

Cheerleading Dictionary A-Z

All the cheer terms you'll ever need to know!

8-count: Usual mark of time used to count out one section of a dance, or other counted element.

Abstract: Jump to a normal prep and put one foot on your other knee. It is like you are doing a side hurdler with your straight leg bent and on your bent legs knee. Your hands in a "T" position.

Aerial: The move in which the tumbler turns completely over in the air without touching the mat with his or her hands. Used to describe a cartwheel without hands touching the ground or floor. Sometimes refers to a walkover or roundoff without hands.

All-Star Team: A cheer squad that is not affiliated with a school or team, but is independently run and most often affiliated with a cheer gym. All-star teams exist for a wide-range of age groups, compete in a separate division and are often looked at as having more elite-level cheerleading.

Arabesque: A fully-extended stunt where the flyer stands on one straight leg and extends the unsupported leg straight behind her with toes pointed, while keeping the torso upright and arms in a "T." The arabesque is a variation of the Liberty.

Arch: A position in which the back is curved.

Arm Motions: A set placement of the arms and hands used in a cheer, a stunt or a jump.

Around the World: Legs come up in a pike, then circle around to a toetouch - HARD to do and land with your feet together.

Attack the Crowd: Technique used to induce crowd involvement, achieved by yelling, jumping and moving close to the crowd, or directly leading the crowd into song, chant or cheer.

Awesome: Is just like an elevator or extension except the bases bring their hands to the middle of the stunt so the flyer's feet are very close together. The flyer's other hand is in a half high V. Also known as a Cupie.

Around the World: The legs come up in a pike, then circle around to a toetouch - HARD to do and land with your feet together.

Back Bend: A tumbler spreads the legs shoulder width and put your hands straight up by your ears. Look up at your hands and bend your back, Look for the ground, and try to put your hands really close to your feet. Once they hit the ground, your there! This is a very important steppingstone skill

Back Handspring: A tumbler jumps backwards onto the hands, followed by a quick push from the hands to the feet. Also know as flip-flop or flick-flack.

Back Tuck Basket Toss: A regular basket toss but you add a back tuck before landing in a cradle position. This takes an extra strong pop from the bases.

Backwards Load In: Two bases face back to back, with hands behind their back in an extension ready position. Flier jumps in hands, bases toss her up, and rotate to recatch her feet then facing each other, popping the stunt to a full, half, lib, etc.

Banana: (Stunt) is when you arch your back and reach upwards. You usually only do a banana when you are doing a combination jump or riding up a basket toss.

Base: The person(s) in a stunt group who supports the flyer's weight and returns them safely to the ground after the stunt is over.

Basket Toss: A stunt which uses two side bases, a back base and may use at least one front base to toss the flyer from their hands. Once airborne, the flyer may hit any number of tricks, including a toe touch, a tuck and a full before returning to the cradle.

Blades: One way of holding the hands while executing an arm motion. Hands are held outstretched with fingers tightly together and thumbs tucked in at the sides. Fingers should not be curled up, but rather held as flatly as possible.

Bloomers: Matching underwear that are part of your Cheerleading uniform, worn under your skirt. Sometimes called briefs.

Bow-N-Arrow (Arms): One arm is placed in a "T" motion and the other is in a "T," but broken at the elbow and the fist is brought into the shoulder in buckets. (This can be done to either direction. If the right arm is in the "T," it is a right Bow-N-Arrow.)

Bow-And-Arrow: (Stunt) Much like the heel-stretch, the bow-and-arrow is a fully-extended stunt where the flyer stands on one straight leg and holds the foot of her unsupported leg with her opposite hand in an extremely "stretched" position. The other arm is in half a "T" motion. The bow-and-arrow is a variation of the Liberty.

Bracer: A person who assists in stabilizing a stunt by remaining in direct contact with a flyer or base. A bracer may be on the competition surface or in a stunt.

Brannie or Brandy: A round-off with no hands.

Bridge: This is often used as a limbering exercise for back and shoulder flexibility. The body is in a backward arch with hands and feet flat on the floor. The better bridges will show the shoulders directly above the hands or pushing past the hands if the tumbler has very flexible shoulders.

Butt Sit (Stunt): You can sit in a straddle in a stunt. The back spot holds the butt and the bases hold the thighs and the calves or wach leg and you do a straddle. It doesn't have to be straddled but the bases are always on upper and lower legs.

Calisthenics: A series of exercises used to develop strength, power and balance.

Candle Sticks: Motion where you extend your arms out in front of you with your fists facing down.

Captain: The leader of the team. They are who the other members look to for direction and inspiration.

Cartwheel: A tumbler turns sideways from a standing position, to a handstand, and then back to a standing position. Also said to be a lateral handspring with arms and legs extended

Chair: A partner stunt where the base holds the flyer by placing one hand underneath the flyer's seat and the other at the ankle for support. The flyer bends her right leg, with her foot resting on the base's elbow, and keeps her left leg straight and arms in a high "V" (or a variation).

Chant: A short cheer that is easy to remember and repeat and used to get the crowd excited and cheering along with the cheerleaders. Chants are repeated over and over until the crowd begins to die down. The chant is also referred to as a sideline.

Clap: Done mostly in a cheer is when the four fingers of each hand are held tightly together and the hands are cupped to fit around each other, separating only between the thumb and pointer finger. The action is repeated & repeated.

Clasp (also called a "clap"): The four fingers of each hand are held tightly together and the hands are cupped to fit around each other, separating only between the thumb and pointer finger. The "Clasp" should be held in close to the body (about 6 inches away) and below the chin with arms in table tops.

Cheer: Longer than chants and contain a group of words or phrases that generate excitement and attention. Cheers are often choreographed with motions, jumping, stunting and tumbling and are used more for performance than crowd response.

Choreographer: the person the puts together the dance and motions to it.

Choreography: The set arrangement of dance steps and movements.

Coach: The person responsible for the learning, discipline and decision-making of a squad. A coach can be any age and is anyone who has taken on the responsibility of managing a team.

Conditioning: Exercises and activities that are used to increase strength, performance & endurance.

Cradle: A dismount where the flyer rides the toss from a stunt and is caught by her base(s) by landing in a piked position and wrapping her arms around her bases.

Cradle Catch: Occurs when the catcher(s) catch a mounter/flyer by holding her around the back and under the thighs.

Cradle Reload: The flyer is in a cradle position and is popped up to a sponge or she taps her foot on the ground and goes to a lib. It's fast - as soon as you cradle, that's your dip to go into a sponge whatever the stunt may be Smoosh.

Crowd Response: The behavior a crowd exhibits in response to something the cheerleaders do to in order to gain a response. Crowd response is usually a category on score sheets at competition and good crowd response is looked upon favorably.

Cupie: A fully-extended stunt where the flyer is held, with her feet together, in one hand (partner stunt) or simulated to look as so (group stunt) by the base(s). The cupie is a.k.a. an "awesome."

Dance: A series of rhythmic and patterned bodily movements as part of the routine.

Dead Man Stunt: When the flyer falls backwards or forwards out of a stunt. 3 or 4 people catch the flyer and could possibly push the flyer back up to the bases hand, or can be used in transition to a new stunt formation.

Diagonal: One arm is placed in one-half of a "High V" and the other is in half of a "Low V." (This can be done either direction. It is a right "Diagonal" if the right arm is high and vice versa.)

Diamond Head: A shoulder stand, the topper of the shoulder stand grabs hands with two other flyers, the topper and base lift the two flyers on each side of them up off of the ground, the base of a shoulder stand holds the waists (pushing outward) of 2 side flyers, and the side flyers stag one leg.

Dismount: A way used to return to a floor position following a stunt or routine.

Dive Roll: A forward roll where the feet leave the competition surface prior to the hands touching the competition surface.

Double Cupie: A cupie with two flyers and one base (partner stunt) or multiple bases (group stunt).

Double Full: (Tumbling) the move where a tumbler does two full twist salto in the layout position before you land.

Double Full Down: Two complete twists dismount into a cradle.

Double Hook: Sit on the ground and have one leg completely bent in front of you so it kinda forms a triangle and then bend the other leg so it goes behind you...jump at do that in the air.... (most cheerleaders sit in this position on the ground)...arms are in a high V. Also known as a pretzel.

Double Nine: A jump that is executed by bending the body in half, parallel to the floor (like a pike jump), with one leg straight out and toes pointed and the other leg bent so the foot of the bent leg meets the knee of the straight leg (forming a "9"). The arms are placed in the same position as the legs for the "double 9" effect.

Elevator: A double base stunt where you and your stunt partner are holding 1 of the flyers foot so that you both have a foot and is held at shoulder level.

Extended Stunt: One in which the supporting arms of the base is fully extended above the head. A stunt such as chairs is extended stunt.

Extension: A fully-extended stunt where the flyer stands with both legs locked out (shoulder-width apart) and one foot in each hand of her base (partner stunt) or each foot is held by a different base (group stunt), hitting a high "V" motion.

Facials: The smiles, winks and so on that a cheerleader gives the crowd or the judges.

Fists: One way of holding the hands while executing an arm motion. Fingers are curled inward into tight fists and the thumbs are wrapped around the fingers on the outside of the fist. Wrists are tight so the fists do not break upward or downward.

Flat Backs: Flier is flat on her back in the air, everyone dips, toss the flier up, grab feet, squish & hit a half, full, etc.

Flip Flop: Tumbler jumps backwards onto the hands, followed by a quick push from the hands to the feet. Also known as Back Handspring or flick-flack.

Flick Flack: Tumbler jumps backwards onto the hands, followed by a quick push from the hands to the feet. Also known as flip-flop or Back Handspring.

Flyer: The person in a stunt who leaves the ground and is supported by her bases before being returned safely to the ground. Also called a "top".

Flying C: is half way between a high-torch arabesque and a scorpion. the guy simply twists a lib grip to get the girl facing the corner and then you can double or single twist out of it

Frog Jump: a.k.a, Leap Frog. When there are two bases and a front. The top holds on to the front's arms. The two bases start on the ground and then raise up. The top goes over the front's head and the two bases that threw her in the beginning catch her and the front becomes the back.

Fountain: Like an arabesque. The only difference is that you are extending your leg to the front and leaning backwards. Also called a waterfall.

Front Hurdler: A jump that is executed by kicking one leg straight in front of the body, as high as possible, with toes pointed. The second leg is bent directly underneath the body with the knee facing down. Arms are in a touchdown motion.

Front Spot: An extra person in a stunt group used to hold at the front and add stability and usually holds at the foot of the flyer or wrists of the side bases. The front spot is a.k.a a front base.

Full: (Tumbling) The move where a tumbler while doing a layout does a full twist salto* and lands.

Full Down: A complete full twist dismount into a cradle.

Giddy-Up: Catching an opposite lib and at shoulder level switch it and pop up to an extended lib. Also known as a tick tock.

Handspring: A tumbler springing off the hands by putting the weight on the arms and using a strong push from the shoulders; can be done either forward or backward; usually a linking movement with other tumbling skills.

Hand Stand: A tumbler springing from their feet to their hands to their feet again. Used alone or in conjunction with other tumbling skills. There are forward and backward handsprings.

Heel Stretch: A fully-extended stunt where the flyer stands on one straight leg and holds the foot of her unsupported leg with the same-side hand (on the outside of the foot). The leg should be slightly in front of the flyer's body with the knee locked out and toes pointed. The other arm is in half a high "V." The heel stretch is a variation of the Liberty.

Helicopter: A flyer is tossed by bases on a horizontal plane and rotates (like helicopter blades) until caught by original bases.

Herkie: A jump that is executed when one leg is straight with toes pointed and positioned slightly to the side. The other leg is bent with the knee facing down. The back is straight and arms can be in a "T" motion or a punch.

High V: Both arms are locked out with hands in buckets and held at 1:00 and 11:00. This is done by placing the hands in a "T" and lifting them just slightly to form a "V" with the arms.

Hitch: When your leg is in a lib and then you bring it out to the side slightly bent at the knee.

Hitches: (pyramid) There is usually a middle prep and 2 outside one legged stunts that attach by bending their leg that they are not standing on and having the middle flyer grab it and hold it.

Hook: One of the most basic jumps, the hook is executed by bending both legs underneath the body (like the Toyota commercial). The arms are in a punch or high "V" motion.

Interlocking Grip: Where one base grabs his/her own wrist and the wrist of another base. The other base will also grab his/her wrist and the wrist of the other base.

Instructor: An individual employed to teach summer cheer camps who is responsible for introducing, demonstrating and teaching material to "campers" in the areas of cheers, chants, jumps, tumbling and stunting (and other various topics).

Inversion: (Stunts) Any body position where a competitor's leg and/or foot is above their waist.

Jump: An action such as a toe touch or herkie that is performed with a set placement of the arms and legs. A jump is made up of an approach, the execution of the jump itself and a landing.

Jump Approach: This is the first thing to learn when learning jumps because this is what gets your jumps started there are several different types like: The Whip, The Clasp and more.

Jump Ball: A combination of two stunts: a pop up extension in the back, being centered behind the four double shoulders stand bases.

K: Put your left arm up like a high v and your right arm across your body.

Kerrigan: Like an arabesque but the flyer grabs her knee, keeping her leg straight, and pulls her leg up higher. She leans slightly forward.

Kewpie: One base holds up a flyer/flier with one hand. The bases arm is fully extended and both of the flyer's feet are in the base's one hand. Also known as a cupie or awesome.

Kick Out/Kiss Out: During a basket toss, the flier squats in the air, bringing her knees to her chest and placing her hands on her knees w/elbows out, and then pushes it out and the bases catch.

Kick Over: (larger stunt group depending on how elite you are) The flyer puts one leg flat and one base holds it. the other base has the flyers back/waist with one hand and her hand with the other and the flyer dips and the base with the leg throws it over and they catch her in a spilt usually.

Knee-Drops: (stunt group; requires front spot) The flyer is in a prep and she goes to kneel down and the front spot catches her knees and it goes right back up to anything you want.

L: One arm is placed in a punch motion (overhead in candlesticks with palm facing inward) and the other is placed in one-half of a "T" motion.) to create an "L" effect. This can be done either direction. It is a right "L" if the right arm is in the punch and vice versa.)

Landing: The act of coming out of a jump. An ideal landing makes little sound, occurs with knees slightly bent and feet and legs together, hands by the side.

Layout: A back-flip is where the tumblers body stays in a layed-out position straight or slightly arched body position, may be seen during a movement.. It is used in other tumbling skills.

Leap Frog: Two bases and a front where the top holds on to the fronts arms. The two bases start on the ground and then raise up. The top goes over the fronts head and the two bases that threw her in the beginning catch her and the front becomes the back.

Liberty: An extended stunt where the flyer stands on one straight and raises the knee of her unsupported leg until the top of that leg is level and braces her foot against the knee of the straight leg. The arms are usually in a high "V" or a variation. (Abbreviated Lib).

Log Roll: (Stunt) A partner in a horizontal position is tossed, then rotated parallel to the performing surface (twists) before being caught by the original bases.

Low V: Both arms are locked out with hands in buckets and held at 5:00 and 7:00. This is done by placing the hands in a "T" and dropping them just slightly to form an upside-down "V" with the arms.

Mascot: The personification of the nickname of sports activity teams in a school, usually theme specific to the location or history of the school. For example, The Florida State Seminoles use an Indian as a mascot for Native American history in Florida and the Florida Gators chose their mascot because of the prevalence of alligators in the area.

Megaphone: The cone shaped device used by cheerleaders to project and intensify the sound of one's voice. Megaphones are usually decorated with school colors or the school emblem and, on coed squads, they are most often used by the male cheerleaders.

Moving Stunts: (See Transitional Stunts) moving the whole stunt to the next position without letting the flyer touch the ground.

Needle: (Stunt) an inverted stunt position where the partner extends one leg vertically while pulling their body down to the supported leg. The head of the partner is below waist level.

Open: Division of cheer competition involving squads who are beyond the age associated with college cheerleading. Open squads often have members ranging in age from high school to adult. They are sometimes referred to as open adult or adult squads. Open squads can also be squads not officially affiliated with a school or all-star program, such as club teams at universities.

Partner stunt: A two-person stunt utilizing a base and a flyer, where the base supports all of the flyer's weight. (Usually coed).

Peel off: Team cheering at three different intervals for desired effect.

Pencil Drop: A way to dismount from a stunt, the bases push the legs of the flier together and then drop and bear hug around the waist of the flyer, the flier puts arms straight up in the air, hands in blades together.

Pendulum Stunt: Any stunt that when in an upright position, the flyer falls into the arms of numerous spotters, and is tossed back up into the upright position. A pendulum can go front or back.

Pike: A jump that is executed by bending the body in half, parallel to the floor, with both legs straight out and toes pointed. Arms are also straight out, matching the shape of the legs.

Pitch: (Stunts) Any throwing motion by base(s) that originates from below shoulder height of flyer.

Pom Pon: A handheld, usually brightly colored ball of connected plastic strips used by cheerleaders to emphasize and highlight sharp motions and grab the crowd's attention. "Poms" as they are commonly called, come in various sizes and as a pair.

Pop Cradle: Another type of cradle, where the bases dip together, bases hands are locked together for the pop and toss the flier into the air, and the flier pikes and the base catch, this needs a good pop.

Popper: Another term for a flyer.

Post: A person who stands in front of a stunt and a flier leans down on that person's arms and the flier puts all of their weight into that person, and that person locks his/her arms and pushes the flier up

Prep: a.k.a. approach: The motion you use to prepare to do a jump. The most common are the whip approach and the power (or dip) approach.

Prep Extension: The bases only raise the flyer with both legs to shoulder height

Press Down: The flyer is in a heelstretch and the bases bend down and the flyer pulls their leg in front of them. Can be called a powerhouse.

Prop: Any object that is manipulated during a routine.

Punch Motion: One arm is directly overhead, locked out and tight against the head with the hand in candlesticks and the palm facing inward. The other hand is on the hip in a tight fist. (This can be done either direction. It is a right punch if your right arm is punching and vice versa.)

Purdue: A single base shoulder stand where the base stands behind the flyer, the flyer holds her hands back palms up and the base grabs her hands palms down takes a big dip flyer don't forget to jump for him and he presses her up to shoulder stand its very easy once you get the hang of it.

Pyramid: Two or more connected stunt groups built no more than two-and-one-half body lengths high. Also called a "mount."

Rebound: The move where a tumbler, after landing a tumbling move pushes up with the feet to prepare to do another tumbling move.

Regionals: Cheer competition beyond the state level, but not quite the national level. Regional competitions often encompass several states and placing high at a regional competition may qualify a squad for National competition.

Reload: A stunt transition involving the procession of a flyer from a stunt to a cradle back into a stunt without leaving the bases' grip.

Rewind: A flip up to a stunt.

Roll Down: A dismount from a mount. You roll off the front.

Round-off: The move where a tumbler turns sideways from a standing position, to a handstand, and then snaps the legs together and lands feet together in a standing position.

Routine: Continuous cheers, motions, dancing, tumbling, stunting, etc., set to music and done as one performance. Routines are most commonly used in competition, for exhibition and entertainment at games.

Russian: Much like the toe touch, arm placement distinguishes the Russian from the toe touch. The legs are in the same position, but the arms are straight down in a low touchdown motion.

Salto: The move where a tumbler while doing a flip or somersault, with the feet coming up over the head and the body rotating around the axis of the waist. Using no hands.(se full or double full).

Sassy: When you do a liberty and take the leg not based and cross it over the leg your libbing on and then put your hands on your hips.

Scale: A fully-extended stunt where a flyer stands on one straight leg and holds the unsupported leg extended in a side stretch with the knee facing forward. The other arm is in half a high "V" or a variation. The scale is a variation of the Liberty.

Scissors: During a basket toss, the flier splits her legs one direction and then the other way, and then cradles.

Scorpion: A fully-extended stunt where the flyer stands on one leg and holds the foot of her unsupported leg behind her head (with both hands) in an extremely arched position. The scorpion is a variation of the liberty.

Shoulder Sit: A partner stunt where the flyer sits on her base's shoulders, mounting either from the front (a "toss") or from the back using the base's bent leg in a lunge (a "walk up" or "step up").

Shoulder stand: A partner stunt where the flyer stands on her base's shoulders, mounting by climbing either from the front (a "toss") or from the back ("step up" or "walk up").

Shove Drop: Also know as a pencil drop (see Pencil drop).

Show-N-Go: The flyer jumps in like normal but the bases, instead of stooping at a lib, or any other extended stunt you bring it back down right away. You hit it for a second and then bring it down.

Sign: A device used by cheerleaders to convey words, letters or other written information that will be incorporated into cheer or chant. Signs can be any shape, size, color or texture and are often incorporated into cheers, chants and routines. They are used most commonly to help the crowd in responding to a cheer or sideline. Also Called Prop(s).

Spirit: Term used to describe the showing or appearance of happiness, enjoyment, and enthusiasm. To have those feelings toward a certain team, school, etc. - school spirit. "Show some spirit!"

Spirit Fingers: A variation of hand placement achieved by wiggling the fingers with the arms in a touchdown motion to solicit a response from the crowd.

Split: A stretch of the legs performed by extending both legs, one in front, the other in back, parallel to the surface of the ground, and can be on the ground or in a stunt. (Side split) A middle split is achieved by straddling the legs, one as far to the right and one as far to the left as possible, while seated or in a stunt.

Split Extension: Three bases, one post, and one flier. The flier is doing the splits in the air and holding hands w/ a post standing in front of her, 2 of the bases are holding one of the fliers legs, the middle base helps support both legs and keeps the flier from over splitting, all bases have their arms fully extended above there head.

Split Mount: The flyer is in a split and you dip and pop up to whatever the stunt may be. Normally a one leg stunt.

Sponge: From an elevator or a full extention stunt, the bases bring the flyer down to there hips so they are in the starting position and go back up for another stunt. Also called as smush.

Sponsor/Booster: A patron of an organization who shows allegiance to a squad through financial endowment and/or regular support.

Spotter: Any person (standing nearby a stunt) responsible for making sure the flyer does not hit the ground in case of a fall.

Spread Eagle: a.k.a. "X" jump: This jump is performed with the arms in a high "V" and the legs are split with toes pointed, forming an "X" with the body. Unlike the toe touch, where the knees are facing up, in a spread eagle, the knees face forward. Repetitive "X" jumps are great for improving stamina and inner leg strength for improving other jumps.

Squad: A group or team of cheerleaders.

Squad Member: Any member of a squad.

Step and Lock: Basic mount into a stunt.

Sticking it: Executing a stunt, tumbling and /or routine perfectly.

Straddle: A position where the legs are straight out and apart, you are in a sitting postion.

Stunt: In cheerleading, a trick involving one person (flyer) being supported by one or more people (bases) at least one-half body length above the ground.

Stunt-group: Group of cheerleaders who execute a stunt. There must be a flyer and at least two bases supporting the flyer to be considered a "group."

Stunt-Single Base: A Stunt in which the flyer is supported by only One Base.

Superman: (Stunt) A flyer is in a belly dead man and she stays flat like a board and they rotate her around 180 degrees like a helicopter blade, transitioning to another stunt.

Suspended Roll: (stunts) A dismount involving head over heels rotation in which the flyer has continuous hand to hand contact with the bases that are supporting the flyer onto the competition floor.

T Motion: Both arms are held to the sides at shoulder level, parallel to the ground with hands in buckets.

Table Tops: The arms are held straight out in front of the body and bent upward at the elbows in 90 degree angles. The hands are in daggers. (The bottoms of the arms should appear flat, as though they are resting on a table.)

Team: A group or squad of cheerleaders.

Tension Drop: (Stunts) Ant stunt or pyramid where the base(s) and flyer(s) lean toward the competition surface while in stunt or pyramid and flyer(s) leave the base(s) **without** assistance.

Thigh Stand: (Stunt) (requires minimum of 3 people) the 2 bases line their feet up and lunge sideways and the flyer stands in the leg pockets of the bent leg.

Tic-Toc: (stunt) is when the flyer switches from one braced leg to the leg that originally wasn't braced.

Toe Touch: A jump that is executed with the arms in a "T" motion and the legs split to the sides and toes pointed. Knees are facing up and the jumper should aim for a "hyperextended" look with the legs. The back is straight and arms are placed behind the legs-they do not touch the toes, as the name implies.

Touchdown: Both arms are held directly overhead, locked out and tight against the head. Hands are in candlesticks with palms facing each other. NOTE: a "Low Touchdown" is done by bringing the arms down in front so that the knuckles are facing the ground.

Trip Cradle: A type of dismount, it is a cradle where the bases throw the feet of the flier a bit forward and the flier pikes and the bases catch.

Tuck: A jump that is executed by "tucking" the knees into the chest. The back is straight and the chest should not be brought to the knees. Toes are pointed and arms are in a high "V". Sometimes called jump builders, repetitive tuck jumps are great for building stamina and stomach strength to improve other jumps.

Tuck: (Tumbling) This move is a no hands move, using your legs and feet, rebound, riding up, and snapping to the position in which the knees and hips are bent and drawn into the chest; the body is folded at the waist then snapping it out and landing the same as a roundoff, both feet together and at the same time.

Transitional Stunt: (see moving stunt) Moving the whole stunt to the next position without letting the flyer touch the ground.

Tumbling: Any gymnastic skill used in a cheerleading routine.

Twist Tumbling: A aerial involving perpendicular rotation to the competition surface.

Twist Cradle: The same as a full down. The flyer goes for a normal pop and so do the bases and the flyer pulls her arms across her body and twists. If you pull hard enough you can twist more than once, like a double full down.

Walk over: A gymnastic feat in which the body is bent forward or backward from an upright position, the hands are placed on the floor, and the legs are arced one after the other over the hands to finish in a standing position.

Whirlybird: A stunt, it is an old circus move, single base, with two flyers flat backed holding each other around the single bases neck also known as a double helicopter.

X-Out: The move of an X-out is a back tuck, **but** at the highest point of the tuck, the tumbler would straddle their legs outward and punch out their arms in a high V. This creates the X part. On their way down, they snap their arms and legs back into the layout position before they land!