



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

<http://bit.ly/ShortSidelineandStandsRoutines>



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



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!



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



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



Go G-O

Go

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



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



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



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



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



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



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