

# Motions



## Cheer Stance

Feet more than shoulder width apart, hands down by the side in blades.



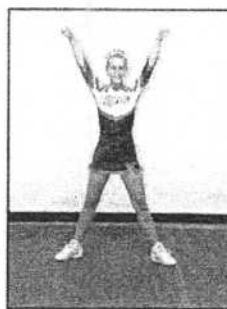
## Clap

Hands in blades, under the chin.



## Clasp

Hands clasped under the chin, elbows in.



## High "V"

Arms extending up forming a "V".



## Low "V"

Arms extended down forming a "V".



## "T" Motion

Both arms extended straight out to the side and parallel to the ground.



## Half "T"

Both arms parallel to the ground and bent at the elbows, fist into shoulders..



## Touchdown

Arms extended straight up and parallel to each other.



## Low Touchdown

Arms extended straight down and parallel to each other.



## Overhead Clasp

Arms are straight, above the head in a clasp and slightly in front of the face.



## Bow & Arrow

One arm extended to the side with the other arm bent at the elbow in a half "T" motion.



## Table Top

Arms bent at the elbow, fists in front of the shoulders.



## Punch

Right arm extended straight up, left arm on hip.



## "L"

One arm extended to the side with the other arm extended in a punch motion.

Left "L" Shown



## Diagonal

One arm extended in a high "V" and one arm extended in a low "V".

Left Diagonal Shown



## Side Lunge

Lead leg bent with knee over ankle, back leg straight, feet perpendicular to each other



## Front Lunge

Lead leg bent with knee over ankle, back leg straight, feet perpendicular to each other



## "O"

Both arms over head slightly bent at the elbows, one arm holding wrist of the other arm.