**TINIKLING STEPS \* Name: PO:**

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|  | NAME | DESCRIPTION | BEATS | COMPLETION |
| 1 | Straddle  jump | 2 jumps in  2 straddle jumps | 1 & 2  3 & 4 |  |
| 2 | Straddle  Jump turn | 1 jump in; 1 jump in w/ ½-turn  2 straddle jumps | 1 & 2  3 & 4 |  |
| 3 | Stride  jump | 2 jumps in perpendicular to poles  2 stride jumps w/ R foot forward  (repeat w/ L foot forward beats 3 & 4) | 1 & 2  3 & 4 |  |
| 4 | Stride  jump turn | 1 jump in perpendicular to poles; 1 jump in w/ ½-turn  2 stride jumps w/ R foot forward  (repeat w/ L foot forward beats 3 & 4) | 1 & 2  3 & 4 |  |
| 5 | Combination  jump | 2 jumps in  1 straddle jump w/ ¼-turn L; 1 stride jump  (repeat w/ ¼-turn R beat 3) | 1 & 2  3 & 4 |  |
| 6 | Slalom  jump | 2 jumps in  2 jumps out on one side  (repeat, out on other side) | 1 & 2  3 & 4 |  |
| 7 | Hopscotch | 1 jump & hop in on one foot  2 straddle jumps  (repeat, landing w/ other foot beats 1 & 2) | 1 & 2  3 & 4 |  |
| 8 | Hopscotch  turn | 1 jump in on R foot w/ 1-2-turn L  1 hop in on R foot  2 straddle jumps  (repeat, w/ jump & hop on L foot beats 1 & 2, ½-turn R) | 1  2  3 & 4 |  |
| 9 | Reverse  hopscotch | 2 jumps in  1 jump & hop out on R foot  (repeat, w/ jump & hop on L foot beats 3 & 4) | 1 & 2  3 & 4 |  |
| 10 | Leap & hop | 1 leap & hop in on one foot  1 leap & hop out on other foot | 1 & 2  3 & 4 |  |
| 11 | Run & hop | 1 leap in on R foot (inside ft); 1 leap in on L foot  1 leap & hop out on R foot  (reverse, leading w/ L foot) | 1 & 2  3 & 4 |  |
| 12 | Crossover  leap | 1 leap in on L foot (outside ft); 1 leap in on R foot  1 leap & hop out on L foot  (reverse leading w/ R crossover) | 1 & 2  3 & 4 |  |
| 13 | Run in  circle | 1 leap in on R foot (outside ft) w/ ½-turn L  1 leap in on L foot  1 leap out on R foot w/ ½ turn L; 1 leap out on L foot | 1  2  3 & 4 |  |
| 14 | Rocker | 1 leap & hop in on R foot, perpendicular to poles  1 leap & hop out on L foot, perpendicular to poles | 1 & 2  3 & 4 |  |
| 15 | Run | 1 leap in on R foot (inside ft); leap in on L foot  1 leap out on R foot; leap out on L foot | 1 & 2  3 & 4 |  |
| 16 | Leprechaun | Same as run (#15) but w/ straight legs  Same as run (#15) but w/ straight legs | 1 & 2  3 & 4 |  |

\* Record the number of times you complete a step consecutively up to 6 times. One time equals 4 beats or one measure (Put ‘1X’ in last column--or max. of ‘6X’). You may upgrade to a higher score when applicable.