

**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.

**Low V**

Same as a High V, but arms are down.

**T**

Arms are at a 90 degree angle to the body. Pinky fingers are to the back.

**Broken T**

Same as a T, but arms are bent. Do not bring it forward. Pinky fingers are to the front.

**Touch Down**

Arms are straight up, in-line with the body. Bring arms to ears, not ears to arms. Pinky fingers are to the front.

**Low Touch Down**

Arms are straight down, in-line with the body. Arms should be tight to the body and slightly forward. Pinky fingers are to the back.

**Daggers**

Arms are bent, hugging the body. Pinky fingers are to the front.

The above moves can be combined to create several motions.
The following are just a few examples of this:

**Right L**

Right arm is in a T and left arm is in a Touch Down. Left L would be the opposite of this.

**Right Punch**

Right arm is in a Touch Down and left arm is on hips. Left Punch would be the opposite of this.

**Left Diagonal**

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

**Left K**

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.

Football Cheers With Motions

SJ Ball



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