

## UAHS Cheer Motion Drills

**1st 8-count:** High V, Dagers, Low V, Dagers, Right Diagonal, Dagers, Left Diagonal, Hips

**2nd 8-count:** Right L, Dagers, Left L, Hips, Right Punch, T, Touchdown, Hips

**3rd 8-count:** Left K, Touchdown, Right 4 o'clock, Low V, Clasp, Left Bow, Right Bow, Down

(repeat)