



CHEERLEADING

HIGH V TO LOW V

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DESCRIPTION

Gimme a V! Cheer alongside Coach Lauren as she teaches the basic moves for creating the perfect high and low V.

MATERIALS

- comfortable sneakers
- comfortable clothes

DIRECTIONS

1. High V position – extend your arms over your head in a V shape. Extend your wrists so they are pointed upward, not hanging down like a broken wrist. Low V position – extend your arms downward in an upside-down V shape.
2. BLUE AND WHITE, LET'S GO! Cheer: Put your hands on your hips. You want to look strong and confident when you cheer. Raise your hands into a High V position and say "Blue," then clap. On "and white" go into the Lower V position. Say "Let's," then clap twice. On "Go" put your hands back in the high V.
3. GO! BIG BLUE! GO! BIG! BLUE! Cheer: On "Go," raise your arms in the "High V" position, then clap. On "Big Blue," lower your arms into the "Low V" position, then clap. On "Go" go into a "High V," then a "Low V" for "Big," On "blue," return to the "High V" position, then clap again.