Level 1 Double dutch competition routine

1. Pose
2. Pop up
3. Pop up
4. Side pop up
5. Side pop up
6. Pop up
7. Pop up
8. Side pop up
9. Side pop up
10. Pop up
11. Pop up
12. Switch
13. Turners cross
14. Mule kick
15. Split
16. Push up
17. Mountain climber
18. Switch
19. Straddle
20. X motion
21. High knee
22. Twister
23. Twister
24. Swing Kick
25. (19-24) Turners rotate around jumper 45-90 degrees
26. Pinwheel
27. Wheel (jumper takes a handle)
28. Roll around switch
29. Pose