

# MOTIONS

## Remember:

- 1) All moves should be preformed sharp. Imagine hitting a brick wall that is behind you.
- 2) Wrists should not be cocked, but in a straight line with your arms. Thumbs should be on the outside of your fists, with your pinky fingers in back. Show your swirlies!
- 3) Although you want to hit a brick wall, your arms should not be way behind you. You should be able to just barely see them out of the corner of your eyes when looking straight ahead.
- 4) Shoulders should be relaxed for every motion, not up at your ears.
- 5) Shortest distance- rather than swinging your arms around, up into your High V, bring your arms straight forward in front of yourself and hit. This is true for any motion.
- 6) Practice in front of a mirror. You may feel like you're doing the moves correctly, but you may not be.

The following are the basic motions of cheerleading:



### Ready Position

Hands behind back or fists on hips, feet shoulder width apart.



### Lunge

Just look at the legs and body position. Left leg is bent at a 90 degree angle. The right leg is completely straight. Body and right knee are facing forward.



### 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.



### T

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



### Broken T

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



**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/Table Top**

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

The above moves can be combined to create several motions. The following are just a few examples of this:



**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.

There are so many combinations, so be creative!