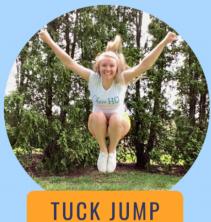
## **CHEERLEADING JUMPS**

















Cheer HQ

## Counts for Cheer Jumps (High V Approach)

Hold a clean, with feet together and arms at your sides

- 1 Arms hit a High V
- 2 Hold
- **3** Swing arms, bend legs
- 4 Jump!
- 5 Land
- 6 Hold
- 7 Stand up
- 8 Hold