

Straight Jump



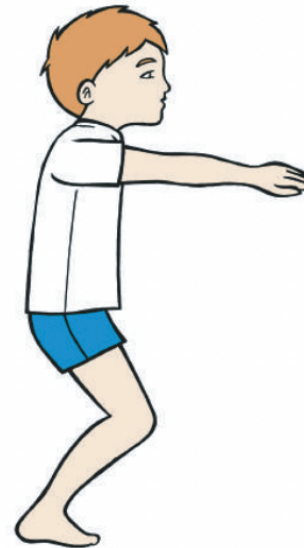
Start in a straight shape.



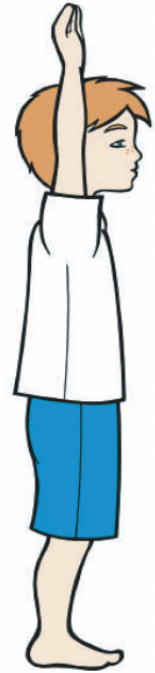
Bend knees,
lower arms
down



Push off feet to
show Straight Jump

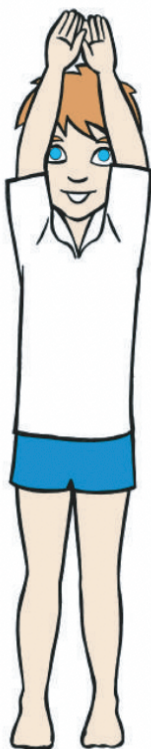


Land on the
same spot
with knees bent.



Finish in a Straight shape

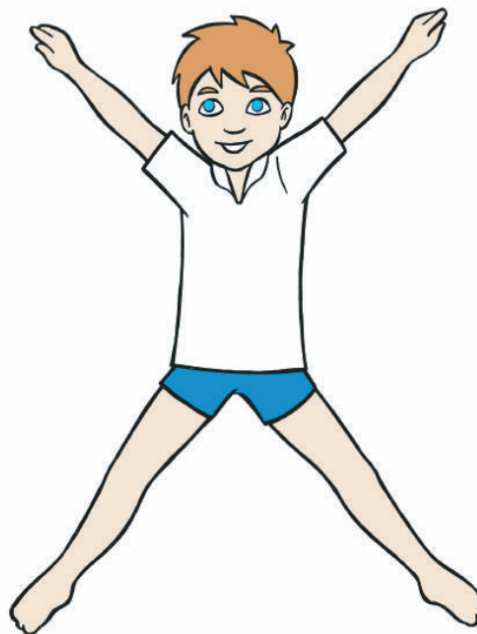
Star Jump



Start in a Straight shape.



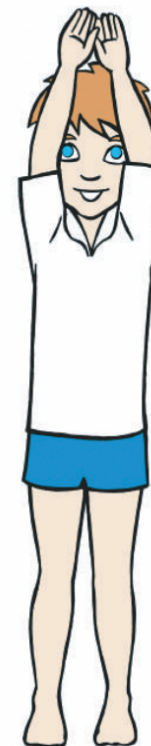
Bend knees.
Lower arms to cross in front. Push through legs and jump off toes



Explode arms and legs out to show a Star shape



Land on the same spot with knees bent.



Finish in a Straight shape.