



**CHEERDANCE
GRADED EXAMINATIONS
GRADE 1, 2 & 3**

VERSION 1 FEBRUARY 2025

GRADE 1
Link Those Letters
Shake, Sprinkle & Roll
Proud Positions
Eyes on the Prize
Jump for Joy
Co-Ordination Combo
Travel & Turn
Let's Cheer Solo
Cheerio & Thank You
GRADE 2
Ready OK
Shake, Sprinkle & Roll
Position Mission
Eyes on the Prize
Jump On It
Co-Ordination Combo
Travel & Turn
Let's Cheer Solo
Cheerio & Thank You
GRADE 3
Link, Sync & Shake
Position Mission
Eyes on the Prize
Jump On It
Co-ordination Combo
Travel & Turn Progression
Switch It Up
Let's Cheer in Pairs
Let's Cheer Solo
Cheerio & Thank You

GRADE 1

EXERCISE	FORMAT	TEACHER ASSISTANCE
LINK THOSE LETTERS	ALL TOGETHER	NO TEACHER ASSISTANCE IS PERMITTED
SHAKE, SPRINKLE & ROLL	ALL TOGETHER	
PROUD POSITIONS	SOLO OR IN 2'S	
EYES ON THE PRIZE	ALL TOGETHER	
JUMP FOR JOY	SOLO OR IN 2'S	
CO-ORDINATION COMBO	SOLO OR IN 2'S	
TRAVEL & TURN	ALL TOGETHER	
LET'S CHEER	SOLO OR IN 2'S	
CHEERIO & THANK YOU	ALL TOGETHER	

EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	10 minutes
3 - 4	12 minutes

**RECOMMENDED MINIMUM AGE 7 YEARS
NO MAXIMUM**

LINK THOSE LETTERS

Commence facing front, feet together, poms on hips.
(Music – September Trolls 10 Bar Intro)

BAR	COUNT		
1	1	Jump feet apart	High V RA
	2	Hold position	High V LA
	3	Hold position	RA to Broken T position
	4	Hold position	LA completes Broken T
2	5	Swivel feet slightly to left, releasing R heel bending both knees	Punch RA across body to L
	6	Recover to standing facing front	Return to broken T
	7 8	Repeat to R	
3	1 2 3 4	4 marches on spot RLRL	Broken T
4	5	Lunge RF to R side	'L' left arm high
	6	Hold position	Hold position
	7	Close RF to LF	Broken T
	8	Hold position	Hold position
5	1&2	Step RF to side into double hip bump to R	Low V
	3&4	Double hip bump to L	X Factor
6	5&6 7&8	Repeat bar 5 omitting the step	
		GRAPEVINE	
7	1	Step RF side	T
	2	Cross LF behind RF	Broken T
	3	Step RF side	T
	4	Tap LF to RF without weight	Broken T
8	5 6 7 8	Repeat bar 7 to L	
9 - 16		Repeat bars 1 – 8 on other side	
17 - 32		Repeat all x 1	

SHAKE, SPRINKLE & ROLL

Commence crouched on floor, facing front, feet together,

Poms to floor

(Music – Charli XCX 1999 – 8 Bar Intro)

BAR	COUNT		
1	1	Jump feet apart	Punch both arms down to Low Touchdown
	2 3 4	Hold position	Sprinkle arms out and up to High Touchdown
2	5 6 7 8	Hip bump x 4 RLRL	Sprinkle arms out and down to Low Touchdown
3	1&2	Double hip bump to R	Roly Poly
	3&4	Double hip bump to L	Roly Poly
4	5 6 7 8	March x 4 turning to face front	Puches into Low Touchdown
5	1	Step RF forward to R side, bend both knees, releasing L heel	Shimmy poms to R side of body
	2 3 4	Hold foot position, bounce knees	Shimmy poms to R side of body
6	5 6 7 8	Repeat bar 5 to L side	Repeat bar 5 to L side
7	1 2 3 4	Jog x 4 RLRL travelling forward	Sprinkle down forward and up to end High Touchdown
8	5 6 7 8	Jump feet together x 4	Sprinkle out and down to Low Touchdown
9	1	Heel dig RF forward	Poms on hips
	2	Close RF to LF	Hold position
	3 4	Repeat heel dig & close LF	Hold position
10	5 6 7 8	Repeat bar 9	Shimmy poms
11 - 12	1 - 8	March x 8 travelling back	Punch arms down to Low Touchdown
13 - 14	1 - 8	Repeat bars 9 & 10	
15	1	Jump feet apart	High V
	2	Hold position	

	3	Jump feet together lowering to crouch	Poms to floor
	4	Hold position	
16	5 6 7 8	Hold position	Twinkle poms
17 - 32		Repeat bars 1 - 16 x 1	

PROUD POSITIONS

Commence facing front, feet together, poms on hips
(Music – Hey Mickey Bewitched – 4 bar intro)

BAR	COUNT	MOVEMENT	ARMS
1	1	Jump feet apart	'L' RA high
	2	Hold position	R Bow and Arrow
	3	Hold position	L Bow and Arrow
	4	Hold position	Hold position
2	5 6	Bend knees	Sprinkle poms down through Low Touchdown
	7 8	Stretch knees	R Bow and Arrow count 8
3	1 2 3	Hold position	Bow and Arrow LRL
	4	Hold position	Hold position
4	5	Jump feet together maintaining bend in knees	Roly Poly
	6	Hold position	Roly Poly
	7	Stretch legs	Roly Poly
	8	Hold position	Roly Poly
5	1	Step RF to side	RA high V, LA low V creating 'diagonal'
	2	Close LF to RF	Broken T
	3	Step RF to side	RA high V, LA low V creating 'diagonal'
	4	Tap LF to RF without weight	Broken T
6	5 6 7 8	Repeat bar 5 to L	Repeat bar 5 to L with LA high in diagonal
7	1	Lunge RF forward releasing LH	Table
	2	Hold position	Broken T
	3	Hold position	Table
	4	Hold position	Broken T
8	5	Jump feet together maintaining bend in knees	Roly poly
	6	Hold position	Roly Poly
	7	Hold position	Raise RA to high parallel, L

			pom to hip to 'Liberty' position
	8	Lower LF to RF	R pom to hip
9 - 16		Repeat bars 1 – 8 on other side	
17 - 32		Repeat all x 1	

EYES ON THE PRIZE

Commence facing front, feet together, NO POMS
For each position the FISTS should face in the either:

LITTLE EYES – thumb and index finger

BIG EYES – little finger

NO EYES – fists to front

(Music – Hungry Eyes - 8 bar intro)

BAR	COUNT	MOVEMENT	ARMS	
1	1 2 3 4	Hold position	1	High V BIG EYES
			2	Hold position
			3	Broken T LITTLE EYES
			4	Hold position
2	5 6 7 8	Hold position	5	Low V BIG EYES
			6	Hold position
			7	Broken T LITTLE EYES
			8	Hold position
3	1	Bend knees	Table NO EYES	
	2	Hold position	Hold position	
	3	Stretch legs	Poms to hips LITTLE EYES	
	4	Hold position		
4	5 6 7 8	Hold position	5	Low V BIG EYES
			6	Hold position
			7	Broken T LITTLE EYES
			8	Hold position
5	1 2 3 4	Repeat bar 1	Repeat bar 1	
6	5 6 7	Hold position	Bow & Arrow x 3 RLR	
	8	Hold position	Hold position	
7	1 2 3	Hold position	Bow & Arrow x 3 LRL	
	4	Hold position	Hold position	
8	5	Bend knees	Open RA to complete T	
	6	Hold position	Hold position	
	7	Hold position	Broken T	
	8	Hold position	Hold position	

JUMP FOR JOY

Commence facing front. Feet together, poms on hips.
(Music – Jump Van Halen – 8 bar intro)

BAR	COUNT	MOVEMENT	ARMS
5 6 7 8 of intro		Hold position	Broken T
1	1	Jump feet apart	Low V
	2	Hold position	Broken T
	3	Hold position	Low V
	4	Hold position	Hold position
2	5	Jump feet together	Broken T
	6	Hold position	High V
	7	Hold position	Broken T
	8	Hold position	Hold position
3	1	Step RF to side	Roly Poly
	2	Close LF to RF	Roly Poly
	3	Step RF to side	Roly Poly
	4	Jump feet together	Clap
4	5 6 7 8	Repeat bar 3 to L side	
5	1 2 3 4	Step RF to side into bouncy hip bumps RLRL	Poms on hips
6	5 6 7	Jump x 3 feet together	Poms on hips
	8	Hold position on bent knees	Hold position
7	1 2	Bounce knees x 2	Roly Poly
	3 4	Stretch legs	Swing both arms down & up to high V
8	5 6 7 8	Star jump	Swing arms across body, through X Factor, down, out & up to high V. On landing lower to Low Touchdown
9	1 2 3 4	Box step RLRL	Poms on hips
10	5 6 7 8	Jog x 4 RLRL turning ½ to R to face the back	Poms on hips

11 - 12	1 - 8	Repeat bars 7 & 8 facing back	
13 - 14	1 - 8	Repeat bars 9 & 10 turning to face front on bar 10	
15	1 2 3 4	Jumping Jack x 2	High V to Low Touchdown x 2
16	5 6 7	Hold position feet together	Clap x 3
	8	Hold position	Hold position
17 – 32		Repeat bars 1 – 16 x 1	

CO-ORDINATION COMBO

Commence facing front. Feet together, poms on hips.
(Music – Party Rock Anthem LMFAO – 8 bar intro)

BAR	COUNT	MOVEMENT	ARMS
1	1 2 3	Tap RF to side x 3 without weight	Punch RA to low V
	4	Close RF to LF	Clap
2	5 6 7 8	Repeat bar 1 to L	
3	1	Hold position	Table with crossed wrists
	2	Hold position	Broken T
	3	Hold position	T
	4	Hold position	X Factor
4	5 6 7 8	March on spot x 4 RLRL	Twinkle poms in X Factor
5	1	Step RF to side	R Bow and Arrow
	2	Close LF to RF	Broken T
	3	Step RF to side	T
	4	Tap LF to RF without weight	Broken T
6	1 2 3 4	Feet together bounce knees x 4	Roly Poly
7 - 8	1 - 8	Repeat bars 5 & 6 to L	
9 - 12		Repeat bars 1 - 4	
13	1	Step RF to side	LA high diagonal
	2	Close LF to RF	Punch LA across body to R towards Low V position
	3	Step RF to side	Both arms Low V
	4	Tap LF to RF without weight	Broken T
14		Repeat bar 6	
15		Repeat bar 13 to L side	
16		Repeat bar 6	
17 - 32		Repeat all x 1	

TRAVEL & TURN

Commence in a circle, facing inwards, travel anti-clockwise.

Feet together, poms on hips.

(Music – The Nights Avichi – 8 bar into after drum beats)

BAR	COUNT	MOVEMENT	ARMS
1	1 2 3 4	Grapevine to R	Roly Poly
2	5 6 7 8	Repeat bar 1 to L	
3	1 2 3 4	March x 4 RLRL turning $\frac{1}{4}$ to R ready to travel forwards in an anti-clockwise direction	Punch arms down to Low Touchdown
4	5	Step RF forward	Low V
	6	Tap LF to side without weight	Twinkle
	7 8	Repeat LF tapping RF	
5	1 2 3 4	March x 4 RLRL turning $\frac{3}{4}$ to R to end facing into circle	Punch arms down to Low Touchdown
6	5 6 7 8	March x 4 RLRL forwards into middle of circle	Punch arms down to Low Touchdown
7	1	Close RF to LF	Punch both arms forward to 'low' Table position
	2 3 4	Hold position	Twinkle
8	5 6 7 8	March x 4 RLRL back	Punch arms x 4 to Low touchdown
9 - 32		Repeat bars 1 – 8 4x	

LET'S CHEER

To be choreographed by the teacher.

Teacher choice of music.

May be performed **SOLO or IN TWOS**

To include movements and actions from this level and below
along with suitable linking steps, travel and movements.

16 bars

Repeat x2 32 bars in total

CHEERS AND THANK YOU

To be choreographed by the teacher.

Teacher choice of music.

To include movements and actions from this level and below
along with suitable linking steps, travel and movements.

8 bars in total.

GRADE 2

EXERCISE	FORMAT	TEACHER ASSISTANCE
READY OK	ALL TOGETHER	NO TEACHER ASSISTANCE IS PERMITTED
SHAKE, SPRINKLE & ROLL	ALL TOGETHER	
PROUD POSITIONS	SOLO OR IN 2's	
EYES ON THE PRIZE	ALL TOGETHER	
JUMP ON IT	SOLO OR IN 2's	
CO-ORDINATION COMBO	SOLO OR IN 2's	
TRAVEL & TURN	ALL TOGETHER	
LET'S CHEER	SOLO OR IN 2's	
CHEERS & THANK YOU	ALL TOGETHER	

EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	12 minutes
3 - 4	14 minutes

**RECOMMENDED MINIMUM AGE 8 YEARS
NO MAXIMUM**

READY OK

Commence facing front, feet together, poms on hips.
(Music – Hot To Go Chappell Road – intro counts you in!)

BAR	COUNT			
1	1 2 3 4	March x 4 RLRL	1	Split High V RA
			2	High V LA
			3	Split X Factor RA
			4	X Factor LA
2	5 6 7 8	March x 4 RLRL	5	Split Low V RA
			6	Low V LA
			7	Split Broken T RA
			8	Broken T LA
3	1	Dig R Heel to side	Twinkle in K position, RA high	
	2	Hold position	Hold position	
	3	Close RF to LF	Broken T	
	4	Hold position	Hold position	
4	5 6 7 8	Repeat bar 3 to L side	Repeat bar 3 to L side	
5	1 2 3 4	Grapevine to R tap RF to LF without weight on count 4	1	T
			2	Broken T
			3	T
			4	Broken T
6	5	Lunge LF to side bending knee	LA to side, RA split high touchdown	
	6	Hold position	Hold position	
	7	Close LF to RF	Broken T	
	8	Hold position	Hold position	
7	1 2 3 4	March x 4 RLRL	Broken T	
8	5	Jump feet apart	High V	
	6	Hold position	Hold position	
	7	Jump feet together	Broken T	
	8	Hold position	Hold position	
9 - 12		Repeat bars 5-8 to L side		
13	1	Split feet apart	RA High V, LA Low V in 'diagonal' position	
	2	Hold position	Hold position	

	3	Swivel both feet to R into lunge position, both knees bent, LH raised	LA across body to 'K' position
	4	Hold position	Hold position
14	5	Return to feet apart facing front, both legs straight	Return LA to Low 'V'
	6	Hold position	Hold position
	7	Jump feet together	Broken T
	8	Hold position	Hold position
15 - 16		Repeat bars 13&14 to L side	
17 - 64		Repeat all x 3	

SHAKE, SPRINKLE & ROLL

Commence feet together facing front. Poms on hips.
(Music – Shake Senora Pitbull T Pain & Sean Paul
12 Bar Intro)

BAR	COUNT		
1	1	Bend knees	Punch RA to split Low Touchdown
	2	Stretch knees	Sprinkle to High Touchdown
	3 4	Repeat bend & stretch x 1	Repeat LA
2	5	Split feet apart	Commence the sprinkle
	6 7 8	Hold position	Sprinkle both arms down to Low Touchdown
3	1 2 3 4	Jog x 4 RLRL making 1 full turn to R to end facing front	Poms on hips
4	5	Step RF to side	Shimmy poms
	6 7 8	Bounce knees	Shimmy poms
5	1 2 3	Rolling 'open' turn to L	Poms hips
	4	Close RF to LF bending knees	Roly ploy
6	5 6	Bounce knees	Roly Poly
	7 8	Jumping Jack	7 High V
			8 Low Touchdown
7	1 2 3 4	Grapevine to R closing LF to RF on count 4	1 2 3 Punch in Low V
			4 Poms hips
8	5	Point RF forward	Hold position
	6	Point RF to side	Hold position
	7	Close RF to LF	Hold position
	8	Jump feet together	Clap
9 - 16		Repeat bars 1 – 8 to L side	

POSITION MISSION

Commence facing front, feet together, poms on hips
(Music – Boom Boom Vengaboys – 8 bar intro)

BAR	COUNT	MOVEMENT	ARMS	
1	1	Jump feet apart	RA high diagonal	
	2	Hold position	Diagonal Broken T R elbow high	
	3	Hold position	Diagonal Broken T L elbow high	
	4	Hold position	LA high diagonal	
2	5	Hold position	Diagonal Broken T L elbow high	
	6	Hold position	Broken T	
	7	Hold position	Clap	
	8	Hold position	Hold position	
3	1 2 3 4	March x 4 RLRL	1	High V
			2	Broken T
			3	Low V
			4	Broken T
4	5	Step RF to side	5&6	Syncopated Bow & Arrow leading R
	6	Tap LF to RF without weight		
	7 8	Repeat to L side	7&8	Repeat to L
5	1	Jump feet together	Roly Poly	
	2 3 4	Hold position with slight knee bounce	Roly Poly	
6	5	Lunge RF to RS	K position with twinkle	
	6	Hold position	Twinkle	
	7	Close RF to LF	Broken T	
	8	Hold position	Hold position	
7	1 2 3 4	Hold position	1	L position RA high
			2	Bow & Arrow to R
			3	LA Daggers RA Broken T
			4	Hold position

	5	Raise RF to side of L knee (Liberty position)	Raise LA to high parallel, R pom to hip to 'Liberty' position
	6	Hold position	Hold position
		Lower RF to LF	Broken T
9 - 16		Repeat bars 1 – 8 on other side	
17 - 32		Repeat all x 1	

EYES ON THE PRIZE

Commence facing front, feet together, NO POMS

Arms/hands in BOO/DAGGERS

For each position the FISTS should face as follows:

LITTLE EYES – thumb and index finger

BIG EYES – little finger

NO EYES – fists to front

(Music – Eye of the Tiger DJ Cobra - 8 bar intro)

BAR	COUNT	MOVEMENT	ARMS	
1	1 2 3 4	Hold position	1	High Touchdown LITTLE EYES
			2	Hold position
			3	High V BIG EYES
			4	Hold position
2	5 6 7 8	Hold position	5	T BIG EYES
			6	Hold position
			7	Broken T LITTLE EYES
			8	Hold position
3	1 2 3 4	Hold position	1	T BIG EYES
			2	Hold position
			3	Low V BIG EYES
			4	Hold position
4	5 6 7 8	Hold position	5	Low Touchdown BIG EYES
			6	Hold position
			7	Boo/Daggers LITTLE EYES
			8	Hold position
5	1 2 3 4	Hold position	1	Table NO EYES
			2	Hold position
			3	Broken T LITTLE EYES
			4	Hold position
6	5	Lunge RF to R side	'K' LH LITTLE EYES RH BIG EYES	
	6	Hold position	Hold position	
	7	Close RF to LF	Broken T LITTLE EYES	
	8	Hold position	Hold position	
7	1 2 3 4	Repeat bar 6 to L	Repeat bar 6 to L	
8	5 6 7 8	Hold position	5	Bow & Arrow R
			6	Bow & Arrow L

			7	Boo/Daggers LITTLE EYES
			8	Hold position
9 - 32		Repeat bars 1 -8 x 3		

JUMP ON IT

Commence facing front. Feet together, poms on hips.
(Music – Saturday Night Whigfield – 8 bar intro)

BAR	COUNT	MOVEMENT	ARMS
1	1	Jump feet apart	High V
	2	Jump crossing feet R over L	Broken T
	3	Jump feet apart	Low V
	4	Hold position	Hold position
2	5	Bend knees	Swing arms down & up in front of body to Table position
	6	Hold position	
	7	'Stretch' jump	
	8	Land feet together	
3	1	Step RF to side	T
	2	Close LF to RF	Broken T
	3 4	Jump feet together x 2	Hold position
4	5 6 7 8	Repeat bar 3 to L side	
5 - 8	1 - 16	Repeat bars 1 – 4 with Tuck Jump on count 7 of bar 2	
9	1 2 3 4	Twist Jump x 4 RLRL	Roly Poly
10	5 6 7 8	Bouncy hip bumps x 4 RLRL	Poms on hips
11	1	Jump feet together	Roly Poly
	2	Hold position	Roly poly
	3	Stretch knees	High V
	4	Hold position	Hold position
12	5 6	Bend knees	Swing arms down and across body
	7 8	Star Jump ending in crouch position	Swing arms up to high V ending poms to floor
13	1 2 3 4	Hold position	Twinkle
14	5 6 7 8	Push up into 'stretch' jump	Punch both arms up to High Touchdown ending in 'Dagger' position on landing
15	1&2	Flick ball change RF	Poms on hips

	3	Heel dig diagonally forward without weight	Hold position
	4	Close RF to LF	Hold position
	5&6 78	Repeat bar 15 on L side	Broken T on count 8
17 – 32		Repeat bars 1 – 16 x 1	

CO-ORDINATION COMBO

Commence facing front. Feet together, poms on hips.
(Music – I Got A Feeling Black Eyed Peas – 16 bar intro)

BAR	COUNT	MOVEMENT	ARMS	
1	1	Jump feet apart	RA high diagonal	
	2	*Swivel both feet to L into lunge position, both knees bent, RH raised	Punch RA down and across body to L into low parallel	
	3	Recover to face front, both legs straight	Pull RA back to diagonal Bow & Arrow	
	4	Return to *	Return to *	
2	5	Close RF to LF facing L side on bent knees	Roly Poly	
	6	Bounce knees	Roly Poly	
	7 8	Jumping Jack	High V to Low Touchdown	
3	1 2 3 4	March x 4 LRLR turning to left to end facing front	Punch arms to Low Touchdown	
4	5	Step back LF	Poms on hips	
	6	Step RF to side	Hold position	
	7	Close LF to RF	Hold position	
	8	Hold position	Hold position	
5 - 8		Repeat bars 1 – 4 to other side		
9	1	Jump feet apart	T	
	&2&3	Hold position	&	Broken T
			2	High V
			&	Broken T
			3	Table
	4	Hold position	Hold position	
10	5&6&7	Hold position	5	Broken T
			&	T
			6	Broken T
			&	High V
			7	Broken T
	8	Hold position	Hold position	

11	1	RF heel dig forward without weight	Poms on hips
	&	Spring onto RF	Hold position
	2	Repeat L	Hold position
	&	Spring onto LF	
	3	Point RF to side without weight	
	&	Spring onto RF	
	4	Point LF to side without weight	
	5 6 7 8	Hold position	Punch arms to Low Touchdown & sprinkle up to High Touchdown
13 - 14	1 - 8	Repeat bars 11 & 12 on other side	
15	1	Step RF diagonally across LF	Poms on hips
	2	Rock weight back onto LF	Hold position
	3	Close RF to LF	Hold position
	4	Jump feet together	Clap
16	5 6 7 8	Repeat bar 15 to other side	
17 - 32		Repeat all x 1	

TRAVEL & TURN

Commence facing front, RF pointed to side without weight.

Poms on hips.

(Music – Turn Around Phats & Small – 8 bar intro)

BAR	COUNT	MOVEMENT	ARMS	
1	1	Step RF diagonally across LF	Hold position	
	2	Point LF to side without weight	Punch LA to Low V	
	3	Step LF diagonally across LF	Hold position	
	4	Point RF to side without weight	Punch RA to Low V	
2	5	Step RF diagonally across LF	5 6	Twinkle poms in Low V
	6	Point LF to side without weight		
	7	Step LF diagonally across RF	Poms on hips	
	8	Step RF to side facing front	Hold position	
3	1	Heel dig LF forward without weight with slight body turn to L	Hold position	
	2	Hold position	Hold position	
	3 4	Ball change L to R	Hold position	
4	5 6 7	Rolling 'open' turn to L	Roly Poly	
	8	Hold position	Roly play	
5	1 2 3 4	Step RF forward into pivot turn to face back weight on LF	5	T
			6	Hold position
			7	Broken T
			8	Hold position
6	5 6 7 8	Jog x 4 travelling forward to back	Punch arms down to Low Touchdown and sprinkle up to High Touchdown	
7	1 2 3 4	Grapevine to R side ending with a tap LF to RF without weight	Sprinkle arms down to end on hips	

8	5 6 7	Paddle LF slightly to L side making ½ turn to L to end facing front	Punch LA down to Low V on each paddle, RA on hip
	8	Hold position	LA hip
9 - 16		Repeat bars 1 – 8 on other side	
17 - 32		Repeat all x 1	

LET'S CHEER

To be choreographed by the teacher.

Teacher choice of music.

May be performed **SOLO or IN TWOS**

To include movements and actions from this level and below
along with suitable linking steps, travel and movements.

16 bars

Repeat x2 32 bars in total

CHEERS AND THANK YOU

To be choreographed by the teacher.

Teacher choice of music.

To include movements and actions from this level and below
along with suitable linking steps, travel and movements.

8 bars in total.

GRADE 3

EXERCISE	FORMAT	TEACHER ASSISTANCE
LINK, SYNC AND SHAKE	ALL TOGETHER	
PROUD POSITIONS	SOLO OR IN 2's	
EYES ON THE PRIZE	ALL TOGETHER	
JUMP ON IT	SOLO OR IN 2's	
CO-ORDINATION COMBO	SOLO OR IN 2's	
WHICH DIRECTION! : TRAVEL & TURN	ALL TOGETHER	
LET'S CHEER	SOLO OR IN 2's	
CHEERS & THANK YOU	ALL TOGETHER	

EXAM TIMINGS

NUMBER OF CANDIDATES	EXAM LENGTH
1 - 2	12 minutes
3 - 4	14 minutes

**RECOMMENDED MINIMUM AGE 8 YEARS
NO MAXIMUM**

LINK, SYNC AND SHAKE

Commence facing front, feet together, poms on hips.
(Music – Shake It Metro Station – 12 bar intro)

BAR	COUNT		
1	1 2 3 4	Hold position	1 High V
			2 Broken T
			3 Low V
			& Broken T
			4 Table
2	5 6 7 8	Hold position	5 RA Daggers
			6 LA Daggers
			7 8 Roly Poly
3	1 2 3 4	Jog x 4 RLRL turning to R to end facing L side	1 High Touchdown
			2 3 Sprinkle down
			4 Poms on hips
		'ROCKING CHAIR'	
4	5	Step RF forward	Poms on hips
	6	Rock back onto LF	Hold position
	7	Step forward RF	Hold position
	8	Rock back onto LF	Hold position
5	1 2 3 4	3 step Zig Zag turning to face front ending in lunge position facing RDF on count 3. Hold position count 4	1 Low V & twinkle
			2 Twinkle
			3 Broken T
			4 Hold position
6	5 6 7 8	Hold position	5& 6 Bow & Arrow x 3 RLR
			7& 8 Bow & Arrow x 3 LRL
7	1 2	Step RF to side bending & stretching knees	Swing both arms down & up to R to end Bow & Arrow R
	3 4	Step LF to side bending & stretching knees	Swing both arms down & up to L to end Bow & Arrow L
8	5 6	Feet apart weight central	Swing & twinkle both arms down & up to R to end Bow & Arrow R

	7	Hold position	Bow & Arrow L
	8	Jump feet together	Broken T
9 - 16		Repeat bars 1 – 8 on other side	
17- 32		Repeat all x 1	

POSITION MISSION

Commence facing front, feet together, poms on hips
(Music – Move Like Jagger Maroon 5 – 8 bar intro)

BAR	COUNT	MOVEMENT	ARMS	
1	1	Step RF to side	1	T
	2	Close LF to RF	2	Broken T
	3	Step RF to side	3	High V
	4	Bend both knees releasing LH	&	Broken T
			4	Low V
2	5&6	Kick ball change LF facing RDF	Roly Poly	
	7	Step LF to side facing front	K position RA high	
	8	Close RF to LF without weight	Broken T	
3 - 4	1 - 8	Repeat bars 1 - 2 to L		
5	1 2 3 4	Feet together	Roly Poly	
6	&5	Ball change R to LF feet apart	&5	Split T
	6	Hold position	6	Hold position
	&7	Ball change R to LF feet together	&7	Split Broken T
	8	Hold position	8	Hold position
7	1	Lower R knee to floor to kneel	Low V	
	2	Hold position	Hold position	
	3	Lower L knee to floor to kneel	Broken T	
	4	Hold position	Hold position	
8	5 6	Hold position	K position R	
	7 8	Hold position	K position L	
9	1 2 3 4	Hold position	1	L position RA high
			2	Flat L position RA fwd
			3	Bow & Arrow R
			4	Hold position
10	5 6 7 8	Hold position	5	Bow & Arrow L
			6	Bow & Arrow R
			7	Clap
			8	Hold position

11 - 12	1 - 8	Repeat bars 9 - 10 on other side	
13	1	Step LF forward	Low V
	2	Hold position	Hold position
	3	Recover to standing closing RF to LF	Broken T
	4	Hold position	Hold position
14	5 6 7 8	Hold position	'CLOCK TICK TOCK'
			5 High Touchdown
			6 High V
			7 Low V
			8 Broken T
15	1 2 3 4	Hold position	1 L position RA high
			2 Bow & Arrow R
			3 Corner RA Dagger
			4 Hold position
16	5	RF hitch	5 LA Liberty
	6	Hold position	6 Hold position
	7	Lower RF to LF	7 Broken T
	8	Hold position	8 Hold position
17 - 32		Repeat all x 1	

EYES ON THE PRIZE

Commence facing front, feet together, NO POMs
For each position the FISTS should face in the either:

LITTLE EYES – thumb and index finger

BIG EYES – little finger

NO EYES – fists to front

(Music – Pretty Green Eyes – 16 bar intro)

BAR	COUNT	MOVEMENT	ARMS/HANDS	
1	1 2 3 4	Hold position	1	'L' RA high BIG EYE LH LITTLE EYE
			2	Bow & Arrow R RH BIG EYE LH LITTLE EYE
			3	Corners LITTLE EYES
			4	Hold position
2	5	Hitch RL	5	Liberty LA high RA pom to hip LITTLE EYES
	6	Hold position	6	Hold position
	7	Close RF to LF bending knees	7	Boo/Daggers LITTLE EYES
	8	Hold position	8	Hold position
3	1	Stretch legs	1	RA high Touchdown LITTLE EYE LA low Touchdown BIG EYE
	2 3 4	Hold position	234	Slow transition to 'T' BIG EYES
4	5 6 7 8	Hold position	5 6	Hold position
			7	Broken 'T' LITTLE EYES
			8	Hold position
5	1	Dig RH forward	'K' R 1x BIG EYE 1x LITTLE EYE	
	2	Hold position	Hold position	
	3 4	Close RF to LF	Broken 'T' LITTLE EYES	
6	5 6 7 8	Repeat LF	Repeat to L	
7	1 2 3 4	Hold position	1	RA diagonal BIG EYES
			2	Broken 'T' LITTLE EYES
			3	LA diagonal BIG EYES
			4	Broken 'T'
8	5 6 7 8	Hold position	5	Punch to low touchdown BIG EYES
			6 7	Slow transition to table – NO EYES
			8	Broken 'T' LITTLE EYES
9-16		Repeat bars 1 – 8 on other side		
17-32		Repeat all		

JUMP ON IT

Commence facing front. Feet together, poms on hips.

(Music – Bounce Calvin Harris – 8 bar intro)

BAR	COUNT	MOVEMENT	ARMS
Bar 8 of intro	5 6 7 8	Bend into crouch position	Punch to High Touchdown twinkle out and down to Low Touchdown
1	1 2 3 4	Star Jump ending in crouch position	Swing arms out and up to High Touchdown ending Low Touchdown on crouch
2	5	Jump feet apart to standing	Punch to Low V
	6 7 8	Hold position	2 Hold position
			3 Clap x 2
			4
3	1 2 3 4	Boxers Dance jog x 4RLRL	Poms on hips
4	5	Jump feet apart	Hold position
	6	Jump crossing LF over RF	
	7 8	Untwist feet to end facing back	
5	1	Jump feet together	Roly Poly
	2	Hold position on bent knees	
	3	Stretch legs	High V
	4	Hold position	
6	5 6 7 8	Star Jump	Swing arms down then return to High V ending in Low Touchdown
7	1 2 3 4	Jog x 4 RLRL turning to L to face front	Poms on hips
8	5	Close RF to LF	High Touchdown
	6	Hold position	Hold position
	7 8	Lower to crouch position	Sprinkle to Low Touchdown

9 - 16		Repeat bars 1 – 8 replacing Star Jumps with Tuck Jumps	
17 - 24		Repeat bars 1 – 8 replacing Tuck Jumps with Stretch Jumps	
25 - 32		Repeat bars 1 – 8 FREE CHOICE of jumps	

CO-ORDINATION COMBO

Commence facing front. Feet together, poms on hips.
(Music – Better Off Alone Alice DJ - 8 bar intro)

BAR	COUNT	MOVEMENT	ARMS	
1	1 2 &3	Grapevine to R ending with LH dig to side without weight	1	Diagonal LA high
			2	Punch LA across to R
			&3	Wind LA up and over to end in Low V
	4	Hold position	Hold position	
2	5	Step LF to side	Broken T	
	6	Heel dig RF forward without weight	Low V	
	7	Step RF to side	Roly Poly	
	8	Flick LF up behind and across RL	Roly Poly	
3	1 2 &3 4	Repeat bar 1 to L side		
4	5 6 7	Repeat counts 1-3 of bar 2 to L		
	8	Hitch RF up	High V	
5	1 2 3 4	Jazz Box crossing RF over LF end LF tap to RF without weight	Sprinkle arms out & down to end Broken T	
6	5	Step LF to side	5&6	Bow & Arrow x 3 LRL
	6	Tap RF to LF without weight		
	7	Step RF to side	7&8	Bow & Arrow x 3 RLR
	8	Tap LF to RF without weight		
7	1 2	Step LF to side bending & stretching knees making ¼ turn to end facing L side, RH released *	Swing both arms down and forward to end Table position facing L side	
	3	Turn body to face front lowering RH	Pull RA back to Bow & Arrow	
	4	Return to *	Table position facing L side	
8	5	Close RF to LF facing L side	5 6 7 8	Sprinkle RA down, back and over to return to table
	6 7 8	Hold position		
9	1 2 3 4	Jog x 4 LRLR	Poms on hips	

		‘SAILOR STEP’	
10	5 &	Ball change L to R with slight whole body turn to L	Hold position
	6	Step LF forward to LDF with relaxed knees, RH released	Hold position
	7	Hitch RF up	Hold position
	8	Point RF to R side without weight	Hold position
11	1&2 3 4	Repeat bar 10 on RF	Hold position
12	5	Jump feet together	5 6 7 8 Roly Poly
	6 7 8	Hold position	
		‘TOE HEEL SWIVEL’	
13	1	Touch R toes to LF without weight twisting both feet and lower body to L on relaxed knees	Low V twinkle over 1 2 3 4
	2	Extend RL to side on heel without weight twisting both feet and lower body to R	
	3	Cross RF over LF with weight twisting both feet and lower body to L on relaxed knees	
	4	Hold position	
14	5 6 7 8	Repeat bar 13 on LF	Clap on count 8
15	1	Step RF back	Swing RA down to Low Touchdown
	2	Tap LF to RF without weight	Table
	3	Step LF back	Swing LA down to Low Touchdown
	4	Tap RF to LF without weight	Table
16	5 6 7 8	Jog x 4 RLRL	Poms on hips
17 - 32		Repeat all x 1	

TRAVEL & TURN PROGRESSION

Commence facing RIGHT SIDE, feet together, poms on hips.
(Music – Turn Around Steps – 8 bar intro)

BAR	COUNT	MOVEMENT	ARMS	
1	1 2 3 4	Grapevine to R	1	T
			2	Broken T
			3	Daggers
			4	High Touchdown
2		Rolling 'open' turn to L ending LF tap to RF without weight	5 6	Sprinkle to hips
			7 8	Hold position
3	1 2 3 4	Step RF forward into pivot turn to face back weight on LF	1	Low V
			2	Hold position
			3	Poms on hips
			4	Hold position
4	5 6 7 8	Jog forward to back x 4 RLRL	Poms on hips	
5	1	Step RF forward into lunge LH released	Low V	
	2	Stretch both legs LH released	High V	
	3	Turning to L step LF forward to face front	Hold position	
	4	Close RF to LF	Broken T	
6	5 6 7 8	Grapevine to R turning to face RS	5 6 7	Roly Poly
			8	Table
7	1 2 3 4	'Styled' walks back RLRL	Broken T	
8	5	Jump feet apart	T	
	6	Jump crossing LF over RF		
	7 8	Untwist feet making ½ turn to end facing L side	End in Broken T	
9 - 16		Repeat bars 1 – 8 on other side		
17 - 32		Repeat all		

SWITCH IT UP

Time to get creative! A 16 bar repeatable routine (32 bars in total) inspired by the SET MUSIC – RUBY IS RED HOT AJ & THE QUEEN 8 bar intro

Our suggestion is ROCK & ROLL or JIVE influences and steps here whilst maintaining Cheerdance actions as the core content.

Have fun 'Switching' things up. Fuse styles together to create something completely unique to you and your students

PAIRS

16 bars x 1 repeat (32 bars in total)

To be choreographed by the teacher.

Teacher choice of music.

To include movements and actions from this level and below along with suitable linking steps, travel and movements.

Canon, positions, patterns, opposition and unison should be used.

LET'S CHEER

To be choreographed by the teacher.

Teacher choice of music.

May be performed **SOLO or IN TWOS**

To include movements and actions from this level and below along with suitable linking steps, travel and movements.

16 bars x 1 repeat (32 bars in total)

CHEERS AND THANK YOU

To be choreographed by the teacher.

Teacher choice of music.

To include movements and actions from this level and below along with suitable linking steps, travel and movements.

8 bars in total.