

FOUNDATION URBAN CHEER SKILLS TOOLBOX



There are 12 urban style moves to get you started and support your participants learning of the urban style

FOUNDATION MOVES

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|------------------|----------------------|-------------------------|
| 1 Freestyle Walk | 5 Side Jump | 9 Spin |
| 2 Step Touch | 6 Knee Crunch | 10 Chest Contraction |
| 3 Slide | 7 In Out Knee Crunch | 11 Leg Lock (Extension) |
| 4 Side Rock | 8 Ball Change Step | 12 Hit |

Once mastered individually, these 12 moves can be used in a variety of combinations to create urban style choreography.

BUILDING BLOCKS

Once the foundation moves have been mastered, complexity can be added by using the following progressions

