Cheers and Chants

- Having a coach or cheerleader designated to call the chant in full or in part to signal to the rest of the team works well! Coaches can determine what is best for their team!
- Also remember to inflect on the last word or syllable for added cheer :)!
- Smile and HAVE FUN!!

Short Sideline Stands Routines

- We Will Rock You
- YMCA
- Let's Get It Started
- Space Jam
- Wanna Be Starting Something
- I Feel Good
- Happy
- Circles Short
- Punch Back Short
- Drive Short
- Pony Short
- Arrow Short
- Step Punch Short
- roll Up Short
- Shimmy Short
- roll Short
- Palm clap Short
- Hip Punch Short
- Sassy Short
- Diag Short
- Punch Short
- Disco Short
- Step Cross Short

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General and Crowd Raiser

Let’s Get Fired Up!

Y-E-L-L
Unified
ROWDY
L-E-T-S-G-O
Go G-O
W-I-N

G-O Let’s Go Athletes (not in packet)
Here We Go Athletes (not in packet)
Good Luck (not in packet)
We’ve Got the Spirit (not in packet)
Let’s Play Unified #1 & #2
Dance to the Beat
Hey Let’s Fire It Up

Event Specific
Chicago Cheer
U-S-A Cheer

Sports-Specific
1-2-3-4
Shoot for 2
Rebound
Take it Away
Score
Defense
Over the Net
Pump It! Spike It!
Bump Set Spike
Move those Feet
We Want a Touchdown
First and Ten

http://www.socheer.org/so-cheer-cheers-and-chants
Let’s Get Fired Up!

Let’s get fired up!

*muscles, cross in front, pump up to right charge*

*clap (6x)*

Let’s get fired up!

*muscles, cross in front, pump up to right charge*

*clap (6x)*

Let’s get fired UP!

---

**General and Crowd Raiser**

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**Unified**

**Unified is what we are**
- feet together, clap

**Unified from near and far**
- feet together, clap

**Unified is you and I**
- feet together, clap

**Unified is you and I**
- feet together, clap

**You and I (3x)**
- point out, point in (3x)

**(U Ni Fied!) — Last time only!**
- clap clap, charge
- repeat chant only 1x

**General and Crowd Raiser**

**Y-E-L-L**

Y - E - L - L
- step clap

Y - E - L - L (faster tempo)
- step clap

Everybody yell
- step clap

Go athletes! Hey!
- step clap

Go athletes! Hey!
- step clap

free form cheer, crowd raiser, hands
- clap up or down

- repeat 3x
General and Crowd Raiser

Y-E-L-L

step clap

Y-E-L-L (faster tempo)
step clap

Everybody yell
step clap

Go athletes! Hey!
step clap

Go athletes! Hey!
step clap

free form cheer, crowd raiser, hands
clap up or down

repeat 3x

Unified

Unified is what we are
feet together, clap

Unified from near and far
feet together, clap

Unified is you and I
feet together, clap

Unified is you and I
feet together, clap

You and I (3x)
point out, point in (3x)

(U Ni Fied!) Last time only!
clap clap, charge
repeat chant only 1x
ROWDY

Let's Get
low V bend clap 2x

A little bit ROWDY
low V bend clap 2x

R-O-W
Candle sticks
½ TD
TD
½ TD

D-Y!
clap clap

L-E-T-S-G-O

L - E - T - S - G - O
step clap

Come on athletes
(step out)
high V
low V

Let's Go!
(step together)
clap charge

repeat 3x
ROWDY

Let’s Get
*low V bend clap 2x*

A little bit ROWDY
*low V bend clap 2x*

R-O-W
*candle sticks*
½ TD
TD
½ TD

D-Y!
*clap clap*

L-E-T-S-G-O

L - E - T - S - G - O
*step clap*

Come on athletes
*(step out)*
*high V*
*low V*

Let’s Go!
*(step together)*
*clap charge*

*repeat 3x*
Go G-O
toe pops and claps
G-O
toe pops and claps
Go Athletes Go!
low V
½ TD
charge
clean
repeat 3x

W-I-N
W
broken t
I
punch down cross
N
high V

Go
jump together clap
Fight
clap
Win
clap

General and Crowd Raiser
Go G-O

toe pops and claps

G-O

toe pops and claps

Go Athletes Go!

low V
½ TD
charge
clean

repeat 3x

W-I-N

W
broken t

I
punch down cross

N
high V

Go
jump together clap

Fight
clap

Win
clap

General and Crowd Raiser

General and Crowd Raiser
Let’s Play Unified

#1
Let’s Play Unified, Let’s Play
arms rock back and forth
clap clap

repeat 3x

#2
Let’s Play Unified
step clap to each side.

Let’s play, let’s play, let’s play
roll arms from top to bottom

repeat 3x

Dance to the Beat

Dance to the Beat
step clap

Turn up the heat
roll in front
jump out high V

clean
Let’s Play Unified

#1
Let’s Play Unified, Let’s Play
arms rock back and forth
clap clap
repeat 3x

#2
Let’s Play Unified
step clap to each side.
Let’s play, let’s play, let’s play
roll arms from top to bottom
repeat 3x

Dance to the Beat

Dance to the Beat
step clap

Turn up the heat
roll in front
jump out high V

clean
Hey Let’s Fire It Up

Hey!
low V (bend), clap

Let’s Fire It Up
low V (bend), clap

Say Hey, Let’s Fire It Up!
low V (bend), clap, high V
Chicago Cheer

C-H-I-C-A-G-O
step clap

Come on crowd, let’s hear you go
step clap

We’re back
hands on hips

Hey Hey
roll up

We’re Back
jump out high V

U-S-A Cheer

U - S - A
ripple high kick on each letter

Let’s hear you say
clap clap

U - S - A
ripple high kick on each letter

A little bit louder
clap clap

U - S - A
ripple high kick on each letter

I still can’t hear you
clap clap

U - S - A
stepping forward
half low V right
half low V left
half high V right

Event Specific Cheers
Chicago Cheer

C-H-I-C-A-G-O
step clap

Come on crowd, let's hear you go
step clap

We're back
hands on hips

Hey Hey
roll up

We're Back
jump out high V

U-S-A Cheer

U - S - A
ripple high kick on each letter

Let's hear you say
clap clap

U - S - A
ripple high kick on each letter

A little bit louder
clap clap

U - S - A
ripple high kick on each letter

I still can't hear you
clap clap

U - S - A
stepping forward
half low V right
half low V left
half high V right

Event Specific Cheers
**1-2-3-4**
Basketball, Soccer

1 2 3 4
clap clap clap clap

You can do it
point out both arms

Let's Score!
pump up to touchdown

---

**Shoot for 2**
Basketball

Shoot for 2
bounce clap

Shoot Shoot
bounce clap

For 2
bounce clap

Let's go!
charge

---

Sports-Specific Cheers

Sports-Specific Cheers
1-2-3-4
Basketball, Soccer

1 2 3 4
clap clap clap clap

You can do it
point out both arms

Let's Score!
pump up to touchdown

Shoot for 2
Basketball

Shoot for 2
bounce clap

Shoot Shoot
bounce clap

For 2
bounce clap

Let's go!
charge

Sports-Specific Cheers
Rebound
Basketball

Re-bound that basketball
roll arms in front

Rebound that ball
clap clap high V
clap

Take it Away
Football, Basketball, Soccer

Take It
punch to low V
clap clap

Take it Away
pump up to charge!
clap clap clap

Sports-Specific Cheers

Sports-Specific Cheers
Rebound
Basketball

Re-bound that basketball
roll arms in front

Rebound that ball
clap clap high V
clap

Take it Away
Football, Basketball, Soccer

Take It
punch to low V

clap clap

Take it Away
pump up to charge!

clap clap clap
**Score**

Football, Basketball

Score!

*Low V*

*clap clap clap*

2 points more! (or 6 points)

*pump up to touch down*

*clap clap clap*

**Defense**

Football, Basketball, Soccer

D D D

*clap clap clap*

**Defense**

*pump to charge*

**Sports-Specific Cheers**

**Sports-Specific Cheers**
Score
Football, Basketball

Score!
Low V

clap clap clap

2 points more! (or 6 points)
pump up to touch down

clap clap clap

Defense
Football, Basketball, Soccer

D D D
clap clap clap

Defense
pump to charge

Sports-Specific Cheers

Sports-Specific Cheers
Over the Net
Volleyball

Over the net
*hands on hips*
*clap clap*

Serve it, serve it
*hands stay clasped*
*clap clap*

Go (state’s name that’s serving)!
*roll in front*
*high V*

repeat chant only 1x

Pump It! Spike It!
Volleyball

Pump It
*step clap to the right*

Pump It Up, Pump It Up
*roll in front*

Pump It
*step clap to the left*

Pump It Up, Pump It Up
*roll in front*

Pump It Up
*mid TD right*
*mid TD left*
pump up to touchdown

Sports-Specific Cheers
Over the Net

Volleyball

Over the net
hands on hips
clap clap

Serve it, serve it
hands stay clasped
clap clap

Go (state's name that's serving)!
roll in front
high V

repeat chant only 1x

Sports-Specific Cheers

Pump It! Spike It!

Volleyball

Pump It
step clap to the right

Pump It Up, Pump It Up
roll in front

Pump It
step clap to the left

Pump It Up, Pump It Up
roll in front

Pump It Up
mid TD right
mid TD left
pump up to touchdown

Sports-Specific Cheers
**Move those Feet**

**Soccer**

*Move those Feet*

\[\text{bend clap (modify legs straight, or bouncy)}\]

*Move Move*

\[\text{bend clap (modify legs straight, or bouncy)}\]

*Those Feet*

\[\text{bend clap (modify legs straight, or bouncy)}\]

*Let's Go!*

\[\text{pump up to a charge}\]

---

**Move those Feet**

**Volleyball**

*Move Set Spike*

\[\text{clap clap clap clap}\]

*We know you can*

\[\text{pump up to high V}\]

*Let's see some more!*

\[\text{mid-charge to low V}\]

---

**Sports-Specific Cheers**

**Bump Set Spike**

\[\text{Sports-Specific Cheers}\]

**Volleyball**

*Bump Set Spike Score*

\[\text{clap clap clap clap}\]

*We know you can*

\[\text{pump up to high V}\]

*Let's see some more!*

\[\text{mid-charge to low V}\]
Bump Set Spike

**Volleyball**

Bump Set Spike Score
*clap clap clap clap*

We know you can
*pump up to high V*

Let's see some more!
*mid-charge to low V*

---

Move those Feet

**Soccer**

Move those Feet
*bend clap (modify legs straight, or bouncy)*

Move Move
*bend clap (modify legs straight, or bouncy)*

Those Feet
*bend clap (modify legs straight, or bouncy)*

Let's Go!
*pump up to a charge*

---

Sports-Specific Cheers

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Sports-Specific Cheers
We Want a Touchdown

Football

We want a touchdown
clap low V clap T

Let's Score 6
clap high V

clap clap clap

First and Ten

Football

First
punch down low V clap

And Ten
punch down low V clap

Do It Again
roll in front

Let's Win
high V

clap clap clap

Sports-Specific Cheers

Sports-Specific Cheers
**We Want a Touchdown**

*Football*

We want a touchdown
*clap low V clap T*

Let's Score 6
*clap high V*

*clap clap clap*

**First and Ten**

*Football*

First
*punch down low V clap*

And Ten
*punch down low V clap*

Do It Again
*roll in front*

Let's Win
*high V*

*clap*

**Sports-Specific Cheers**

**Sports-Specific Cheers**