



SKILLS AND DRILLS

STUNT SPEAK

STUNT SPEAK - A CHEERLEADER DICTIONARY

BASE: the bottom person of a partner stunt/pyramid

TOP: the top person of a partner stunt/pyramid

SPOT: the person who is responsible for assisting and catching the top person in a partner stunt/pyramid

STEP-UP DRILL: the most basic stunting drill; top person steps up onto a base's lunged leg

SHOULDER STRADDLE: stunt in which top person sits on a base's shoulders



SHOULDER STAND: stunt in which top person stands on a base's shoulders

THIGH STAND: stunt in which top person stands on two bases' lunged thighs

ELEVATOR: timing stunt in which top person stands with each foot in the hands of a base at shoulder level.

ELEVATOR EXTENSION: "second level" of an elevator; top person stands with each foot in the hands of a base with arms extended; See elevator technique

POP CRADLE: dismount from a stunt in which the base/bases toss the top person straight up from a stationary stunt and then catch her in a cradle position.

LIBERTY: stunt in which the base/bases holds one foot of the top person while she lifts her other foot up to her knee in a bent position. **Heel Stretch:** variation of a liberty; stunt in which the base/bases holds one foot of the top person while she holds the other foot in an elevated stretch position with her same hand.

ARABESQUE: variation of a liberty; stunt in which the base/bases holds one foot of the top person while she extends the other leg behind her, making a 90 degree angle with her standing leg.

BASKET TOSS: toss by a maximum of four bases of a top straight up in the air so as to execute a skill (toe touch, back tuck, etc.) and then land back in a cradle position. **Full Twist Cradle:** variation on a pop cradle; dismount from a stunt in which the base/bases toss the top person straight up from a stationary stunt, the top person performs a full turn in the air, and then the bases catch her in a cradle position.

TRANSITION: a skill that connects two stunts together.

DOUBLE TAKE: a transition that connects two stunts by taking the top person back to the load-in position for an elevator to another stunt.

LOAD-IN POSITION: the two foot entry position for an elevator; a hang drill

360 ELEVATOR: a variation on the double take in which the top girl does a full turn in the air in between stunts while staying in contact with the bases.