

CHEER MOTIONS

101

TOUCHDOWN

- Arms extended up in front
- Arms parallel to each other
- "Little Cinnamon Rolls" facing out
- Relax your shoulders



LOW TOUCHDOWN

- Arms extended down in front
- Arms parallel to each other
- "Big Cinnamon Rolls" facing out



CANDLESTICKS

- Arms extended out in front at chest level
- Arms parallel to the ground
- Thumbs facing each other
- Knuckles facing out
- Shoulders back



DAGGERS

- Arms bent at the elbows
- "Little Cinnamon Rolls" facing out
- Fists in front of shoulders
- Thumbs facing each other
- Shoulders back



LEFT DIAGONAL

- Right arm down in low "V"
- Left arm up in high "V"
- "Big Cinnamon Rolls" facing out
- Relax your shoulders



LEFT BROKEN DIAGONAL

- Start from the broken "T" motion
- Lift your left elbow up at an angle
- Bring your right elbow down at an angle
- "Little Cinnamon Rolls" facing out
- Fists at chest level



RIGHT DIAGONAL

- Left arm down in low "V"
- Right arm up in high "V"
- "Big Cinnamon Rolls" facing out
- Relax your shoulders



RIGHT BROKEN DIAGONAL

- Start from the broken "T" motion
- Lift your right elbow up at an angle
- Bring your left elbow down at an angle
- "Little Cinnamon Rolls" facing out
- Fists at chest level



Football Cheers With Motions

Julia Schneider



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