent.



Finish in a Straight shape

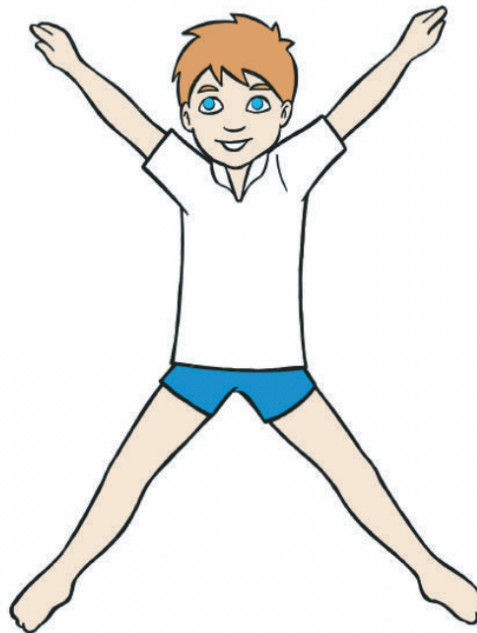
Star Jump



Start in a Straight shape.



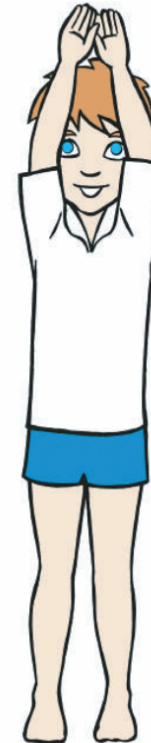
Bend knees.
Lower arms to cross in front. Push through legs and jump off toes



Explode arms and legs out to show a Star shape

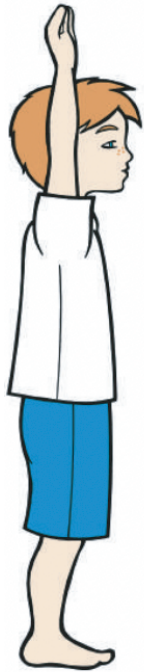


Land on the same spot with knees bent.



Finish in a Straight shape.

Tuck Jump



Start in a Straight shape.



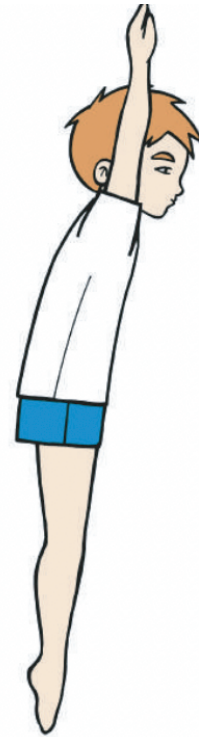
Bend knees, lower arms down



Blast off to show Straight Jump



Lift knees to chest to make the tuck shape in the air. Touch knees.



Jump up to show Straight Jump

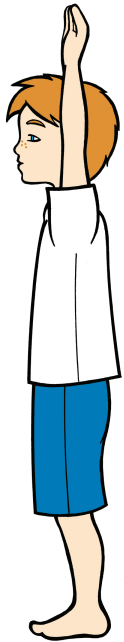


Land on the same spot with knees bent.

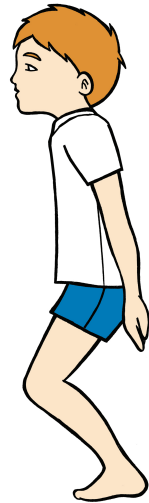


Finish in a Straight shape.

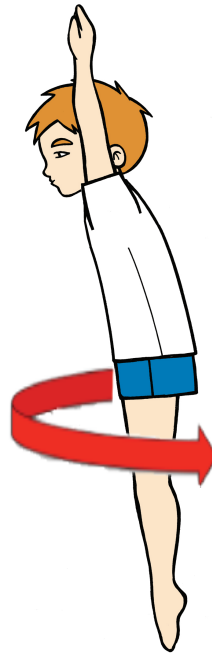
Jump with a turn



Start in a Straight shape.



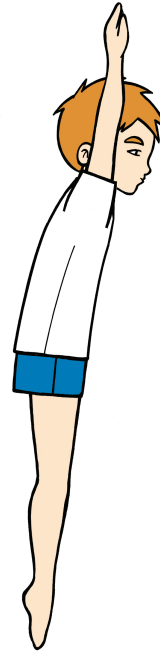
Bend knees and swing arms down to side. Push through legs and jump off toes.



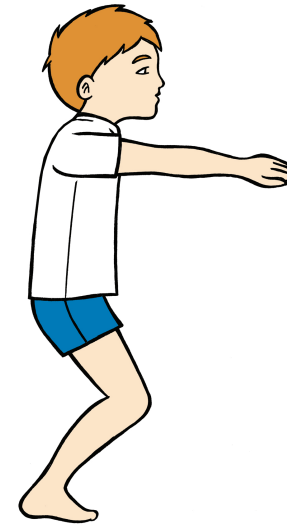
Jump vertically (keep Straight shape).

Look around arm when turning.

Rotate round in a $\frac{1}{4}$, $\frac{1}{2}$ or full turn.



Land on the same spot with knees bent.



Finish in a Straight shape.