



# NATIONAL PERFORMING ARTS ALLIANCE

**ENTRY LEVEL CHEERDANCE**

**FIRST MOVES – FOUNDATION LEVEL 2**

**VERSION 1 FEBRUARY 2024**

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# FIRST MOVES

EXERCISE	FORMAT	TEACHER ASSISTANCE
LINK THOSE LETTERS	ALL TOGETHER THROUGHOUT (MAXIMUM 4 CANDIDATES)	Teachers are expected to help and assist candidates throughout. Counting, calling out of steps and demonstration all permitted.
SHAKE & SHIMMY		
PROUD POSITIONS		
TRAVEL & TURN		
LET'S CHEER		
CHEERIO & THANK YOU		

## EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	6 minutes
3 - 4	8 minutes

## LINK THOSE LETTERS

Commence facing front, feet together, poms on hips.  
(Music – D.A.N.C.E – 4 Bar Intro)

BAR	COUNT		
1 - 2	1 -	Hold position	T
	3 -		Broken T
2	5 -		High V
	7 -		Broken T
3 - 4	1 - 8	Bend & stretch knees x 4	Hold position
5 - 6	1 -	Hold position	High V
	3 -		Broken T
	5 -		T
	7 -		Broken T
7 - 8	1 - 8	4 Knee Bends	Broken T
9 - 32		Repeat bars 1 – 8 x4 in total	

## **SHAKE & SHIMMY**

Commence facing front, feet together, poms on hips  
(Music – Sweet as Coca-Cola – 8 Bar Intro)

BAR	COUNT		
1 - 2	1 - 8	Hold position	Shimmy poms together
3 - 4	1 - 8	Step RF to side into x 8 hip bumps alternate	Poms on hips
5 - 6	1 - 8	Commencing RF 8 marches feet together	Shaking poms down to Low TD
7	1 2 3 4	Feet together	Punch R arm forward to table and twinkle on count 1 for 4 counts (L pom on hip)
8	5 6 7 8	Hold position	Punch L arm forward to table and twinkle on count 5 for 4 counts
9 - 32		Repeat bars 1 – 8 x 4 in total	

## PROUD POSITIONS

Commence facing front, feet together, poms on hips  
(Music – 121 – 8 Bar Intro after initial beats)

BAR	COUNT	MOVEMENT	ARMS
1-2	1 -	Jump feet apart	High V
	3 -	Jump feet together	Poms to hips
	5 - 7 -	Repeat bar 1	
3-4	1 - 8	Step RF to side into alternate hip bumps x 8	Poms on hips
5	1 2 3 4	Close RF to LF into marches x 4	Punch forward & twinkle in table position
6		Repeat bar 5	Clap x 4
7	1 -	Bend knees	Low V
	3 -	Stretch	Broken T
8	5 - 7 -	Repeat bar 7	
9 - 32		Repeat bars 1 – 8 x4 in total	

# TRAVEL & TURN

Commence in a circle, travel anti-clockwise, feet together, poms on hips.  
(Music – Ice Cream Freeze – 6 Bar Intro)

BAR	COUNT	MOVEMENT	ARMS
1	1 2	Step RF to side	Hold position
	3 4	Close LF to RF without weight	Clap x 2
	5 6 7 8	Repeat bar 1 to L side	
3 - 4	1 - 8	Commencing RF march x 8 travelling forward in circle	Punching arms down to low TD
5 - 6		Repeat bars 1 & 2	
7 - 8	1 - 8	Commencing RF march x 8 1 full turn to R on the spot	Repeat Bar 3 & 4
9 - 32		Repeat 4 x in total	

# LETS CHEER

Commence facing front, feet together, poms on hips  
(Music - What Time is it – 16 Bar Intro)

To be choreographed by the teacher  
To include movements and actions from this level along with suitable linking  
steps and movements for your students.

16 bars

Repeat x2 32 bars in total

## CHEERIO AND THANK YOU

Music – The Family Madrigal Instrumental – 4 Bar Intro  
(Commence Facing front, feet together, Poms on Hips)

OPTION FOR TEACHER TO ADD IN “CHANT STYLE” SPOKEN THANKYOU

BAR	COUNT	MOVEMENT	ARMS
1 - 2	1 - 8	Step RF to side into 8x alternate hip bumps	Poms on Hips
3	1 2	Step RF to side	Hold position
	3 4	Close LF to RF without weight	Clap x 2
	5 6 7 8	Repeat bar 3 to L side	
5 - 6	1 - 8	Feet together	Shimmy
7 - 8	1 -	Jump feet apart	High V
	3 -	Jump feet together	Broken T
	5 -	Jump feet apart	High V
	6 7 8	Hold position	Twinkle



# FOUNDATION LEVEL 1 CHEERDANCE

EXERCISE	FORMAT	TEACHER ASSISTANCE
LINK THOSE LETTERS	ALL TOGETHER THROUGHOUT	NO
SHAKE & SHIMMY		NO
PROUD POSITIONS		YES
LET'S JUMP FOR JOY		YES
TRAVEL & TURN		YES
LET'S CHEER		YES
CHEERIO & THANK YOU		NO

## EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	8 minutes
3 - 4	10 minutes

## LINK THOSE LETTERS

Commence facing front, feet together, poms on hips.  
(Music – Glowin’ Up – 8 Bar Intro)

BAR	COUNT	MOVEMENT	ARMS
1 - 2	1 - 8	Commencing RF march on spot x 8	1 High V
			2 Broken T
			3 Low V
			4 Broken T
			Repeat 5 6 7 8
3 - 4	1 -	Bend knees	Right L
	3 -	Stretch	Broken T
	5 -	Bend knees	Left L
	7 -	Stretch	Broken T
5 - 6	1 - 8	Commencing RF march on spot x 8	1 2 split T
			3 4 split broken T
			5 6 split T
			7 8 split broken T
7 - 8		Repeat bars 3 & 4	Repeat bars 3 & 4
9 - 32		Repeat bars 1 – 8 x 4 in total	

## SHAKE AND SHIMMY

Commence in a circle facing centre, feet together, poms on hips.  
(Music – Move your Feet – 9 Bar intro after initial beats)

BAR	COUNT	MOVEMENT	ARMS
1 - 2	1 - 8	Knee bounces	Shimmy
3 - 4	1 - 8	Commencing RF march x 8 making 1 full turn	Shakes to low TD
5 - 6	1 - 8	Step RF to side into 8x alternate hip bumps	Roly Poly
7 - 8	1 - 8	Jog on the spot x 8	1 2 3 4 Sprinkle up to high touchdown
			5 6 7 8 Sprinkle down to low touch down
9 - 32		Repeat bars 1 – 8 x4 in total	

## PROUD POSITIONS

Commence facing front, feet together, poms on hips.  
(Music – Best of Both Worlds – 4 Bar Intro after initial beats)

BAR	COUNT	MOVEMENT	ARMS
1 - 2	1 - 3 -	Side together R and close feet together	1 - High V
			3 - Broken T
	5 6	Hold position	Split T
	7 8		Split broken T
3 - 4	1 - 8	Repeat bars 1&2 to L side	
5 - 6	1 - 8	Natural hip bounce x 8 with arm positions	1 - RA punch to low touchdown
			3 - LA punch to low touchdown
			5 - RA broken T
			7 - LA broken T
7 - 8	1 - 8	Natural hip bounce x 8	RA table
			LA table
			RA broken T
			LA broken T
9 - 16		Repeat bars 1 – 8 with low V on bars 1 & 2	
17 - 32		Repeat all	

## LET'S JUMP FOR JOY

Commence facing front, feet together, poms on hips.

(Music – Cheerleader – 8 Bar Intro)

BAR	COUNT	MOVEMENT	ARMS
1-2	1 2 3 -	Jump feet together x 3	Poms on hips
	5 6 7 -	Repeat bar 1	
3-4	1 2 3 - 5 6 7 -	Hold position	Clap x 6
5	1	Jump feet apart	Poms on Hips
	2	Jump feet together	Hold position
	3	Jump feet apart	
	4	Hold position	
6	5	Jump feet together	
	6	Jump feet apart	
	7	Jump feet together	
	8	Hold position	
7	1 2 3 -	Repeat bar 5	
8	&5 -	Mini tuck jump ending feet together	
	7 -	Hold position	Clap
9 - 32		Repeat bars 1 – 8 x4 in total	

## TRAVEL & TURN

Commence facing front, feet together, poms on hips  
(Music – We’re all in this Together – 4 Bar Intro)

BAR	COUNT	MOVEMENT	ARMS
1	1	RF side	T
	2	Close LF to RF with weight	Broken T
	3	RF side	T
	4	Close LF to RF w/o weight	Broken T
2	5 6 7 8	Repeat bar 1 to L side	
3	1 2 3 4	March forward x 4	Shake poms to low touchdown
4	5 6 7 8	Close RF to LF	Shimmy x 4
5	1 2 3 4	March x 4 turning to face back	Shake poms to low touchdown
6	5 6 7 8	March x 4 travelling forward to back	Shake poms to low touchdown
7	1 2 3 4	Close RF to LF	High V
			Broken T
			Low V
			Broken T
8	5 6 7 8	Jump feet together x 4 turning to face front	Clap x 4
9 - 16		Repeat bars 1 – 8 to L	
17 - 32		Repeat all	

## LETS CHEER

Commence facing front, feet together, poms on hips  
(Music – Good Vibrations – 8 Bar Intro)

To be choreographed by the teacher

To include movements and actions from this level and below along with suitable linking steps and movements for your students.

16 bars

Repeat x2 32 bars in total

## CHEERIO & THANK YOU

Commence Facing front, feet together, poms on hips

Music – Got to be Real – Start after initial beats

OPTION FOR TEACHER TO ADD IN “CHANT STYLE” SPOKEN THANKYOU

BAR	COUNT	MOVEMENT	ARMS
1 - 2	1&2 3&4 5&6 7&8	Double hip bumps RLRL	Poms on hips
3	1	RF side	T
	2	Close LF to RF with weight	Broken T
	3	RF side	T
	4	Close LF to RF w/o weight	Broken T
4	5 6 7 8	Repeat bar 1 to L side	
5 - 6	1 - 8	Repeat bars 1 & 2	
7	&1	Jump feet together	1 2 3 4 Shimmy
8	&5	Jump feet apart	5 6 7 8 high V and twinkle

# FOUNDATION LEVEL 2 CHEERDANCE

EXERCISE	FORMAT	TEACHER ASSISTANCE
LINK THOSE LETTERS	ALL TOGETHER THROUGHOUT	NO TEACHER ASSISTANCE PERMITTED
SHAKE & SHIMMY		
PROUD POSITIONS		
LET'S JUMP FOR JOY		
CO-ORDINATION COMBO		
TRAVEL & TURN		
LET'S CHEER		
CHEERIO & THANK YOU		

## EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	8 minutes
3 - 4	10 minutes



## LINK THOSE LETTERS

Commence facing front, feet apart, poms in X Factor  
(Music – Boom da Party – 8 Bar Intro after initial trumpet sequence)

BAR	COUNT	MOVEMENT	ARMS & COUNTS
1 - 2	1&2 3&4 5&6 7&8	Double hip bumps RLRL	1 - Low V
			3 - X factor
			5 - High V
			7 - X factor
3 - 4	1 - 8	Commencing RF march on the spot x 8	1 2 3 Punches down to low touchdown x 3
			4 Clap
			5 - Split T
			7 - Broken T
5	&1	Jump feet apart	1 Right L
	2 3 4	Hold position	2 Broken T
			3 Left L
			4 Broken T
6	5 6	Lunge to R with slight body turn to R	Punch L arm across body with to R & twinkle
	7 8	Recover to face front	Broken T
7	1 2 3 4	Repeat bar 6 to L side	
8	5	Bend knees	T
	&7	Jump feet together	X factor
9 - 32		Step RF to side feet on count 1 to repeat bars 1 – 8 x 4 in total	

## SHAKE & SHIMMY

Commence facing front, feet apart, poms on hips  
(Music – Love is not hard to find – 4 Bar Intro)

BAR	COUNT	MOVEMENT	ARMS
1	1 2 3 4	4 Hip Bumps R -slight body turn to LDF	Roly Poly
2	5 6 7 8	Repeat bar 1 to L	
3	1 2 3 4	March x 4 turning to face back	Punch to low touchdown
4	&5&6&7&8		Shimmy
5	1 2 3 4	March x 4 turning to face front	Twinkle to low 'V'
6	5 6	RF heel dig forward & close to LF	Shimmy
	7 8	LF heel dig forward & close to RF	Shimmy
7	1 2 3 4	Commencing RF jog on spot x 4	Sprinkle arms up through low touchdown to touchdown
8	&5	Jump feet apart count 5	Hold position
		Hold position	Sprinkle down to low touchdown
9 - 32		Repeat bars 1 – 8 x 4 in total	

# PROUD POSITIONS

Commence facing front, feet together, broken T  
(Music – High Top Shoes – 4 Bar Intro)

BAR	COUNT	MOVEMENT	ARMS
1 - 2	1 2 3 -	Hold position	1 RA diagonal
	5 6 7 -		2 diagonal broken T
			3 switch diagonal broken T
			5 6 Repeat on L 7 Broken T
3 - 4	1 2 3 4	March on spot x 6	1 high 'V'
	5 6		2 broken T
			3 T
			4 broken T
			5 low V
			6 broken T
&7 -	Jump feet apart	Table	
1 2	Hold position	Split boo/daggers	
3 4		Split touchdown	
5 6		Split boo/daggers	
7 8		Clap x 2	
7	&1	Jump feet together	Roly Poly x 4
	2 3 4	Knee bounces	
8	5 -	RL Liberty	Punch RA to touchdown. LH hip
	7 -	Feet together on count 7	Poms to hips
9 - 16		Repeat bars 1 – 8 on L side	
17 - 32		Repeat all	

## LETS JUMP FOR JOY

Commence facing front in crouch position, poms on floor at sides of feet.  
(Music – Jump – 12 Bar Intro)

BAR	COUNT	MOVEMENT	ARMS
1	&1	Jump feet apart	High V
	&3	Jump feet together – hold bend	Poms to thighs
	&5	Jump feet apart – legs strongly extended	Poms on hips
	7 8	Hold position	Clap x 2
3	1 2 3 4	Bouncy hip bumps x 4	Poms on hips
4	5 6 7 8	Jog x4 RLRL making 1 full turn to R	Hold position
5	1 2	Jump feet together x 2	
	3 4	Jump feet apart & together	
6	5 6	Bend knees	Roly poly
	7 -	Stretch legs	High V
7	&1 2 3 4	Star jump to end in crouch position with feet together	Arms swing across/in front of body and swing out to high V
8	5 6 7 8	Hold position	Twinkle at sides on floor
9 - 32		Repeat bars 1 – 8 x 4 in total	

## CO -ORDINATIONS COMBO

Commence facing front, feet together, Broken T  
(Music – Waffle House – 2 Bar Intro)

BAR	COUNT	MOVEMENT	ARMS
1	&1	Jump feet apart	RA diagonal high
	2	Lunge to L turning body	Punch R arm down and across to low co-ordinated line to L
	3	Turn body to front	RA diagonal broken T
	4	Repeat count 2	Repeat count 2
2	5 -	Close RF to LF	RA punch to low V
	7 -	Hold position	Clap
3 - 4	1 -	Point R foot to side	RA bow & arrow
	3 -	Close RF to LF	Twinkle poms
	5 - 7 -	Repeat to L side	
5 - 6	1 2 3 4 5 6 7 8	March on spot x 8	1 2 Split High V 3 4 Split broken T 5 6 Split low V 7 8 Split broken T
7	1 2 3 4	Lunge RL leg forward bending both knees	Table & twinkle x 4
8	&5	Jump feet together	Roly poly
	6 7 8	Natural knee bends x 3	Roly poly x 3
9 - 16		Repeat bars 1 – 8 on L side	
17 - 32		Repeat all	

# TRAVEL & TURN

Music – Don't stop the music – 8 Bar Intro  
(Commence Facing front, feet together, poms on Hips)

BAR	COUNT	MOVEMENT	ARMS
1	1 2 3	Grapevine to R	Poms on hips
	4	Close LF to RF w/o weight	Clap
2	5 6 7 8	Repeat to L	
3 - 4	1 - 8	Commencing RF jog forward x 8	Poms on hips
5 - 6	1 2	Step RF to side	Roly poly
	3 4	Close LF to RF	Roly poly
6	5 6 7 8	Jump x 4 turning to face front	Poms on hips
7	1 2 3 4	Commencing RF march backwards x 4	Punch x 4 to low touchdown
8	&5 -	Jump feet apart	Low V
	&7 -	Jump feet together	Poms on hips
9 - 16		Repeat bars 1 – 8 on L side	
17 - 32		Repeat all	

# LET'S CHEER

(Music – Waka Waka (This time for Africa) K MIX – 4 Bar Intro)

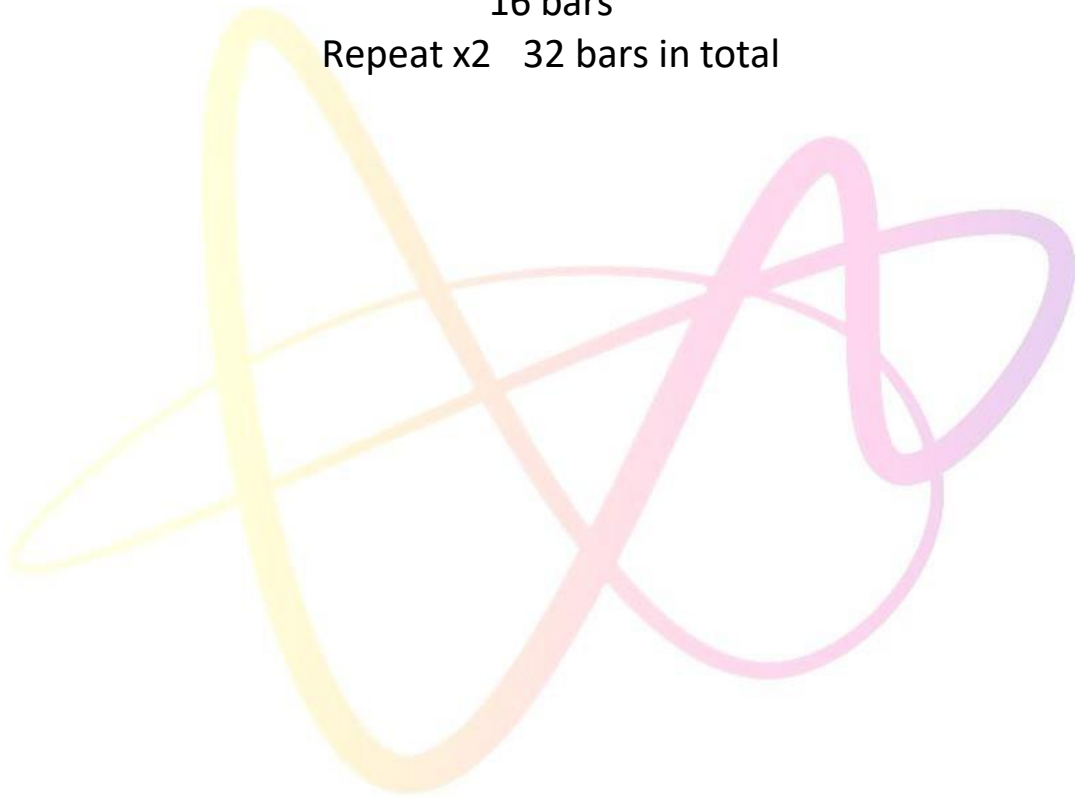
To be choreographed by the teacher

To be choreographed by the teacher.

To include movements and actions from this level and below along with suitable linking steps and movements for your students.

16 bars

Repeat x2 32 bars in total



## CHEERIO & THANK YOU

Commence Facing front, feet together, poms on hips  
(MUSIC – We Are – 8 Bar Intro)

OPTION FOR TEACHER TO ADD IN “CHANT STYLE” SPOKEN THANK YOU

BAR	COUNT	MOVEMENT	ARMS
1	1 2	RF heel dig & close to LF	Hold position
	3 4	Repeat LF	
2	5 -	Lunge RF forward	Low V
	7 -	Recover closing RF to LF	Poms on hips
3-4	1 - 7	Repeat bar 1 & 2 commencing LF	Count 5 high V
5	1 2 3 4	Bouncy hip bump x 4	Poms on Hips
6	5	Jump feet together	Hold position
	6	Jump feet apart	
	7	Jump feet together	Touchdown
	8	Hold position	Hold position
7 - 8	1 2 3 4 5 6	Lower to crouch position	Sprinkle down from Touchdown to low touchdown on floor
8	&7	Jump feet apart	High V & twinkle
	8	Hold position	Hold position