

BASIC MOTIONS

The following are the basic motions used in cheerleading.



Ready Position

Hands behind back, feet shoulder width apart.



T

Arms are at a 90 degree angle to the body. Pinky fingers are to the back.



Broken T / Half T

Same as a T, but arms are bent. Do not bring it forward. Pinky fingers are to the front.



High V

Arms are at a 45 degree angle to the body. Pinky fingers are to the back.



Low V

Same as a High V, but arms are down.



Touch Down

Arms are straight up, in-line with the body. Bring arms to ears, not ears to arms. Pinky fingers are to the front.



Low Touch Down

Arms are straight down, in-line with the body. Arms should be tight to the body and slightly forward. Pinky fingers are to the back.



Daggers

Arms are bent, hugging the body. Pinky fingers are to the front.



High V

Arms are at a 45 degree angle to the body. Pinky fingers are to the back.



Lunge

Left leg is bent at a 90 degree angle. The right leg is completely straight. Body and right knee are facing forward. (This shows a Lunge with a High V)



Right L

Right arm is in a T and left arm is in a Touch Down. Left L would be the opposite of this.



Right Punch

Right arm is in a Touch Down and left arm is on hips. Left Punch would be the opposite of this.



Left Diagonal

Left arm is in a High V and right arm is in a Low V. Right Diagonal would be the opposite of this.



Left K

Left arm is in a High V and right arm is in a Low V across the body. Right K would be the opposite of this.



Combinations

Try combining different basic motions to create your own unique combinations – be creative!