

Step 2 - Cheerleading Routines - Pom Dance

Choreograph a 2 minute routine using the following elements:

1 chant and 1 cheer



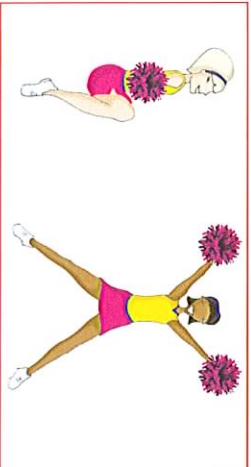











3 changes of level (high/low)

Cannon or Ripple visual effects

4 different formations selected from the formations card (or create your own)

Arm Motions - All motions shown below

Jumps - Compulsory jump plus 2 of the additional jumps shown

<p>HIGH V TO LOW V</p>  	<p>TUCK JUMP FOLLOWED BY STAR JUMP (COMPULSORY)</p> 
<p>TTO BROKENT</p>  	<p>STRAIGHT JUMP</p>  <p>DOUBLE HOOK</p> 
<p>HIGH TOUCHDOWN TO LOW TOUCHDOWN</p>  	<p>SIDE HURDLER OR HERKIE</p>  
<p>RIGHT DIAGONAL TO LEFT DIAGONAL</p>  	<p>TOE TOUCH</p> 

Step 2 - How to improve the Cheerleading routines - Pom Dance

Skill	Performance Improvement Points (Refer to the Spirit Awards for additional information)
Chant and Cheer	A Cheer is a vocal routine that encourages crowd participation, and a chant is a short phrase repeated at least three times. Use loud clear words. Try to make them relevant to the performance of the team, school or organisation. Keep regular rhythm and pace
Performance with level variations	Level variations in the routine create good visual effects and can be performed by all or some of the group. Try to move smoothly from one level to another
Cannon or Ripple	A sequence of movements that is executed by two or more cheerleaders, one after the other, to create a visual effect that relies on good co-ordination and timing. Keep a good pace of movement in time with the music
Formation changes	Formation changes should be smooth, fast moving and obvious
High V to Low V	
T to Broken T	Arm placement and hand position should be correct. Move between each position with speed and power
High Touchdown to Low Touchdown	
Right Diagonal to Left Diagonal	
Tuck Jump to Star Jump	Keep toes pointed whilst airborne. For Tuck Jump, pull both knees towards the chest. Keep the body upright and the head up. For Star Jump, perform with the arms in a High V. Knees face forwards to form an X shape with the body whilst in the air
Straight Jump	Refer to Step 1
Double Hook	Lift both legs at the same time, ensuring knees are lifted and the body remains upright
Side Hurdler or Herkie	Keep body upright and shoulders back. The leading leg should be as straight as possible and to the side. Lift both legs at the same time, without lowering the body and land with feet together. In a Herkie, the bent knee faces downwards and in a Hurdler it points out to the side
Toe Touch	Ensure the knees and toes face upwards

Stunts, pyramids, tumbling and acrobatics are prohibited