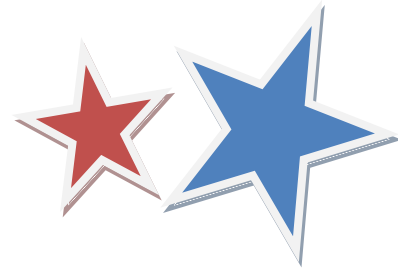


CHEER ARM MOTIONS



Ready Position

Hands behind back, feet shoulder width apart.



High V

Arms are at a 45 degree angle to the body. Big eyes are facing forward.



Low V

Same as a High V, but arms are down.



T

Arms are at a 90 degree angle to the body. Big eyes are facing forward.



Broken T

Same as a T, but arms are bent. Do not bring it forward. Little eyes are facing forward.



High Touch Down

Arms are straight up, in-line with the body. Bring arms to ears, not ears to arms. Big eyes are facing forward.



Low Touch Down

Arms are straight down, in-line with the body. Arms should be tight to the body and slightly forward. Big eyes facing forward.



Touchdown

Arms are bent, hugging the body. Little eyes facing forward.



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.

Remember:

- 1) All moves should be performed sharply.
- 2) Wrists should not be bent, but in a straight line with your arms. Thumbs should be on the outside of your fists.
- 3) You should be able to just barely see your hands in all arm motions 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.