

THE SUPER HORNET PATTERN



PART 1

(Start with two feet outside the ropes, toes should point toward the rope)

1	Jump On 1 (with two feet)
2	Jump On the Other (with two feet)
3	Jump On 2 (one foot on each rope)
4	Jump On Home (with two feet)
5	Jump In (two feet)
6	Straddle Out
7	Jump Twister (catch rope with legs)
8	Jump, Cross Feet & Straddle

PART 2