



CHEERLEADING

CLASPED AND OPEN PALMS

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DESCRIPTION

Give a round of applause for Coach Lauren and the A-TV cheerleaders! Learn how to properly clap with your open palms and clasped hands.

MATERIALS

- comfortable sneakers
- comfortable clothes

DIRECTIONS

1. An open palm clap is when you have your palms flat and fingers glued together. This is also called the blades position.
2. To do a clasped palm clap, clap your hands and clasp them together. Closing them makes a quieter sound.
3. Open palms Cheer: PUSH EM BACK, PUSH EM BACK, WAAAAAY BACK! Clap at the beginning of "push". When you say "push em" put your hands by your side so you're stiff as a board. On "way back" bend your knees, lean back, and clap as you lean forward again.
4. G! G-O! COME ON BLUE LET'S GO! During G, G-O you will clap 4 times total. Clap once on G, and clap again. Then, clap 2 times on G-O. Clap 2 times during "Come on blue." On "Let's" put your left hand on your hip, and when you say "Go!" do a "punch" by punching your right arm straight up in the air.