**Double Dutch**

**Level 0**

Forward turning

Backward turning

**Level .5**

Bell

Skier

Slide forward

Slide backward

Slide to the Right

Slide to the Left

Side straddle

Forward straddle

X motion

Hopscotch

Twister

Wounded Duck

Toe Tap

Heel Tap

Heel-toe tap

Heel-cross toe tap

Fling

Irish Fling

Knee up cross over

Jog Step

Swing Kick

Can-Can

Peek-a-boo

Waddle

WW kick

Grape vine

Russian kicks (squat kick)

Basic switch

American wheel

**Level 1**

Cartwheel in/out of ropes

Roundoff

Pinwheel

Wheel

Log roll

Pop-up

Pop-up cross

Mountain climber

Power without jumping

Turner crougar (+1)

Turner cross forward (+1)

Turner cross backward(+1)

Turner toad (+1)

Turning on knees

Turner EB (+1)

Turner knee catch (+1)

Turn facing backwards(+1)

Turner jump through (+1)

Helicopter

Floaters

Quick switch

Wheel switch

Exchange of handles during wheel

Interactions between turner and jumper

**Level 2**

Split

Crab

Push up

Mule kick

Rodeo

Back jumps

Kip

Leap frog over turner

Leap frog over jumper

Triple under

Quad

Mick

2 handle release

Turner AS (+2)

Turner caboose (+2)

Turner Pushup (+2)

Turner Mule kick (+2)

Turner back flip (+2)

Turner front flip (+2)

Turner Ariel (+2)

Turner split (+2)

**Level 3**

Handspring entrance/exit

Suicide flip

Hand hop

Frog

V kick

Backbend/bridge

Front flip

Back flip

One handed mule kick

90 degree turntable

Push up subway

Push up/split subway

Pushup/rodeo subway

Quint (5)

Sextuple (6)

**Level 4**

Destroyer

Stack

180 degree turntable

Shoot through

Septulet (7)

Octuplet (8)

**Level 5**

Flip over athlete

**Double dutch**

**Footwork**

Bell

Skier

Slide forward

Slide backward

Slide to the Right

Slide to the Left

Side straddle

Forward straddle

X motion

Hopscotch

Twister

Wounded Duck

Toe Tap

Heel Tap

Heel-toe tap

Heel-cross toe tap

Fling

Irish Fling

Knee up cross over

Jog Step

Swing Kick

Can-Can

Peek-a-boo

Waddle

WW kick

Grape vine

Russian kicks (squat kick)

American wheel

**Switches**

Basic switch

Quick switch

Wheel switch

Exchange of handles during wheel

**Releases**

Helicopter

Floaters

Mick

2 handle release

**Turner involvement**

Pinwheel (+1)

Turner crougar (+1)

Turner cross forward (+1)

Turner cross backward(+1)

Turner toad (+1)

Turning on knees

Turner EB (+1)

Turner knee catch (+1)

Turn facing backwards(+1)

Turner jump through (+1)

Turner AS (+2)

Turner caboose (+2)

Turner Pushup (+2)

Turner Mule kick (+2)

Turner back flip (+2)

Turner front flip (+2)

Turner Ariel (+2)

Turner split (+2)

Wheel

Interactions between turner and jumper

**Gymnastics**

Destroyer

Flip over athlete

Handspring entrance/exit

Suicide flip

Front flip

Back flip

Cartwheel in/out of ropes

Roundoff

**Multiples**

Pop-up

Pop-up cross

Triple under

Quad

Quint (5)

Sextuple (6)

Septulet (7)

Octuplet (8)

**Power**

Split

Crab

Push up

Mule kick

Rodeo

Back jumps

Kip

Frog

Stack

180 degree turntable

Shoot through

V kick

Backbend/bridge

Hand hop

Leap frog over turner

Leap frog over jumper

One handed mule kick

90 degree turntable

Push up subway

Power without jumping

Push up/split subway

Pushup/rodeo subway

Log roll

Mountain climber