

How to learn to Cheer Dance!

You may want to learn an American Cheer routine as part of the International Dance Day. Here are some steps to learn and you can put them into a routine.



BASIC CHEER MOTIONS



BEGINNING STANCE
Feet together, hands down by the side in blades



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



CLASP
Hands clasped, at the chin, elbows in



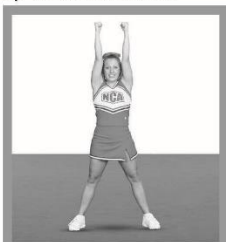
CLAP
Hands in blades, at the chin, elbows in



HIGH V
Arms extended up forming a "V", relax the shoulders



LOW V
Arms extended down forming a "V"



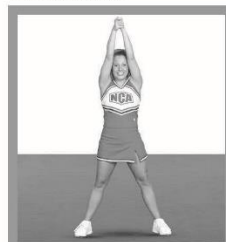
TOUCHDOWN
Arms extended straight and parallel to each other, fist facing in



LOW TOUCHDOWN
Arms extended straight down and parallel to each other, fist facing in



BOW AND ARROW
One arm extended to side with other arm bent at elbow in a half "T" motion



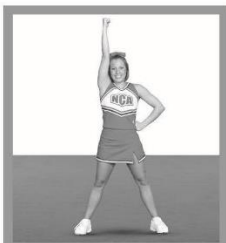
OVERHEAD CLASP
Arms are straight, above the head in a clasp and slightly in front of the face



TABLETOP
Arms bent at elbow, fists in front of shoulders



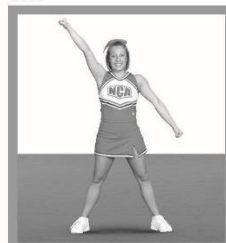
LOW CLASP
Arms extended straight down, in a clasp and slightly in front of the body



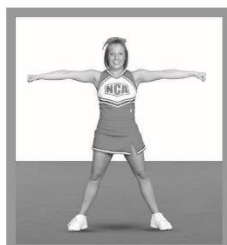
PUNCH
One arm extended straight up, one arm on hip, in a fist



L MOTION
One arm extended to the side with other arm extended in a punch motion, (Left L shown)



DIAGONAL
One arm extended in a high "V" and the other arm extended in a low "V" (Right Diagonal shown)



T MOTION
Both arms extended straight out to the side and parallel to the ground, relax the shoulders



HALF T
Both arms parallel to the ground and bent at the elbows, fists into shoulders



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



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

Examples of Cheers:

1. <https://www.youtube.com/watch?v=EUVgQ8YIbYE>
2. <https://www.youtube.com/watch?v=vy4Qq6NIYnw>
3. <https://www.youtube.com/watch?v=0WS9anZ-T6M>