

Advanced 1 and 2 Cheer Syllabus

General Goals: advanced cheer skills with jumps/stunts/tricks and faster dancing

Skills improved upon:

- Arms: high V, low V, half V, touchdown (low/high), punch up with hand on hip, L, T, half T, diagonals (and broken), bow & arrows, daggers, buckets/candlesticks, breakthrough T, breakthrough diagonal, tabletop
- Hands: cinnamon rolls (big and little), blades, thumbs, clasps and claps
- Jumps – straight (T) , tuck, star, A jump, toe touch, left and right herkie/hurdler
- Lifts: thigh stand (3-4 people) gut stand, chin stand, preps, shoulder sits, shoulder stands, extension, Basket catch/toss
- Must have mastered cartwheels

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| ● Cheer kicks | ● Splits and stretching | ● Roundoffs |
| ● Handstand | ● Strength training | ● Timing |
| ● Headstand | ● Control | ● Dancing at a faster pace |
| ● Preps for jumps and kicks | ● Flexibility | ● Expression |
| ● Chant/cheer | | |

Classroom Etiquette:

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| ● Entering class ready to dance and on time | ● Trying all new moves introduced in class |
| ● Ready to warm up | ● Exhibiting a positive attitude in class |
| ● Cheer shoes on, hair pulled back, no gum | |
| ● Using the bathroom before class only | |