

# Motions

All motions should be done as cleanly as possible. Be sharp and quick with your motions, but don't forget to smile!

The basic stance of all cheerleaders is to stand with "hands on hips and smile on lips." Remember, to judges, everything is a motion, so keep your arms tight!



This stance, called a lunge, may be used in combination with almost any motion.



You may also simply stand with your feet apart while doing motions.



This is a **high V**. It is a classic motion that is used in almost every cheer, and it may also be used in "prepping" for jumps.



This motion is a **half high V**. Do it the same way that you did a high V, except put one fist on your hip. It can be done with either arm up.



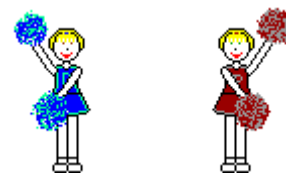
This is a **low V**. It is simply the opposite of a high V.



This is a **punch** motion. It is often used in cheers that require a crowd response. It is sometimes called a "GO" motion.



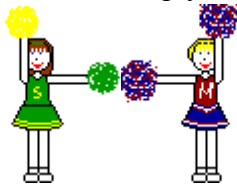
This motion is called a "**K**" motion. Make sure that your wrists are kept straight when you hit this motion. It may be done to either the right or left. It is often done while standing in a lunge.



This motion is called an "**L**" motion. It may also be

This is a **diagonal**.

done in either direction. Keep your elbows locked.



This is a "T" motion.



This is a variation of the "T". It's usually called a half-T.



This is a bow and arrow. It is another variation of the "T" motion. Just bend one arm at the elbow.



This motion is called daggers.



This is a touchdown motion. Make sure to keep your wrists straight when you do this motion, and keep your fists flat on the top!



This is a low touchdown motion. Just bring your arms straight down from a touchdown motion.

