

Progress Report

Team Member: _____

Team Captain: _____

Start Date: _____

Email: _____

This Progress Report will help you succeed. All motions are in 5 increments; do your best!

Beginner Level

Week 1	Regular Double Dutch (<i>DD</i>)
Week 2	Footsies with DD
Week 3	Jump with DD
Week 4	Turn with DD
Week 5	Hop with DD
Week 6	Criss with DD
Week 7	Walk with DD
Week 8	Whole Footsies with DD
Week 9	Footies with Jump

Advance Level

Week 32	DD with partner
Week 33	Footsies with partner
Week 34	Jump with partner
Week 35	Turn with partner
Week 36	Hop with partner
Week 37	Criss with partner
Week 38	Walk with partner
Week 39	Whole Footsies with partner
Week 40	Footies & Jump with partner

Intermediate Level

Week 10	Footsies Switch out
Week 11	Footsies with Turn
Week 12	Footsies with Hop
Week 13	Footsies with Criss
Week 14	Footsies with Walk
Week 15	Footsies with Whole Footsies
Week 16	Jump with whole Footies
Week 17	Jump with Turn
Week 18	Jump with Hop
Week 19	Jump with Criss
Week 20	Jump with Walk

Expert Level

Week 41	DD while playing Numbers with partner
Week 42	DD while locking arms with partner and turning
Week 43	Footsies Switch out while touching feet with partner
Week 44	Footsies Switch out while touching feet with partner and turning around each other
Week 45	DD with High Knees and partner
Week 46	High Hop with partner
Week 47	High Walk with arms crossed and partner
Week 48	DD in Irish
Week 49	DD in Irish with partner
Week 50	Jump in doing DD, partner jump in doing DD then both cartwheel out
Week 51	DD dance with partner while both enders are walking
Week 52	DD with a flip, then DD while twerking, then handstand and cartwheel out with partner

Upper-Intermediate Level

Week 21	Turn Switch out
Week 22	Turn with Hop
Week 23	Turn with Criss
Week 24	Turn with Walk
Week 25	Turn with Whole Footsies
Week 26	Hop with Criss
Week 27	Hop with Walk
Week 28	Hop with Whole Footsies
Week 29	Criss with Walk
Week 30	Criss with Whole Footsies
Week 31	Walk with Whole Footsies