

23 Wounded Duck

Prerequisite: none

cues: *toes in • toes out • toes in • toes out*

1. Jump over the rope and land with your toes and knees turned inward and your heels apart.
2. Jump over the rope and land with your toes and knees turned outward and your knees apart.



tips: Stay on the balls of your feet. • Alternate turning your legs and feet inward and outward.