

MOTIONS

Remember:

- 1) All moves should be performed 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.
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The following are the basic motions of cheerleading:



Ready Position

Hands behind back, 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.

Left arm is in a High V and right arm is in a Low V. Right Diagonal would be the opposite of this.

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.

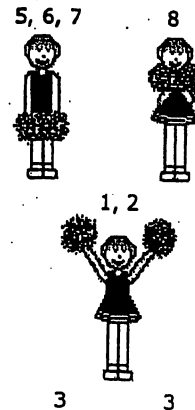
JUMPS

Stretches

- 1) Do crunches- the stronger your tummy is, the higher you can lift your legs. This is especially important for pikes.
- 2) Try doing this exercise before you do your toe touches. Sit on the ground in a stradle position. Not too wide or else it will hurt. Also, be sure that you sit up straight, don't slouch. Place your left hand in front of you and your right behind you. Lift your right leg up off the ground and turn your leg so that your knee is pointing backward. Switch hands and do the same on your left leg. Start easy on yourself, doing 2 sets of five on each leg. Slowly work up to doing more. I've found that this is the best exercise for improving toe touches.
- 3) Increase the strength in your legs so that you can jump higher. One way to do this is run up and down stairs. Now that's a good work out!
- 4) Place a piece of tape as high up as you can reach on a wall in your house. Jump up 100 times and touch the place on the wall above the tape. Do this 50 times with the right hand and 50 times with the left hand.
- 5) Practice- they can only get better! Try doing three jumps in a row with no prep in between: jump, land, jump, land, jump, land.

How To Jump

- 1) Start with your feet together and arms by your side. Count 5, 6, 7, 8. On 8 clasp your hands.
- 2) Count 1, 2. On 1 hit a high V, on 2 hold it there.
- 3) On count 3 swing your arms around in front of you so that they cross at your knees. At the same time bend at the knees.





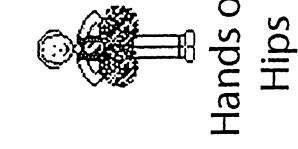
Left Side Hurdler

Left leg is in toe touch position. Right leg is bent with knee facing forward. Right Side Hurdler would be the opposite of this.

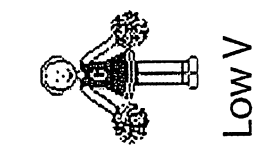


Right Front Hurdler

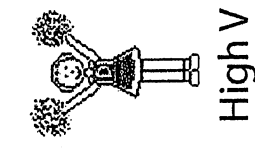
Right leg is straight, in front of the face. Left leg is bent with knee pointing down. Let your leg come to you. Don't go to it. Left Front Hurdler would be the opposite of this.



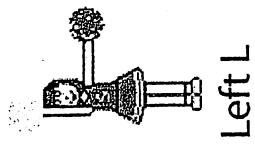
Hands on Hips



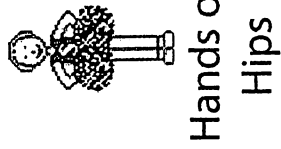
Low V



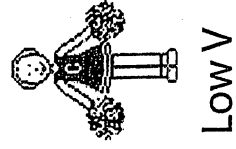
High V



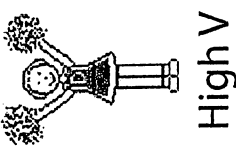
Left L



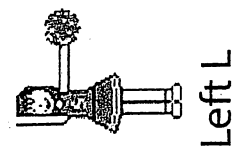
Hands on Hips



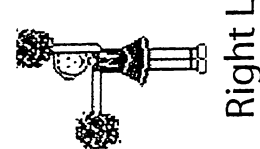
Low V



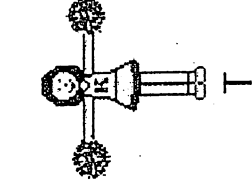
High V



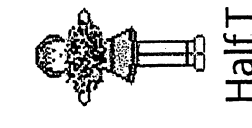
Left L



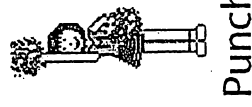
Right L



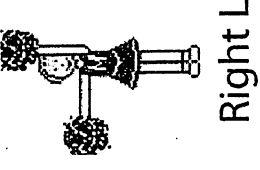
T



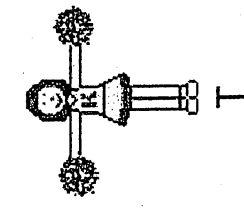
Half T



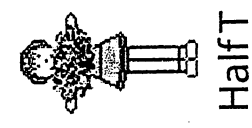
Punch



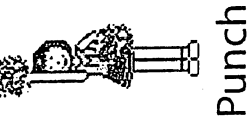
Right L



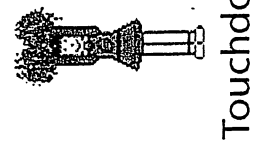
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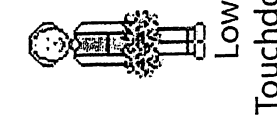
Half T



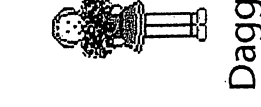
Punch



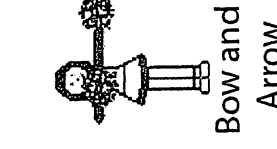
Touchdown



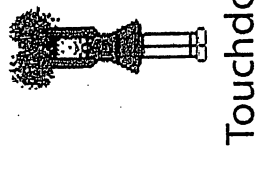
Low Touchdown



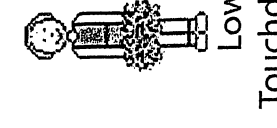
Daggers



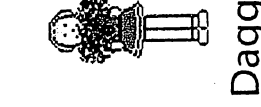
Bow and Arrow



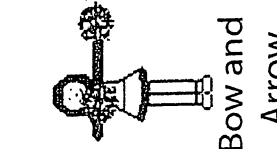
Touchdown



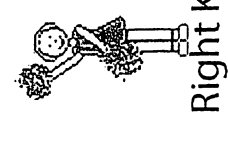
Low Touchdown



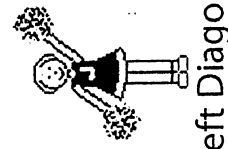
Daggers



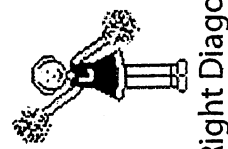
Bow and Arrow



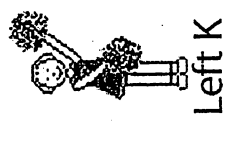
Right K



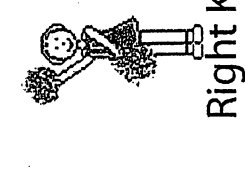
Left Diagonal



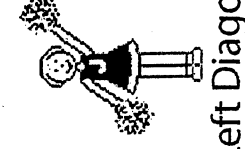
Right Diagonal



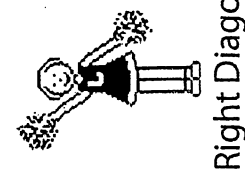
Left K



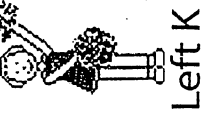
Right K



Left Diagonal



Right Diagonal



Left K

CHEERS

SPIRIT

SP-IR-IT

GOT SPIRIT LET'S HEAR IT

REPEAT 3 TIMES

REBOUND

R-E-

R-E-B

R-E-B-O-U-N-D

REBOUND GET IT, GET IT

REBOUND GET IT, GET IT

HEY BULLDAWGS

HEY, HEY BULLDAWGS

YOU KNOW WHAT TO DO

YOU GOT TO ROCK WITH RED

AND ROLL WITH THE BLACK

REPEAT 3 TIMES

GO

TO THE G

TO THE O

YEAH GO, GO

REPEAT 3 TIMES

SCARED

SCA-

RED

WE GOT YOU SCARED

AND SHAKING IN YOUR KNEES

REPEAT 3 TIMES

YELL

Y-E

Y-E-L

Y-E-L-L

EVERYBODY YELL GO BULLDAWGS

OOOOOOOOOOOO GO BULLDAWGS

REPEAT 3 TIMES

ROWDY

LET'S GET A LITTLE BIT ROWDY

R-O-W-D-Y

REPEAT 3 TIMES

WHO ROCKS THE HOUSE

WHO ROCKS THE HOUSE

I SAY THE BULLDAWGS ROCK THE HOUSE

AND WHEN THE BULLDAWGS ROCK THE HOUSE

THEY ROCK IT ALL THE WAY DOWN
REPEAT 3 TIMES

DRIBBLE
DRIBBLE
SHOOT-SHOOT
TAKE THAT BALL TO THE
HOOP-HOOP

2 POINTS
WE WANT 2 POINTS
WE WANT 2 POINTS

DRIBBLE IT, PASS IT
DRIBBLE IT, PASS IT
WE WANT A BASKET
B-A-S-K-E-T

FIRE IT UP
FIRE IT UP, FIRE IT UP, FIRE IT UP, UP, UP, UP, UP, UP, UP
REPEAT 3 TIMES

SET IT UP
SET IT UP
PUT IT IN
SET IT UP, PUT IT IN THAT'S
THE WAY WE GONNA WIN

EVERYBODY
EVERYBODY GET SOMEBODY
DON'T LET UM SHOOT

DEFENSE
D
D
DEFENSE

SINK IT OR MISS IT
SINK IT, SINK IT
SINK IT, SINK IT
MISS IT, MISS IT
MISS IT, MISS IT

BLUE & GOLD
BLUE AND GOLD
HEY
BEAT THOSE(TEAM NAME)

HERE WE GO
HERE WE GO (TEAM NAME)
HEY LET'S SCORE

YOU SAY GO

YOU SAY GO ON THE COUNT
OF 3.....1-2-3 GO!!!!!!
YOU SAY SCORE ON THE COUNT
OF 3.....1-2-3 SCORE!!!!!!
YOU SAY WIN ON THE COUNT
OF 3.....1-2-3 WIN!!!!!!!!!!!!

TAKE IT AWAY

T-A
K-E
TAKE IT AWAY

DOWN THE FLOOR

DOWN, DOWN, DOWN THE FLOOR
RAISE, RAISE, RAISE THE SCORE
DOWN THE FLOOR
RAISE THE SCORE
WE WANT 2

LET'S GO

LET'S GO, LET'S GO
L-E-T-S GO

GRAPEVINE

I HEARD IT THROUGH THE GRAPEVINE
THAT YOUR TEAM IS SUPERSTARS
BUT WHEN YOUR UP AGAINST THE(TEAM NAME)
WHAT YOU GOT IS NOT ENOUGH

ROCK-STEADY

ROCK-ROCK STEADY
YOUR TEAM AIN'T EVEN READY
ROCK, ROCK, ROCK, ROCK
STEADY, STEADY, STEADY, STEADY
ROCK

BE AGGRESSIVE

VICTORY

WE GOT SPIRIT

WE GOT SPIRIT
YES WE DO
WE GOT SPIRIT HOW ABOUT YOU

HELLO

H-E
H-E-L
H-E-L-L-OOOOOO
HELLO THEN INTRODUCE YOURSELF