

# CHEERLEADING JUMPS



T JUMP



TUCK JUMP



SPREAD EAGLE



HERKIE



SIDE HURDLER



FRONT HURDLER



TOE TOUCH



PIKE

## Counts for Cheer Jumps

(High V Approach)

- 5 } Hold a clean, with
- 6 } feet together and
- 7 } arms at your sides
- 8 }
- 1 Arms hit a High V
- 2 Hold
- 3 Swing arms, bend legs
- 4 Jump!
- 5 Land
- 6 Hold
- 7 Stand up
- 8 Hold