

# BASIC CHEER MOTIONS



**BEGINNING STANCE**  
 Feet together, hands down by the side in blades



**CHEER STANCE**  
 Feet more than shoulder width apart, hands down by the side in blades



**CLASP**  
 Hands clasped, at the chin, elbows in



**CLAP**  
 Hands in blades, at the chin, elbows in



**HIGH V**  
 Arms extended up forming a "V", relax the shoulders



**LOW V**  
 Arms extended down forming a "V"



**TOUCHDOWN**  
 Arms extended straight and parallel to each other, fist facing in



**LOW TOUCHDOWN**  
 Arms extended straight down and parallel to each other, fist facing in



**BOW AND ARROW**  
 One arm extended to side with other arm bent at elbow in a half "T" motion



**OVERHEAD CLASP**  
 Arms are straight, above the head in a clasp and slightly in front of the face



**TABLETOP**  
 Arms bent at elbow, fists in front of shoulders



**LOW CLASP**  
 Arms extended straight down, in a clasp and slightly in front of the body



**PUNCH**  
 One arm extended straight up, one arm on hip, in a fist



**L MOTION**  
 One arm extended to the side with other arm extended in a punch motion, (Left L shown)



**DIAGONAL**  
 One arm extended in a high "V" and the other arm extended in a low "V" (Right Diagonal shown)



**T MOTION**  
 Both arms extended straight out to the side and parallel to the ground, relax the shoulders



**HALF T**  
 Both arms parallel to the ground and bent at the elbows, fists into shoulders



**SIDE LUNGE**  
 Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other



**FRONT LUNGE**  
 Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other