**Jumps for the ERSO Holiday Routine (easy)**

|  |  |  |  |
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| **Block** | **Count** | **Jumps** | **Comment** |
| 1 | 1 | Side Straddle open |  |
| 2 | Heel up right |  |
| 3 | Side Straddle open |  |
| 4 | Heel Up left |  |
| 5 | Slide left | double bounce“for us” |
| 6 | Cross step  |
| 7 | Easy jump |  |
| 8 | Easy jump |  |
| 2 | 1 | Heel touch right |  |
| 2 | Toe touch cross |  |
| 3 | Heel touch right |  |
| 4 | Heel up right |  |
| 5 | Slide right | double bounce“phenomenal” |
| 6 | Cross step  |
| 7 | Easy jump |  |
| 8 | Easy jump |  |
| 3 | 1 | Double Bounce half turn right |  |
| 2 |  |
| 3 | Jump backwards Double Bounce half turn right |  |
| 4 |  |
| 5 | Easy jump |  |
| 6 | Easy jump |  |
| 7 | Criss cross |  |
| 8 | Easy jump |  |
| 4 | 1 | Double Bounce half turn left |  |
| 2 |  |
| 3 | Jump backwards,Double Bounce half turn left, right arm under right leg (inverse) |  |
| 4 |  |
| 5 | Double Bounce |  |
| 6 |  |
| 7 | Double Bounce Criss Cross |  |
| 8 |  |
| 5 | 1 | Side swing right | Marching on spot |
| 2 | Side swing left | Marching on spot |
| 3 | Side swing right over head | Step forwards (r) |
| 4 | Side swing left over head | Step back ®  |
| 5 | Texas turn right |  |
| 6 |  |
| 7 | Easy jump |  |
| 8 | Easy jump |  |
| 6 | 1 | Swing kick with sideswing criss cross  | Right side |
| 2 |  |
| 3 | Knee up right leg |  |
| 4 | Side straddle |  |
| 5 | X motion (left leg in front) |  |
| 6 | Knee up left leg |  |
| 7 | easy jump |  |
| 8 | Criss cross |  |
| 7 | 1 | Easy jump |  |
| 2 | Kick right |  |
| 3 | Kick right |  |
| 4 | Kick left |  |
| 5 | Kick right |  |
| 6 | Easy jump |  |
| 7 | Double bounce |  |
| 8 |  |
| 8 | 1 | Double under | “come on” |
| 2 | Easy jump |  |
| 3 | Stop the rope | Side straddle |
| 4 | Swing backwards |  |
| 5 | Backwards double bounce | “come on” |
| 6 |  |
| 7 | Stop the rope | Side straddle |
| 8 | Swing forwards |  |
| 9 | 1 | Full turn right  | Double bounce; ling “come on” |
| 2 |
| 3 | Double Bounce |  |
| 4 |  |
| 5 | Knee up right | “lets |
| 6 | Easy jumps | Get |
| 7 | Straight leg up | Physy- |
| 8 | Easy jump | Cal” |
| 10 | 1 | Stop the rope with the right foot |  |
| 2 | Clap |  |
| 3 | open |  |
| 4 | clap |  |
| 5 | open |  |
| 6 | Kick to side (left leg) |  |
| 7 | Turn right |  |
| 8 |  |
| 11 | 1 | Step through if needed | Foot might block the rope so step through |
| 2 | Start swinging |
| 3 | Double bounce | “back” |
| 4 |  |
| 5 | Toad Double Bounce |  |
| 6 |  |
| 7 | Double Bounce |  |
| 8 |  |
| Repeat8 | 1 | Double under | “come on” |
| 2 | Easy jump |  |
| 3 | Stop the rope | Side straddle |
| 4 | Swing backwards |  |
| 5 | Backwarts double bounce | “come on” |
| 6 |  |
| 7 | Stop the rope | Side straddle |
| 8 | Swing forwards |  |
| Repeat 9 | 1 | Full turn right  | Double bounce; long “come on” |
| 2 |
| 3 | Double Bounce |  |
| 4 |  |
| 5 | Knee up right | “lets |
| 6 | Easy jumps | Get |
| 7 | Straight leg up | Physy- |
| 8 | Easy jump | Cal” |
| Repeat6 | 1 | Swing kick with sideswing criss cross |  |
| 2 |  |
| 3 | Knee up right leg |  |
| 4 | Side straddle |  |
| 5 | X motion (left leg in front) |  |
| 6 | Knee up left |  |
| 7 | Leg down/easy jump |  |
| 8 | Criss cross |  |
| Repeat7 | 1 | Easy jump |  |
| 2 | Kick right |  |
| 3 | Kick right |  |
| 4 | Kick left |  |
| 5 | Kick right |  |
| 6 | Easy jump |  |
| 7 | Double bounce |  |
| 8 |  |
| Repeat8 | 1 | Double under | “come on” |
| 2 | Easy jump |  |
| 3 | Stop the rope | Side straddle |
| 4 | Swing backwards |  |
| 5 | Backwarts double bounce | “come on” |
| 6 |  |
| 7 | Stop the rope | Side straddle |
| 8 | Swing forwards |  |
| Repeat 9 | 1 | Full turn right  | Double bounce; ling “come on” |
| 2 |
| 3 | Double Bounce |  |
| 4 |  |
| 5 | Knee up right | “lets |
| 6 | Easy jumps | Get |
| 7 | Straight leg up | Physy- |
| 8 | Easy jump | Cal” |