

YouTube Videos

These are examples of stunts and Cheerleading Pom Dance from around the world.

Warning

Please do not try any of these stunts at home or with your friends: Training sessions are the only place cheerleaders should attempt stunts, this way you are in a safe environment with proper instruction and the correct safety mats.

Please take a look at the Shorewood Pom Dance as it is quite stunning and gives a perfect example of how coordinated a Pom Dance should look. Perhaps a few of you could practice a routine like this one? just think, it would look great at the Christmas party - all you need is a catchy tune and a Pom routine that matches the beat of the music.

<https://www.youtube.com/watch?v=lg-p6cDCQ94>

<https://www.youtube.com/watch?v=JTZ93kIBSoQ>

https://www.youtube.com/watch?v=JmcWjH_kPc&feature=related

<https://www.youtube.com/watch?v=8Ms46gN5PaE&NR=1>

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{youtube}5yX3w8MW_0Y|280|210|1{/youtube}Â