

YouTube Videos

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

WarningÂ

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

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

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