



INSTRUCTIONS

ROTATING SQUAT HOP

CATEGORIES: Endurance, Power, Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/rotating-squat-hop>

Acrobatics

Ankles

Glutes

Hamstrings

Jumps and Leaps

Knee Strength

Leaps

Quadriceps

Turn Out



Steps:

- Begin facing side
- Start with two butt kicks
- Jump feet together
- Jump out to a wide sumo squat
- Jump feet back together WHILE ROTATING to the front.
- Continue rotating until you make a full circle

Repeat for 30 to 60 seconds