

| | | | |
|-----------|----------------------------------|-----------|--|
| 1 | High V | 13 | |
| 2 | Low V | 14 | |
| 3 | Full T | 15 | |
| 4 | Half T | 16 | |
| 5 | High Touchdown | 17 | |
| 6 | Low Touchdown | 18 | |
| 7 | Daggers | 19 | |
| 8 | Tabletop | 20 | |
| 9 | Muscle Man | 21 | |
| 10 | Right Bow & Arrow | 22 | |
| 11 | Left Bow & Arrow | 23 | |
| 12 | Blades | 24 | |

Beginner Cheerleading Motions

This is the first set of motions that every cheerleader should know:

HANDS ON HIPS



HIGH V



LOW V



FULL T



HALF T



HIGH TOUCHDOWN



LOW TOUCHDOWN



DAGGERS

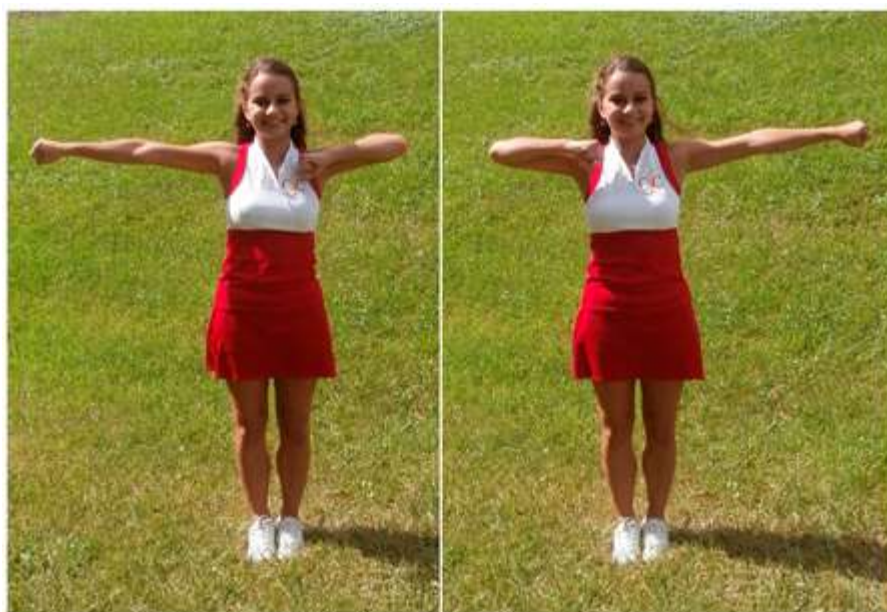
TABLETOP

MUSCLE MAN



RIGHT BOW & ARROW

LEFT BOW & ARROW



BLADES

