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

|  |  |  |  |
| --- | --- | --- | --- |
| **Block** | **Count** | **Jumps** | **Comment** |
| 1 | 1and | Speed step rightSpeed Step left |  |
| 2And | Speed step right + side swing rightSpeed Step left + criss cross |  |
| 3And | Speed step right + side swing leftSpeed Step left + open |  |
| 4And | fullturn | “galaxy” |
| 5And | Side straddle openSide straddle close |  |
| 6And | Knee up rightKnee up left |
| 7And | Easy jumpDouble Under | DU always on the Double Clap |
| 8 |  |  |
| 2 | 1and | SwingKick | Right foot |
| 2And | Knee upEasy jump |
| 3And | SwingKick | Left foot |
| 4And | Knee upEasy jump |
| 5And | Wrap on right arm 2x |  |
| 6And | Unwrap on the left side 2x |
| 7And | Easy jumpDouble Under | DU always on the Double Clap |
| 8 |  |  |
| 3 | 1 | Toad |  |
| 2 | Double Under |  |
| 3 | TS |  |
| 4 | Double Under |  |
| 5And | EB Side swing leftHalf turn |  |
| 6And | Side Swing leftHalf turn | right arm on bac |
| 7And | Side swing leftDouble under | DU always on the Double Clap |
| 8 |  |  |
| 4 | 1and | Side straddle openSide straddle close |  |
| 2And | Side straddle openSide straddle close |  |
| 3And | Right knee upRight knee up | “little Bit” |
| 4And | Left knee upLeft knee up | “Of com-Pany” |
| 5And | Side straddle open X motion (right leg in front) |  |
| 6And | Texas Turn |  |
| 7And | Double Under | DU always on the Double Clap |
| 8 |  |  |
| 5 | 1 | S-S-O Triple Under |  |
| 2 | Easy jump |  |
| 3 | Toad Double under |  |
| 4 | Easy Jump |  |
| 5 | S-Cross-O Triple Under |  |
| 6 | Easy Jump |  |
| 7 | Direction Switch Double under |  |
| 8 | Easy jump backwards |  |
| 6 | 1 | Cross Stop |  |
| 2 | Easy Jump |  |
| 3 | TS Double Under |  |
| 4 | Easy Jump |  |
| 5 | EB Side Swing leftEB Side Swing right (open) | “Yeah-Yeah |
| 6 | Side Swing rightSide swing left | Yeah-Yeah- |
| 7 | Texas Turn | Yeaaaaah” |
| 8 | Texas Turn |  |
| 7 | 1 | Slide right with crugar | “you” |
| 2 | Stop in front |  |
| 3 | Backwards fake Double under with kick |  |
| 4 | Backwards easy jump |  |
| 5 | Side cross Double under | “you re |
| 6 | Side open double under | My” |
| 7 | Easy jumps backwards |  |
| 8 | Stop swing in front |  |
| 8 | 1 | S-EB-O Triple |  |
| 2 | Easy jump |  |
| 3 | Cross | “all |
| 4 | Cross switch | Night” |
| 5 | Wrap with turn |  |
| 6 |  |
| 7 |  |
| 8 |  |
| 9 | 1 | EK Triple Under | “You” |
| 2 | Easy Jump |  |
| 3 | Push up in | “moon- |
| 4 | Push up out | Light” |
| 5 | Side Cross Double Under | “You re |
| 6 | Side Open Double under | My” |
| 7 | Slide left (Double Bunce) | starlight |
| 8 |  |
| 10 | 1 | TJ Triple Under | You |
| 2 | Easy Jump |  |
| 3 | Toad right side | “all |
| 4 | Crugar left side | Night” |
| 5 | Stop the Rope in front |  |
| 6 | Turn Left |  |
| 7 |  |  |
| 8 | End Pose |  |