Everybody’s doing it right (Jump rope, rope)

Jump rope, go ahead and try it (Jump rope, rope)

Hold the handles, with your thumbs down (Jump rope, rope)

Hold it out, step over it now (Jump rope, rope)

Once you got it, bring elbows to ears (Jump rope, rope)

Throw that rope, make sure your feet clear (Jump rope, rope)

Jump and land using both of your feet (Jump rope, rope)

You can jump rope now, just repeat (Jump rope, rope)