

UAHS Cheer Motion Drills

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

2nd 8-count: Right L, Daggers, 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)