Basic Cheerleading Motions

**Ready Position**
Hands behind back, feet shoulder width apart.

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

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**Remember:**
1) All moves should be performed sharply. 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 lik