



MASTER CHEERBOOK

On the following pages, you will find the words and motions for all Upward cheers and chants.

When teaching, follow these guidelines:

- » Teach the words first.
- » Have cheerleaders repeat until everyone is familiar with the words.
- » Teach the entire cheer.
- » As cheerleaders start to practice, make sure they are starting the cheer correctly. Some cheers start with “Ready? Ok!” while others will start with the name of the cheer. When starting the cheer, cheerleaders should be in ready position.
- » Be sure to teach the call to the chant. Below the name of each chant is the “call it” section which indicates how to start the chant.
- » Review slowly, but still focus on sharp and precise motions.
- » Once everyone has the overall knowledge, practice the cheer at a full speed. Look for correct motion placement and sharpness, while emphasizing squad synchronization from the very beginning.
- » Do not move on without first perfecting technique.



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UPWARD CHEERS (PAGE 1)

Blue and White

Call It: Blue and white

[Video Demonstration](#)

Words	Motions
Upward Fans	Backward lunge, hit a high V
<i>Get up</i>	<i>Step feet together, touchdown</i>
Get loud	Jump out to a high V
<i>Get on</i>	<i>Step right foot forward, daggers</i>
Your feet	Feet together, touchdown
<i>Help</i>	<i>Step left foot forward, clap above head</i>
Us	Clap above head
<i>Out</i>	<i>Clap above head</i>
Blue	Right high V
<i>And</i>	<i>Clasp</i>
White	Left high V
<i>(PAUSE)</i>	<i>Clasp</i>
Blue	Right high V
<i>And</i>	<i>Clasp</i>
White	Left high V

Clap It Out

Call It: Blue and white

[Video Demonstration](#)

Words	Motions
Here	Step forward and hit a Low V
<i>We</i>	<i>Break low V</i>
Go	Low V
<i>(PAUSE)</i>	<i>Clasp twice</i>
Clap It	Clasp to the right
<i>Out</i>	<i>Clasp to the left</i>
(Pause)	Clasp twice
<i>Blue</i>	<i>Right high V</i>
And	Clasp
<i>White</i>	<i>Left high V</i>

(Clap It Out Cont.)

Words	Motions
PAUSE	Clasp together
<i>Now Yell</i>	<i>Step forward and hit a low V</i>
With	Break low V
<i>Us</i>	<i>Low V</i>
(Pause)	Clasp Twice
<i>Shout It</i>	<i>Clap to the right</i>
Out	Clasp to the left
<i>(Pause)</i>	<i>Clasp twice</i>
Blue	Right high V
<i>And</i>	<i>Clasp</i>
White	Left high V
<i>(Pause)</i>	<i>Clasp together</i>
Blue	Right high V
<i>And</i>	<i>Clasp</i>
White	Left high V

UPWARD CHEERS (PAGE 2)

Down the Field

Call It: Ready

[Video Demonstration](#)

Words	Motions
Hey crowd	Right punch
(PAUSE)	Arms by side
It's time	(prep for jump) High V
To get	Toe Touch
Loud	Land jump
(PAUSE)	Clap and stand
To the right	Right T and step to the right
Yell	Step left foot to right foot, right broken T
Move	Step right foot forward, right punch
That	Right dagger
Ball	Right punch
(PAUSE)	Clap
Move	Step right foot forward, right punch
That	Right dagger
Ball	Right punch
(PAUSE)	Bring feet together and clap
To the left	Left T and step to the left
Yell	Step right foot to left foot, left broken T
Down	Step left foot forward, low touchdown
The	Daggers
Field	Left punch
(PAUSE)	Clap
Down	Low touchdown
The	Daggers
Field	Left punch
(PAUSE)	Bring feet together and clap
Hey crowd	Ready position
(PAUSE)	Clap
All together	Swing arms in behind head

(Down the Field Cont.)

Words	Motions
Move	Step right foot forward and hit a right punch
That	Right dagger
Ball	Right punch
(PAUSE)	Clap
Down	Low touchdown
The	Daggers
Field	Left punch
(PAUSE)	Clap
Move	Right punch
That	Right dagger
Ball	Right punch
(PAUSE)	Clap
Down	Low touchdown
The	Daggers
Field	Left punch

Everyone All Around

Call It: Ready

[Video Demonstration](#)

Words	Motions
To the right	Jump feet out and hit a left K
Yell	Clap
Go	Left low V
Go	Broken left low V
Go	Left Low V
(PAUSE)	Clap
Go	Left low V
Go	Broken left low V
Go	Left Low V
(PAUSE)	Jump feet together and clap

UPWARD CHEERS (PAGE 3)

(Everyone All Around Cont.)

Words	Motions
To the left	Jump feet out and hit a right K
<i>Yell</i>	<i>Clap</i>
Fight	Right low V
<i>Fight</i>	<i>Broken right low V</i>
Fight	Right Low V
<i>(PAUSE)</i>	<i>Clap</i>
Fight	Right low V
<i>Fight</i>	<i>Broken right low V</i>
Fight	Right Low V
<i>(PAUSE)</i>	<i>Jump feet together and clap</i>
Every	Broken low V
<i>One</i>	<i>Low V</i>
All	Swing arms in and dip
<i>Around yell</i>	<i>Jump feet apart and hit a high clap above your head</i>
Win	Low V
<i>Win</i>	<i>Broken Low V</i>
Win	Low V
<i>(PAUSE)</i>	<i>Clap</i>
Win	Low V
<i>Win</i>	<i>Broken Low V</i>
Win	Low V

Get Up and Yell

Call It: Ready

[Video Demonstration](#)

Words	Motions
<i>(PAUSE)</i>	<i>Clap</i>
<i>Get</i>	<i>Step right foot back</i>
Up	Kick right leg
<i>And</i>	<i>Squat and hit daggers</i>
Yell	Jump feet apart and hit a right punch
<i>(PAUSE)</i>	<i>Clap</i>

(Get Up and Yell Cont.)

Words	Motions
Black	Right high V
<i>(PAUSE)</i>	<i>Clap</i>
Black	Right high V
<i>(PAUSE)</i>	<i>Feet together and clap</i>
Get	Step right foot back
<i>Up</i>	<i>Kick right leg</i>
And	Squat and hit daggers
<i>Yell</i>	<i>Jump feet apart and hit a right punch</i>
<i>(PAUSE)</i>	<i>Clap</i>
<i>Blue</i>	<i>Left high V</i>
<i>(PAUSE)</i>	<i>Clap</i>
<i>Blue</i>	<i>Left low V</i>
<i>(PAUSE)</i>	<i>Feet together and clap</i>
<i>Get</i>	<i>Step right foot back</i>
Up	Kick right leg
<i>And</i>	<i>Squat and hit daggers</i>
Yell	Jump feet apart and hit a right punch
<i>(PAUSE)</i>	<i>Clap</i>
White	High V
<i>(PAUSE)</i>	<i>Clap</i>
White	High V
<i>(PAUSE)</i>	<i>Feet together and clap</i>
Hey	Clap high
<i>Hey</i>	<i>Clap low</i>
Get up	Clap
<i>Yell</i>	<i>Clap</i>
Black	Step right foot forward, right high V
<i>Blue</i>	<i>Left low V</i>
White	High V
<i>(PAUSE)</i>	<i>clap</i>
Black	Right high V
<i>Blue</i>	<i>Left low V</i>
White	High V

UPWARD CHEERS (PAGE 4)

Go Blue, Go White

Call It: Go blue, go white

[Video Demonstration](#)

Words	Motions
Fans	Low V
<i>(PAUSE)</i>	<i>Clasp</i>
Get on your	Step right foot forward and hit daggers
<i>Feet</i>	<i>Step forward and feet together, touchdown</i>
Yell	Clasp
With us	Clasp
<i>And Keep</i>	<i>Clasp above head</i>
The	Clasp above head
<i>Beat</i>	<i>Clasp above head</i>
Go	Step right foot out, right T
<i>(PAUSE)</i>	<i>Clasp</i>
Blue	Right punch
<i>(PAUSE)</i>	<i>Clasp</i>
Go	Right T
<i>(PAUSE)</i>	<i>Clasp</i>
Blue	Right punch
<i>(PAUSE)</i>	<i>Turn to the center and clasp</i>
Go	Step left foot out and left T
<i>(PAUSE)</i>	<i>Clasp</i>
White	Left punch
<i>(PAUSE)</i>	<i>Clasp</i>
Go	Left T
<i>(PAUSE)</i>	<i>Clasp</i>
White	Left punch

Hey Upward

Call It: Ready?

[Video Demonstration](#)

Words	Motions
Hey	Squat and shuffle poms
<i>Upward</i>	<i>Step right foot back, right punch</i>
Give me a	Feet together and clap
<i>U-P</i>	<i>Step to the right, right high V</i>
<i>(PAUSE)</i>	<i>Clap</i>
<i>U-P</i>	<i>Right high V</i>
<i>(PAUSE)</i>	<i>Feet together and clap</i>
<i>Hey</i>	<i>Squat and shuffle poms</i>
Upward	Step right foot back, right punch
<i>Give me a</i>	<i>Feet together and clap</i>
W-A	Jump feet apart and hit a high V
<i>(PAUSE)</i>	<i>Clap</i>
W-A	High V
<i>(PAUSE)</i>	<i>Feet together and clap</i>
Hey	Squat and shuffle poms
<i>Upward</i>	<i>Step right foot back, right punch</i>
Give me a	Feet together and clap
<i>R-D</i>	<i>Step to the left, left high V</i>
<i>(PAUSE)</i>	<i>Clap</i>
<i>R-D</i>	<i>Left high V</i>
<i>(PAUSE)</i>	<i>Feet together and clap</i>
<i>Upward</i>	<i>Clap</i>
<i>(PAUSE)</i>	<i>Clap</i>
<i>Together</i>	<i>Step right foot forward, candlesticks</i>
Let's hear it	Step in, daggers
<i>U-P</i>	<i>Step the right, right high V</i>
<i>(PAUSE)</i>	<i>Feet together, clap</i>
<i>W-A</i>	<i>Jump feet out, high V</i>
<i>(PAUSE)</i>	<i>Feet together, clap</i>
<i>R-D</i>	<i>Step to the left, left high V</i>

UPWARD CHEERS (PAGE 5)

Hey Upward Fans

Call It: Go, Upward, go, we are the best

[Video Demonstration](#)

Words	Motions
Hey Upward fans	Clasp four times
<i>Stand</i>	<i>Dip and hit a low touchdown</i>
Up	Jump out and hit a high touchdown
<i>And yell</i>	<i>High V</i>
It	Broken high V
<i>Out</i>	<i>High V</i>
Go	Crossed buckets
<i>Upward</i>	<i>Broken T</i>
Go	T motion
<i>Pause</i>	<i>Clasp</i>
Go	Crossed buckets
<i>Upward</i>	<i>Broken T</i>
Go	T motion
<i>Hey Upward fans</i>	<i>Clasp four times</i>
<i>Stand</i>	<i>Dip and hit a low touchdown</i>
<i>Up</i>	<i>Jump out and hit a high touchdown</i>
<i>And yell</i>	<i>High V</i>
<i>It</i>	<i>Broken high V</i>
<i>Out</i>	<i>High V</i>
<i>We</i>	<i>Crossed buckets</i>
<i>Are the</i>	<i>Broken T</i>
<i>Best</i>	<i>T motion</i>
<i>Pause</i>	<i>Clasp</i>
<i>We</i>	<i>Crossed buckets</i>
<i>Are the</i>	<i>Broken T</i>
<i>Best</i>	<i>T motion</i>
<i>Pause</i>	<i>Clasp</i>
<i>Go</i>	<i>Crossed buckets</i>
<i>Upward</i>	<i>Broken T</i>
<i>Go</i>	<i>T motion</i>
<i>Pause</i>	<i>Clasp</i>
<i>We</i>	<i>Crossed buckets</i>
<i>Are the</i>	<i>Broken T</i>
<i>Best</i>	<i>T Motion</i>

Keep on Yellin

Call It: Blue and White

[Video Demonstration](#)

Words	Motions
Blue	Clasp
<i>Let's go</i>	<i>Right diagonal</i>
White	Clasp
<i>Let's win</i>	<i>Left diagonal</i>
Keep on	Clasp
<i>Yellin</i>	<i>Clasp</i>
Til the very	Right crossed dagger, look to the left
<i>End</i>	<i>Left low v</i>
Blue	Right punch
<i>And</i>	<i>Right dagger</i>
White	Right punch
<i>(PAUSE)</i>	<i>Clasp</i>
Blue	Left punch
<i>And</i>	<i>Left dagger</i>
White	Left dagger

Let's Get Up, Upward Fans

Call It: Let's go, let's win

[Video Demonstration](#)

Words	Motions
Let's	Step right foot forward and hit daggers
<i>Get up</i>	<i>Step left foot to right foot, touchdown</i>
<i>(PAUSE)</i>	<i>Overhead clap</i>
<i>(PAUSE)</i>	<i>Overhead clap</i>
Up	Right high V
<i>Ward</i>	<i>Broken right high V</i>
Fans	Right high V
<i>Yell</i>	<i>Clasp</i>
Let's	Daggers
<i>Go</i>	<i>Right punch</i>
Let's	Daggers
<i>Go</i>	<i>Right punch</i>

UPWARD CHEERS (PAGE 6)

(Let's Get Up, Upward Fans Cont.)

Words	Motions
Now get	Step right foot forward and hit daggers
<i>Loud</i>	<i>Step left foot to right foot, touchdown</i>
(PAUSE)	Overhead clap
<i>(PAUSE)</i>	<i>Overhead clap</i>
Up	Right high V
<i>Ward</i>	<i>Broken right high V</i>
Fans	Right high V
<i>Yell</i>	<i>Clasp</i>
Let's	Daggers
<i>Win</i>	<i>Left punch</i>
Let's	Daggers
<i>Win</i>	<i>Left punch</i>
One more	Step right foot forward and hit daggers
<i>Time</i>	<i>Step left foot to right foot, touchdown</i>
(PAUSE)	Overhead clap
<i>(PAUSE)</i>	<i>Overhead clap</i>
Up	Right high V
<i>Ward</i>	<i>Broken right high V</i>
Fans	Right high V
<i>Yell</i>	<i>Clasp</i>
Let's	Daggers
<i>Go</i>	<i>Right punch</i>
Let's	Daggers
<i>Win</i>	<i>Left punch</i>
Let's	Daggers
<i>Go</i>	<i>Right punch</i>
Let's	Daggers
<i>Win</i>	<i>Left punch</i>

Let's Go Upward

Call It: Let's go Upward

[Video Demonstration](#)

Words	Motions
(PAUSE)	Clasp
<i>Fans</i>	<i>T</i>
(PAUSE)	Broken T
<i>In</i>	<i>Candlesticks</i>
The stands	Touchdown
<i>Yell let's</i>	<i>Right punch</i>
(PAUSE)	Clasp
<i>Let's</i>	<i>Right punch</i>
(PAUSE)	Clasp
<i>Fans</i>	<i>T</i>
(PAUSE)	Broken T
<i>In</i>	<i>Candlesticks</i>
The stands	Touchdown
<i>Yell go</i>	<i>Left punch</i>
(PAUSE)	Clasp
<i>Go</i>	<i>Left punch</i>
(PAUSE)	Clasp
<i>Fans</i>	<i>T</i>
(PAUSE)	Broken T
<i>In</i>	<i>Candlesticks</i>
The stands	Touchdown
<i>Yell Upward</i>	<i>Muscle pose</i>
(PAUSE)	Clasp
<i>Upward</i>	<i>Muscle pose</i>
(PAUSE)	Clasp
<i>Put it</i>	<i>T</i>
Together	Broken T
<i>One</i>	<i>Candlesticks</i>
More time	Touchdown
<i>Yell let's</i>	<i>Right punch</i>
Go	Left punch
<i>Upward</i>	<i>Muscle pose</i>
(PAUSE)	Clasp
<i>Let's</i>	<i>Right punch</i>
Go	Left punch
<i>Upward</i>	<i>Muscle pose</i>

UPWARD CHEERS (PAGE 7)

Let's Hear You Shout

Call It: Go Upward

[Video Demonstration](#)

Words	Motions
Blue	Clasp
<i>And</i>	<i>Clasp</i>
White	Clasp
<i>(PAUSE)</i>	<i>Clasp</i>
Let's hear	Crossed buckets
<i>You</i>	<i>Broken T</i>
Shout	T
<i>And yell</i>	<i>Broken right dagger, left hand on hip</i>
It out	Right punch
<i>Go</i>	<i>Right T</i>
<i>(PAUSE)</i>	Right broken T
<i>Upward</i>	<i>Right T</i>
<i>(PAUSE)</i>	Clasp
<i>Go</i>	<i>Right T</i>
<i>(PAUSE)</i>	Right broken T
<i>Upward</i>	<i>Right T</i>
<i>(PAUSE)</i>	Clasp
<i>Come</i>	<i>Crossed buckets</i>
On	Broken T
<i>Crowd</i>	<i>T</i>
Yell it	Left right dagger, right hand on hip
<i>Loud</i>	<i>Left punch</i>
Blue	Left T
<i>And</i>	<i>Left broken T</i>
White	Left T
<i>(PAUSE)</i>	<i>Clasp</i>
Blue	Left T
<i>And</i>	<i>Left broken T</i>
White	Left T
<i>(PAUSE)</i>	<i>Clasp</i>
Go	Right T
<i>(PAUSE)</i>	<i>Right broken T</i>
Upward	Right T

(Let's Hear You Shout Cont.)

Words	Motions
<i>(PAUSE)</i>	<i>Clasp</i>
Blue	Left T
<i>And</i>	<i>Left broken T</i>
White	Left T

Let's Rock and Roll

Call It: Ready

[Video Demonstration](#)

Words	Motions
This side	Step to the right, right T
<i>(PAUSE)</i>	<i>Step together and clap</i>
Let's rock	Step back and hit a low V
<i>Yell</i>	<i>Step together and clap</i>
Upward	Step forward and hit a right punch
<i>(PAUSE)</i>	<i>Right dagger</i>
Don't stop	Right high V
<i>(PAUSE)</i>	<i>Clap</i>
Upward	Right punch
<i>(PAUSE)</i>	<i>Right dagger</i>
Don't stop	Right high V
<i>(PAUSE)</i>	<i>Step together and clap</i>
This side	Step to the left, left T
<i>(PAUSE)</i>	<i>Step together and clap</i>
Let's roll	Step back and circle pom
<i>Yell</i>	<i>Step together and clap</i>
Win	Step forward, left high V
<i>(PAUSE)</i>	<i>Broken left high V</i>
Win	High V
<i>(PAUSE)</i>	<i>Clap</i>
Win	Left high V
<i>(PAUSE)</i>	<i>Broken left high V</i>
Win	High V
<i>(PAUSE)</i>	<i>Feet together and clap</i>
Everybody	Jump out into a high V

UPWARD CHEERS (PAGE 8)

(Let's Rock and Roll Cont.)

Words	Motions
(PAUSE)	Clean
Let's rock	Squat and hit a low V
And roll	Jump feet together, circle poms
Yell Upward	Step right foot forward, hit a high V
(PAUSE)	Right dagger
Don't stop	Right high V
(PAUSE)	Clap
Win	Left high V
(PAUSE)	Broken left high V
Win	High V

Let's Win

Call It: Upward let's W-I-N

[Video Demonstration](#)

Words	Motions
Upward	Hold sign out in front on Upward
Let's	Bring sign in
(PAUSE)	Shake the sign to the left
(PAUSE)	Shake the sign to the right
W	Raise "W" sign
I	Raise "I" sign
N	Raise "N" sign

Let's Win Tonight

Call It: Ready

[Video Demonstration](#)

Words	Motions
Yell	Hold ready position
Go	Jump out and hit a right high V
(PAUSE)	Broken right high V
Go	Right low V
Yell	Hold
Upward	Left high V
(PAUSE)	Broken left high V

(Let's Win Tonight Cont.)

Words	Motions
Upward	Left low V
Go	High V
(PAUSE)	Broken T and squat
Upward	Low V
(PAUSE)	Hold
Let's win	Step right foot forward and clap
(PAUSE)	Clap
Tonight	Right punch

Pump It Up

Call It: Blue and white

[Video Demonstration](#)

Words	Motions
(PAUSE)	Clasp
Blue	Step forward, hit a right high V
(PAUSE)	Clasp
Come	Left bow and arrow
On	Right bow and arrow
Come	Left bow and arrow
On	Right bow and arrow
White	Left high V
(PAUSE)	Clasp
Pump it up	Pump up motion
Pump it up	Pump up motion
Upward	Clean
(PAUSE)	Clasp
Let's go	(Ripple 1) step right foot back, T motion
Let's go	(Ripple 2) step right foot back, T motion
Blue	Step together, right high V
And	Clasp
White	Left high V
(PAUSE)	Clasp
Blue	Right high V
And	Clasp
White	Left high V

UPWARD CHEERS (PAGE 9)

Red and Blue

Call It: Red and blue

[Video Demonstration](#)

Words	Motions
(PAUSE)	Clasp
<i>Hey</i>	<i>Shake poms</i>
(PAUSE)	Clasp
<i>On this side</i>	<i>Right T</i>
Yell	Clasp
<i>Red</i>	<i>Right high V</i>
(PAUSE)	Clasp
<i>Red</i>	<i>Right high V</i>
Hey	Shake poms center
(PAUSE)	<i>Clasp</i>
<i>On this side</i>	Left T
<i>Yell</i>	<i>Clasp</i>
Blue	Left high V
(PAUSE)	<i>Clasp</i>
Blue	Left high V
<i>Put</i>	<i>Clasp</i>
It	Clasp
<i>Together</i>	<i>Clasp</i>
for	Clasp
<i>Red</i>	<i>Right high V</i>
And	Clasp
<i>Blue</i>	<i>Left high V</i>
(PAUSE)	Clasp
<i>Red</i>	<i>Right high V</i>
And	Clasp
<i>Blue</i>	<i>Left high V</i>

Red and White

Call It: Red and white, go, win

[Video Demonstration](#)

Words	Motions
Up	Right bow and arrow
<i>Ward</i>	<i>Left bow and arrow</i>
(PAUSE)	Clasp
(PAUSE)	<i>Clasp</i>
Up	Lunge and hit a right low punch
<i>Ward</i>	<i>Stand up and hit a right punch</i>
(PAUSE)	Clasp
(PAUSE)	<i>Clasp</i>
Red	Right high V
<i>And</i>	<i>Low right V</i>
White	Left high V
(PAUSE)	<i>Clasp</i>
Red	Right high V
<i>And</i>	<i>Low right V</i>
White	Left high V
(PAUSE)	<i>Clasp</i>
Up	Right bow and arrow
<i>Ward</i>	<i>Left bow and arrow</i>
(PAUSE)	Clasp
(PAUSE)	<i>Clasp</i>
Up	Lunge and hit a right low punch
<i>Ward</i>	<i>Stand up and hit a right punch</i>
(PAUSE)	Clasp
(PAUSE)	<i>Clasp</i>
Go	Right high V
(PAUSE)	<i>Low right V</i>
Win	Left high V
(PAUSE)	<i>Clasp</i>
Go	Right high V
(PAUSE)	<i>Low right V</i>
Win	Left high V
(PAUSE)	<i>Clasp</i>
Red	Right high V

UPWARD CHEERS (PAGE 10)

(Red and White Cont.)

Words	Motions
And	Low right V
White	Left high V
(PAUSE)	Clasp
Go	Right high V
(PAUSE)	Low right V
Win	Left high V

Sink It

Call It: Ready

[Video Demonstration](#)

Words	Motions
Hey fans	Right low v and squat
(PAUSE)	Left high v with feet together
Get up	High V with feet apart
And scream	Hands behind head and dip
Yell it	High V with feet together
Loud	Jump
For our	Land
Team	Stand and clap
Yell	Hold
S	Low V and step back
(PAUSE)	Turn and wrap arms in front and back
S	Low V
Yell	Hold
I	Right punch with feet together
(PAUSE)	Right dagger and dip
I	Right punch
Yell	Right low V and squat
N	Left high V with feet together
(PAUSE)	High V with feet apart
N	Hands behind head and dip
Yell	High V with feet together
K	High V
(Pause)	Clasp
K	High V

(Sink It Cont.)

Words	Motions
S	Pop left knee, low V
I	Pop right knee, right punch
N	Pop left knee, left punch
K	Pop right knee, high V
Sink it	Daggers, stomp twice to the right
Sink it	Daggers, stomp twice to the left
S	Pop left knee, low V
I	Pop right knee, right punch
N	Pop left knee, left punch
K	Pop right knee, high V
Sink it	Daggers, stomp twice to the right
Sink it	Daggers, stomp twice to the left

The Girls from Upward

Call It: Ready

[Video Demonstration](#)

Words	Motions
The girls	Clap and pop right knee
(PAUSE)	Clap and pop left knee
From Upward	Clap and pop right knee
(PAUSE)	Clap and pop left knee
We want	Right high V
To say	Break high V
Hello	Right high V
(PAUSE)	Hold
Meet	Hands behind head with feet together
Our team	Hands on hips
Ready	High touchdown on toes
Set	Daggers
Go	Hands on hips and step back
Hi	Shuffle poms in a squat
I'm (insert name)	Punch and stand
Hi	Shuffle poms in a squat
I'm (insert name)	Punch and stand

UPWARD CHEERS (PAGE 11)

(The Girls from Upward Cont.)

Words	Motions
<i>Hi</i>	<i>Shuffle poms in a squat</i>
<i>I'm (insert name)</i>	<i>Punch and stand</i>
<i>H</i>	<i>High touchdown with feet apart</i>
<i>E</i>	<i>Daggers</i>
<i>L-L</i>	<i>Right L</i>
<i>O</i>	<i>O with feet together</i>
<i>The girls</i>	<i>Clap and pop right knee</i>
<i>(PAUSE)</i>	<i>Clap and pop left knee</i>
<i>From Upward</i>	<i>Clap and pop right knee</i>
<i>(PAUSE)</i>	<i>Clap and pop left knee</i>
<i>We want</i>	<i>Right high V</i>
<i>To say</i>	<i>Break high V</i>
<i>Hello</i>	<i>Right high V and shake pom</i>

Touchdown Score Six

Call It: Ready

[Video Demonstration](#)

Words	Motions
<i>Hey</i>	<i>Shuffle poms in a squat</i>
<i>Upward</i>	<i>Punch and stand</i>
<i>Cheer</i>	<i>Low V and step to the right</i>
<i>On</i>	<i>Clasp</i>
<i>Your team</i>	<i>Low V and step to the left</i>
<i>Yell</i>	<i>Clasp</i>
<i>Move</i>	<i>Left buckets in a left lunge</i>
<i>That</i>	<i>Left bow and arrow</i>
<i>Ball</i>	<i>T</i>
<i>(PAUSE)</i>	<i>Hold</i>
<i>Move</i>	<i>Left buckets</i>
<i>That</i>	<i>Left bow and arrow</i>
<i>Ball</i>	<i>T</i>
<i>(PAUSE)</i>	<i>Clasp with feet together</i>
<i>Touchdown</i>	<i>High touchdown in a right lunge</i>
<i>(PAUSE)</i>	<i>Hold</i>

(Touchdown Score Six Cont.)

Words	Motions
<i>Score</i>	<i>Daggers</i>
<i>Six</i>	<i>Right punch</i>
<i>Come on</i>	<i>Hold</i>
<i>Touchdown</i>	<i>High touchdown</i>
<i>(PAUSE)</i>	<i>Hold</i>
<i>Score</i>	<i>Daggers</i>
<i>Six</i>	<i>Right punch</i>
<i>(PAUSE)</i>	<i>Clasp with feet together</i>
<i>Come on</i>	<i>High V</i>
<i>Team</i>	<i>Swing</i>
<i>(PAUSE)</i>	<i>Toe touch jump</i>
<i>Let's</i>	<i>Land</i>
<i>Get to it</i>	<i>Clean</i>
<i>Move</i>	<i>Left buckets in a left lunge</i>
<i>That</i>	<i>Left bow and arrow</i>
<i>Ball</i>	<i>T</i>
<i>(PAUSE)</i>	<i>Clasp with feet together</i>
<i>Touchdown</i>	<i>High touchdown in a right lunge</i>
<i>(PAUSE)</i>	<i>Hold</i>
<i>Score</i>	<i>Daggers</i>
<i>Six</i>	<i>Right punch</i>

UPWARD CHEERS (PAGE 12)

U-P-W-A-R-D

Call It: U-P-W-A-R-D

[Video Demonstration](#)

Words	Motions
U	Hold "U-P" sign out
P	Hold "U-P" sign up
W	Hold "W-A" sign out
A	Hold "W-A" sign up
R	Hold "R-D" sign out
D	Hold "R-D" sign up
(PAUSE)	Bring signs down
(PAUSE)	Signs to the right
(PAUSE)	Signs to the center

Upward Can't Be Beat

Call It: Ready

[Video Demonstration](#)

Words	Motions
Get up	High clap with feet together
(PAUSE)	Hold
Clap	Clap and step forward
Your Hands	Clap
Get up	High clap with feet together
(PAUSE)	Hold
Stomp	Daggers and stomp with right foot
Your feet	Daggers and stomp with left foot
Yell it	Roll poms and step to the right
Loud	Daggers with feet together
Yell it	Roll poms and step to the left

(Upward Can't Be Beat Cont.)

Words	Motions
Proud	Daggers with feet together
Upward	Punch with right foot forward
Can't be	Right dagger
Beat	Low V
(PAUSE)	Hold
Upward	Right punch
Can't be	Right dagger
Beat	Low V

Upward, Go Blue

Call It: Upward, go blue

[Video Demonstration](#)

Words	Motions
Yell	Clasp
Upward	Right punch
(PAUSE)	Clasp
Upward	Right punch
Go	Clasp
Blue	Left punch
(PAUSE)	Clasp
Blue	Left punch
Put it	Clasp
(PAUSE)	Clasp
Together	Clasp
For	Clasp
Upward	Right punch
(PAUSE)	Clasp
Go Blue	Left punch
(PAUSE)	Clasp
Upward	Right punch
(PAUSE)	Clasp
Go Blue	Left punch

UPWARD CHEERS (PAGE 13)

Victory

Call It: Go big blue

[Video Demonstration](#)

Words	Motions
Upward	High V and prep for a jump
<i>Fans</i>	<i>Circle arms around</i>
Get On	High V and hit jump
<i>Your Feet</i>	<i>Land with feet together</i>
Stand Up For	Jump out to ready position
<i>Vic</i>	<i>High V</i>
To	Broken high V
<i>Ry</i>	<i>High V</i>
Shout It	Step forward with right foot, daggers
<i>Out Yell</i>	<i>Step together, touchdown</i>
Go	Step out, right high V
<i>Big</i>	<i>Broken right high V</i>
Blue	Right high V
<i>Pause</i>	<i>Clasp</i>
Go	Step out, left high V
<i>Big</i>	<i>Broken left high V</i>
Blue	Left high V
<i>Pause</i>	<i>Clasp</i>
Go	Step out, right high V
<i>Big</i>	<i>Broken right high V</i>
Blue	Right high V

We Want to Hear You Yell

Call It: U-P-W-A-R-D

[Video Demonstration](#)

Words	Motions
Fans	High V
<i>(PAUSE)</i>	<i>Clasp</i>
In	Clasp
<i>The stands</i>	<i>Clasp</i>
We	Box motion, point thumbs towards self

(We Want to Hear You Yell Cont.)

Words	Motions
<i>Want to hear</i>	<i>Box motion, point thumbs towards self</i>
You yell	High V
<i>(PAUSE)</i>	<i>Clasp</i>
U	Low V to the right side
<i>(PAUSE)</i>	<i>(Ripple 1) High clasp</i> <i>(Ripple 2) Low clasp</i>
U-P	Low V to the left side
<i>(PAUSE)</i>	<i>(Ripple 1) high clasp</i> <i>(Ripple 2) low clasp</i>
U-P	Low V to the right side
<i>W</i>	<i>(Ripple 1) high clasp</i> <i>(Ripple 2) low clasp</i>
A-R	Low V to the left side
<i>D</i>	<i>(Ripple 1) high clasp</i> <i>(Ripple 2) low clasp</i>
U	Low V to the right side
<i>(PAUSE)</i>	<i>(Ripple 1) low clasp</i> <i>(Ripple 2) high clasp</i>
U-P	Low V to the left side
<i>(PAUSE)</i>	<i>(Ripple 1) low clasp</i> <i>(Ripple 2) high clasp</i>
U-P	Low V to the right side
<i>W</i>	<i>(Ripple 1) low clasp</i> <i>(Ripple 2) high clasp</i>
A-R	Low V to the left side
<i>D</i>	<i>(Ripple 1) low clasp</i> <i>(Ripple 2) high clasp</i>

UPWARD CHEERS (PAGE 14)

We Want Two More

Call It: Ready

[Video Demonstration](#)

Words	Motions
Take it	Hands behind head with feet apart
(PAUSE)	<i>High clasp</i>
Down	High V
<i>Down</i>	<i>Broken T and dip</i>
Down	Cross wrist low in a squat with feet together
<i>The court</i>	<i>Hands on hips in a back lunge</i>
Yell we	Right high V
<i>Want</i>	<i>Wrap right hand behind head</i>
Two more	Right high V
(PAUSE)	<i>Clap</i>
We	Right high V
<i>Want</i>	<i>Wrap right hand behind head</i>
Two more	Right high V

We're Number One

Call It: Ready

[Video Demonstration](#)

Words	Motions
Hey fans	Diagonal with feet apart
(PAUSE)	<i>Swing right arm into low V and squat</i>
Get fired	Shuffle poms to the left
<i>Up</i>	<i>Shuffle poms to the right</i>
It's time	Hands behind head with feet together
<i>To show your</i>	<i>Arms across stomach in a squat</i>
Pride	Low V in back lunge
<i>Yell we</i>	<i>Left bow and arrow with feet together</i>
Are	Right bow and arrow
<i>Upward</i>	<i>Right punch</i>
(PAUSE)	Hold
<i>We</i>	<i>Left bow and arrow</i>
Are	Right bow and arrow
<i>Upward</i>	<i>Right punch</i>
(PAUSE)	Hold
<i>That's right</i>	<i>Shuffle poms above head</i>
Fans	Shuffle poms in low squat
<i>Get loud</i>	<i>High V in a back lunge</i>
(PAUSE)	Hold
<i>Show 'Em</i>	<i>Step together</i>
What	Swing
<i>We're all</i>	<i>Toe touch jump</i>
About	Hands behind head with feet together
<i>Yell we're</i>	<i>Right arm in a dagger and left arm in low touchdown with right foot forward</i>
Number	Switch arms
<i>One</i>	<i>Right punch</i>
(PAUSE)	Hold
<i>We're</i>	<i>Right arm in a dagger and left arm in low touchdown</i>
Number	Switch arms
<i>One</i>	<i>Right punch</i>

UPWARD CHEERS (PAGE 15)

When We Say

Call It: Ready? Okay!

[Video Demonstration](#)

Words	Motions
When we say	Daggers
<i>Blue</i>	<i>Clasp</i>
You say	Daggers
<i>Gold</i>	<i>Clasp</i>
Blue	Step forward with right foot, squat, right dagger
<i>Gold</i>	<i>Pump right dagger to a right punch</i>
Blue	Squat, right dagger
<i>Gold</i>	<i>pump right dagger to a right punch</i>
When we say	Step right foot back and put feet together, daggers
<i>Play</i>	<i>Clasp</i>
You say	Daggers
<i>Win</i>	<i>Clasp</i>
Play	Step forward with right foot, squat, right dagger
<i>Win</i>	<i>Pump right dagger to a right punch</i>
Play	Squat, right dagger
<i>Win</i>	<i>Pump right dagger to a right punch</i>
When we say	Step right foot back and put feet together, daggers
<i>Go</i>	<i>Clasp</i>
You Say	Daggers
<i>Upward</i>	<i>Clasp</i>
Go	Step forward with right foot, squat, right dagger
<i>Upward</i>	<i>Pump right dagger to a right punch</i>
Go	Squat, right dagger
<i>Upward</i>	<i>Pump right dagger to a right punch</i>
Go	Squat, right dagger
<i>Upward</i>	<i>Pump right dagger to a right punch</i>

With All Your Might

Call It: Come on crowd, help 'em out

[Video Demonstration](#)

Words	Motions
Defense	Right arm across body
<i>(PAUSE)</i>	<i>Right high V</i>
Defense	Left arm across body
<i>(PAUSE)</i>	<i>High V with feet together</i>
Be strong with all your	Jump
<i>Might</i>	<i>Stand</i>
<i>(PAUSE)</i>	Clap
<i>Come on</i>	<i>Shuffle poms</i>
Crowd	Clap
<i>Help 'em</i>	<i>Clap above head</i>
Out	Clap above head
<i>Let's go</i>	<i>Right low V pump</i>
Hold Tight	Left high V
<i>(PAUSE)</i>	<i>Clap</i>
Let's go	Right low V pump
<i>Hold tight</i>	<i>Left high V</i>
<i>(PAUSE)</i>	Clap
<i>Defense</i>	<i>Shuffle poms</i>
<i>(PAUSE)</i>	Clap
<i>Defense</i>	<i>Clap above head</i>
<i>(PAUSE)</i>	Clap above head
<i>Hold</i>	<i>Bow and arrow</i>
Em	Switch bow and arrow
<i>With all your</i>	<i>Low clasp</i>
Might	High V with feet apart

UPWARD CHEERS (PAGE 16)

Yell it Proud

Call It: Ready

[Video Demonstration](#)

Words	Motions
Upward	Sit in a T, broken T, hit T again
<i>Yell it proud</i>	<i>Feet together in a high O</i>
Yell	Low O
<i>Blue</i>	<i>Feet apart, right T</i>
And	Clap
<i>White</i>	<i>Left T</i>
(PAUSE)	Clap
<i>Blue</i>	<i>Right T</i>
And	Clap
<i>White</i>	<i>Left T</i>
(PAUSE)	Feet together and clap
<i>Upward</i>	<i>Sit in a T, broken T, hit T again</i>
Yell it proud	Feet together in a high O
<i>Again</i>	<i>Swing to a low O</i>
Yell go	Step forward, sit in low V
<i>Fight</i>	<i>Stand in a broken T</i>
Win	Sit in a high V
(PAUSE)	<i>Feet together and clap</i>
Go	Step forward, sit in low V
<i>Fight</i>	<i>Stand in a broken T</i>
Win	Sit in a high V
(PAUSE)	<i>Feet together and clap</i>
Blue	Feet apart, right T
<i>And</i>	<i>Clap</i>
White	Left T
(PAUSE)	<i>Feet together and clap</i>
Go	Step forward, sit in low V
<i>Fight</i>	<i>Stand in a broken T</i>
Win	Sit in a high V

Yell Loud and Proud

Call it: Green, gold, and white

[Video Demonstration](#)

Words	Motions
Pause	(start with back turned towards audience)
<i>Come</i>	<i>Step back with left foot, hit a high touchdown</i>
On	Turn around to the front keeping feet in place (left foot in front, right foot behind), daggers
<i>Upward</i>	<i>T motion</i>
Yell Loud	Right high V
<i>And Proud</i>	<i>Left high V</i>
Show	High V
<i>Your</i>	<i>Swing arms around</i>
Pride	Tuck jump
<i>And help us</i>	<i>Land with feet together</i>
Out Yell	Jump out to ready position
<i>Green</i>	<i>Right T</i>
Gold	Right T
<i>And White</i>	<i>Left T</i>
Pause	Clasp
<i>Green</i>	<i>Right T</i>
Gold	Clasp
<i>And White</i>	<i>Left T</i>

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UPWARD CHANTS (PAGE 17)

A Basket

Call It: What do we want, a basket

[Video Demonstration](#)

Words	Motions
What	Broken right high V
<i>Do</i>	<i>Right high V</i>
We	Broken right high V
<i>Want</i>	<i>Right high V</i>
Pause	Clasp twice
<i>Ba</i>	<i>Left high V</i>
S	Broken left high V
<i>Ket</i>	<i>Left high V</i>
Pause	Clasp twice

Basket, Basket

Call It: Basket, basket shoot two

[Video Demonstration](#)

Words	Motions
B-A-S	Right dagger and knock on each letter
<i>(Pause)</i>	<i>Clasp three times</i>
K-E-T	Left dagger and knock on each letter
<i>(Pause)</i>	<i>Clasp three times</i>
Basket	Right dagger
<i>Basket</i>	<i>Daggers</i>
Shoot	Broken right T, fingers making a number two
<i>Two</i>	<i>Right high V, fingers making a number two</i>

Big G, Little O

Call It: Big G, little O, go go

[Video Demonstration](#)



Words	Motions
Big G	High O Motion
<i>Little O</i>	<i>Low O Mot</i>
Go	Low V
<i>(Pause)</i>	<i>Broken Low V</i>
Go	Low V

Big G, Little O - Advanced

Call It: Big G, little O, go go

[Video Demonstration](#)



Words	Motions
Big	(Ripple 1) Low V (Ripple 2) High V
<i>G</i>	<i>Clasp</i>
Little	(Ripple 1) High V (Ripple 2) Low V
<i>O</i>	<i>Clasp</i>
Go	(Ripple 1) Low right V <i>(Ripple 2) High right V</i>
<i>(Pause)</i>	<i>(Ripple 1) Low broken right V</i> <i>(Ripple 2) High broken right V</i>
Go	<i>(Ripple 1) Low right V</i> <i>(Ripple 2) High right V</i>
<i>(PAUSE)</i>	<i>Clasp</i>

Blue and White Let's Go

Call It: Blue and white, let's go

[Video Demonstration](#)

Words	Motions
Blue and	Right punch
<i>White let's</i>	<i>Left punch</i>
<i>(Pause)</i>	<i>Clasp twice</i>
Go	<i>High V</i>

UPWARD CHANTS (PAGE 18)

Break Through Defense

Call It: Break through defense

[Video Demonstration](#)

Words	Motions
B	Right punch with feet apart
<i>R</i>	<i>Right arm across body and dip</i>
E-A	High clasp and stand
<i>K</i>	<i>K and dip</i>
Break	Broken T with feet apart
<i>Through</i>	<i>Buckets and step forward</i>
(Pause)	Broken T pump
<i>De-</i>	<i>Buckets and pump</i>
Fense	Broken T with feet together
(Pause)	<i>Hold</i>

Come On, Come On (Basic)

Call It: Come on, come on, yell defense

[Video Demonstration](#)

Words	Motions
Come on	Jump to the right and hit a right high V
<i>Come on yell</i>	<i>Jump to the left and hit a left high V</i>
De	Clasp
<i>Fense</i>	<i>Clasp</i>

Come On, Come On (Intermediate)

Call It: Come on, come on, yell defense

[Video Demonstration](#)

Words	Motions
Come on	Jump to the right and hit a right high V
<i>Come on yell</i>	<i>Jump to the left and hit a left high V</i>
De	Step right foot forward, squat, and hit a right dagger
<i>Fense</i>	<i>Stand up and hit a right punch</i>

D-E-F-E-N-S-E

Call It: Defense, defense

[Video Demonstration](#)

Words	Motions
D-E	Low V
<i>F</i>	<i>Clasp</i>
E-N	Low V
<i>S-E</i>	<i>Clasp</i>
Defense	(Ripple 1) Step back with right foot, Low V
<i>Defense</i>	<i>(Ripple 2) Step back with right foot, Low V</i>

Defense Come Through

Call It: Defense, come through

[Video Demonstration](#)

Words	Motions
Upward	High clap and hop
(Pause)	<i>High clap and hop again</i>
You know	Right bucket and dip
<i>What</i>	<i>Broken T and stand</i>
To do	Clean
(Pause)	<i>Clap</i>
Defense	Shuffle poms
(Pause)	<i>Clap</i>
Come through	High V with feet apart
(Pause)	<i>Clap with feet together</i>

Defense Get Tough (Basic)

Call It: Defense, defense, get tough

[Video Demonstration](#)

Words	Motions
De	Right dagger
<i>Fense</i>	<i>Right punch</i>
De	Left dagger
<i>Fense</i>	<i>Left punch</i>
Get	Daggers
<i>Tough</i>	<i>Touchdown</i>

UPWARD CHANTS (PAGE 19)

Defense Get Tough (Intermediate)

Call It: Defense, get tough

[Video Demonstration](#)

Words	Motions
Come on	Wave to the right
<i>Crowd</i>	<i>Wave to the left</i>
Get fired	Pump and step back
<i>Up</i>	<i>Pump</i>
Defense	Swing arms down and step feet together
<i>(Pause)</i>	<i>Hands behind head</i>
Get tough	Muscle pose
<i>(Pause)</i>	<i>Clap</i>

Defense Get It Back

Call It: Defense, get it back

[Video Demonstration](#)

Words	Motions
Get	Pop feet apart and hit a right high V
<i>That</i>	<i>Break High V</i>
Ball	Low V
<i>Back</i>	<i>Left high V</i>
(PAUSE)	Bring feet together and clap
<i>Defense</i>	<i>Squat and daggers</i>
Get it	Pop feet apart, touchdown
<i>Back</i>	<i>Low V</i>
(PAUSE)	Clean

Defense Get Your Hands Up

Call It: Defense, get your hands up

[Video Demonstration](#)

Words	Motions
Let's	Pop feet apart and punch right arm across body
<i>Get</i>	<i>Right broken T</i>
Fired	Right dagger
<i>Up</i>	<i>Feet together, right punch</i>
Defense	Clap
<i>(Pause)</i>	<i>Clap</i>
Get your hands	Squat and hit daggers
<i>Up</i>	<i>Pop feet apart in a touchdown</i>
(PAUSE)	Hold

Defense Shut 'Em Down

Call It: Defense, shut 'em down

[Video Demonstration](#)

Words	Motions
Shut	Jump feet apart and hit a high touchdown
<i>Shut</i>	<i>Swing around to a low touchdown and dip</i>
Shut 'em	Swing to a high touchdown with feet together
<i>down</i>	<i>Both arms by side in a break and stomp</i>
Defense	Right dagger and left hand behind head
Shut 'em	Right punch
Down	Right arm by side in a break and stomp
Pause	Clap and stand

UPWARD CHANTS (PAGE 20)

Do It Again

Call It: Score six more

[Video Demonstration](#)

Words	Motions
Upward	Left dagger and right high V
<i>Let's</i>	<i>Right dagger and left low V</i>
(Pause)	Clasp twice
<i>Do it</i>	<i>Left dagger and right high V</i>
Again	Right dagger and left low V
<i>(Pause)</i>	<i>Clasp twice</i>
Score	Daggers
<i>Six</i>	<i>Touchdown</i>
More	High V

Down the Court (Basic)

Call It: Down the court, down the court, shoot two

[Video Demonstration](#)

Words	Motions
Down	Right T
<i>The court</i>	<i>Clasp</i>
Down	Left T
<i>The court</i>	<i>Clasp</i>
Shoot	Rustle poms
<i>Two</i>	<i>Right punch</i>

Down the Court (Advanced)

Call It: Push that ball, down the court

[Video Demonstration](#)

Words	Motions
Down	(Ripple 1) Broken T with feet together on toes
<i>The court</i>	<i>(Ripple 1) T in a back lunge</i>
Down	(Ripple 2) Broken T with feet together on toes
<i>The court</i>	<i>(Ripple 2) T in a back lunge</i>
Push	Right daggers in a squat with feet together
<i>That</i>	<i>Low touchdown and stand</i>
Ball	Left daggers in a squat with feet together
<i>Down the</i>	<i>Squat with hands on knees</i>
Court	Right punch and stand
<i>(Pause)</i>	<i>Hold</i>

Down the Field

Call It: Down the field, down the field, score, score

[Video Demonstration](#)

Words	Motions
Down	Step right foot out and hit a low touchdown
<i>The field</i>	<i>Cross left foot behind right foot, hit a left dagger and a right T</i>
Down	Step left foot out and hit a low touchdown
<i>The field</i>	<i>Cross right foot behind left foot, hit a right dagger and a left T</i>
Score	Step right foot out and hit a right punch
<i>(Pause)</i>	<i>Right dagger</i>
Score	Right punch

UPWARD CHANTS (PAGE 21)

Dribble It, Pass It, We Want a Basket

Call It: We want a basket

[Video Demonstration](#)

NEW!

Words	Motions
Dribble it	Dribble motion with both hands
<i>(Pause)</i>	<i>Clap x2</i>
Pass it	(move hands back and forth as if passing)
<i>(Pause)</i>	<i>Clap x2</i>
Dribble it	Dribble motion with both hands
<i>(Pause)</i>	<i>Clap x2</i>
Pass it	(move hands back and forth as if passing)
<i>(Pause)</i>	<i>Clap X2</i>
Dribble it	Dribble motion
<i>Pass it</i>	<i>Pass motion</i>
We want	Rustle poms
<i>A basket</i>	<i>Jump Out, High V</i>

First Down (Basic)

Call It: First down, first down, Upward, let's score a touchdown

[Video Demonstration](#)

Words	Motions
First	Clasp
<i>Down</i>	<i>Low V</i>
First	Clasp
<i>Down</i>	<i>Low V</i>
Upward let's	Clasp
<i>Score a</i>	<i>Clasp</i>
Touch	Step right foot forward, squat, and hit a right dagger
<i>Down</i>	<i>Right punch</i>

First Down (Intermediate)

Call It: First down, first down, Upward, let's score a touchdown

[Video Demonstration](#)

Words	Motions
First	(Ripple 1) Clasp and stand up on toes
<i>Down</i>	<i>(Ripple 1) Step back with right foot, low V</i>
First	(Ripple 2) Clasp and stand up on toes
<i>Down</i>	<i>(Ripple 2) Step back with right foot, low V</i>
Upward	Low touchdown
<i>Let's score</i>	<i>Touchdown</i>
Score	Clasp
<i>A</i>	<i>Squat and hit a right dagger</i>
Touchdown	Stand up and hit a right punch

First and Ten (Basic)

Call It: Upward fans yell go, fight, win

[Video Demonstration](#)

Words	Motions
First	Daggers in a squat
<i>And ten</i>	<i>High touchdown and stand</i>
Upward	Jump feet out and hit a low V
<i>Fans</i>	<i>Clasp</i>
Yell go	High V
<i>Fight</i>	<i>Swing arms down and cross</i>
Win	Jump feet together and hit a low V
<i>(Pause)</i>	<i>Hold</i>

UPWARD CHANTS (PAGE 22)

First and Ten (Intermediate)

Call It: First and ten, first and ten, go go

[Video Demonstration](#)

Words	Motions
First	(Ripple 1) Step feet apart, squat, right arm across body
And ten	(Ripple 1) Step feet together and hit a right high V
First	(Ripple 2) Step feet apart, squat, right arm across body
And ten	(Ripple 2) Step feet together and hit a right high V
Go	Right punch
(Pause)	Right dagger
Go	Right punch

First and Ten (Advanced)

Call It: First and Ten

[Video Demonstration](#)

Words	Motions
Hey Hey	Step right foot out, right broken T pump
Go De	Step together, buckets, swing around
Fense	Broken T
First	Step right foot forward, high V
And ten	Roll to a low V and swing right foot back
(Pause)	Clap with feet together

Get 'Em Defense Get 'Em

Call It: Get 'em defense, get 'em

[Video Demonstration](#)

Words	Motions
You got	(Ripple 1) Front candlesticks and step forward with right foot
The ball	(Ripple 1) Daggers and turn with feet together
We want	(Ripple 2) Front candlesticks and step forward with right foot

(Get 'Em Defense Get 'Em Cont.)

Words	Motions
The ball	(Ripple 2) Daggers and turn with feet together
Get 'em	Low V and step forward with right foot
Defense	Clasp and turn with feet together
Get 'em	Low V
(Pause)	Clap

Get Fired Up

Call It: Get fired up

[Video Demonstration](#)



Words	Motions
Hey	Shuffle poms in a squat
Upward	Jump out and hit a high V
Get	Clasp
Fired	Clasp
Up	Step in and hit a right high V

Get That Ball

Call It: Get that ball

[Video Demonstration](#)

Words	Motions
Get	T motion
That	Broken T
Ball	T motion
Upward	Clasp
Get	Clasp
That	Clasp
Ball	High V

UPWARD CHANTS (PAGE 23)

Get That Ball Back

Call It: Get that ball

[Video Demonstration](#)

Words	Motions
Defense	Stagger arms and pop out into a high V
<i>Hustle</i>	<i>Low V</i>
(PAUSE)	Clap
<i>Get that ball</i>	<i>Hop twice clapping above head</i>
Back	Step back into a lunge and hit a right punch
(PAUSE)	<i>Hold</i>

Get The Ball

Call It: Get the ball, get the ball, get it, get it

[Video Demonstration](#)

Words	Motions
Get	Crossed right candlestick
<i>The ball</i>	<i>Right dagger</i>
Get	Crossed left candlestick
<i>The ball</i>	<i>Left dagger</i>
Get	Circle arms to low touchdown
<i>It</i>	<i>Circle arms to daggers</i>
Get	Circle arms to low touchdown
<i>It</i>	<i>Circle arms to daggers</i>

Get Tough

Call It: Upward, Upward, get tough

[Video Demonstration](#)

Words	Motions
Upward	High V
<i>Upward</i>	<i>Low V</i>
Get	Clasp
<i>Tough</i>	<i>Tough motion</i>

Get Tough, Defense

Call It: Get tough, get tough

[Video Demonstration](#)

Words	Motions
De	Pop feet apart and clap
<i>De</i>	<i>Extend clap</i>
Defense	Clap
(PAUSE)	<i>Nod</i>
Get tough	Right punch and stand
(PAUSE)	<i>Break punch into a dagger</i>
Get tough	High V
(PAUSE)	<i>Hold</i>

Get Tough and Win

Call It: Upward, let's go, get tough, and win

[Video Demonstration](#)

Words	Motions
Upward	Step out and hit a T
<i>Let's</i>	<i>Clasp</i>
Go	Right punch
<i>Get</i>	<i>Clasp</i>
Tough	Tough motion
<i>And win</i>	<i>Step right foot forward and hit a right punch</i>

Get Up

Call It: Get up, get up and yell go

[Video Demonstration](#)

Words	Motions
Get up	(Ripple 1) High V
<i>Get up and</i>	<i>(Ripple 2) High V</i>
Yell	Clasp
Go	Low

UPWARD CHANTS (PAGE 24)

Go

Call It: Go go, Upward, take it to the hoop

[Video Demonstration](#)

Words	Motions
Go	Right candlestick
Go	<i>Left candlestick</i>
Up	Clasp
<i>Ward</i>	<i>Clasp</i>
Take it	Low O
<i>To the hoop</i>	<i>High O</i>

Go Blue, Go White

Call It: Go blue, go white

[Video Demonstration](#)

Words	Motions
(PAUSE)	Two claps
<i>Let's</i>	<i>Step to the right with right arm low across body</i>
Go	Step feet together, hit a broken right T
<i>Blue</i>	<i>Right high V</i>
(PAUSE)	Clap
<i>Let's</i>	<i>Step to the left with left arm low across body</i>
Go	Step feet together, hit a broken left T
<i>White</i>	<i>Left High V</i>
(PAUSE)	Clap
<i>Go</i>	<i>Step forward and hit a low V</i>
Blue	Sit and hit a high V
(PAUSE)	<i>Bring feet together and clean</i>
Go	Clap
<i>White</i>	<i>Right punch</i>

Go Green and Gold (Basic)

Call It: Go green, go gold, c'mon, fans yell green and gold

[Video Demonstration](#)

Words	Motions
Go green	Right T
<i>(Pause)</i>	<i>Clasp</i>
Go gold	Left T
<i>(Pause)</i>	<i>Clasp</i>
C'mon	Clasp
<i>Fans</i>	<i>Clasp</i>
Yell green	Right T
<i>And gold</i>	<i>Left T</i>

Go Green and Gold (Intermediate)

Call It: Go green, go gold, c'mon, fans yell green and gold

[Video Demonstration](#)

Words	Motions
Go green	Right T
<i>(Pause)</i>	<i>Clasp</i>
Go gold	Left T
<i>(Pause)</i>	<i>Clasp</i>
C'mon	Low V
<i>Fans</i>	<i>High V</i>
Yell green	Right T
<i>And gold</i>	<i>Left T</i>

Go Go

Call It: Go go, Upward, go

[Video Demonstration](#)

Words	Motions
Go	Right low V
Go	<i>Right high V</i>
Upward	Clasp
Go	<i>Left high V</i>
(Pause)	Pony and overhead clasp four times

UPWARD CHANTS (PAGE 25)

Go Upward

Call It: Everybody yell go Upward

[Video Demonstration](#)

Words	Motions
Hey	Shuffle poms in a squat
<i>Go Upward</i>	<i>Punch and stand</i>
Everybody	Turn right and shuffle poms
<i>Yell</i>	<i>Turn left and shuffle poms</i>
Go Upward	Punch and stand
<i>(Pause)</i>	<i>Stand</i>

Go Upward Go

Call It: Go Upward Go

[Video Demonstration](#)

Words	Motions
Let's shake it	Hands behind head, dip to the right
<i>(PAUSE)</i>	<i>Hands behind head, dip to the left</i>
Let's shout it	Shuffle poms above head with feet together
<i>Go</i>	<i>Punch with a right toe tap</i>
Upward	Low punch
<i>Go</i>	<i>Punch with feet together</i>
<i>(Pause)</i>	<i>Hold</i>

Go Upward Go (Ripple)

Call It: Go Upward Go

[Video Demonstration](#)

Words	Motions
Upward	Feet apart in a right punch
<i>(PAUSE)</i>	<i>Squat and clap</i>
Take	Feet together and hit a right punch
<i>Con-</i>	<i>Break right punch into a dagger</i>
Trol	Right punch
<i>Go</i>	<i>Ripple 1 - K side lunge</i>
Upward	Ripple 2 - K side lunge
<i>Go</i>	<i>Ripple 3 - K side lunge</i>
<i>(PAUSE)</i>	<i>Feet together and clap</i>

Go Upward Team

Call It: Go Upward team

[Video Demonstration](#)

Words	Motions
Stand	Dip and daggers
<i>Up</i>	<i>Stand into a touchdown</i>
(PAUSE)	Dip and clap
<i>And scream</i>	<i>Step right foot forward, sit, and hit a high note. poms</i>
(PAUSE)	Step back and clap
<i>Go</i>	<i>Step right foot forward and hit a broken T</i>
Upward	Cross buckets
<i>Team</i>	<i>High V</i>
(PAUSE)	Step back and clap

Guard 'Em, Upward, Guard 'Em

Call It: Guard 'em, Upward, guard 'em

[Video Demonstration](#)

Words	Motions
Hands	(Ripple 1) dip with hands behind head
<i>Up</i>	<i>(Ripple 1) pop feet apart and hit a high V</i>
Hands	(Ripple 2) dip with hands behind head
<i>Up</i>	<i>(Ripple 2) pop feet apart and hit a high V</i>
(PAUSE)	Clap
<i>Guard 'em Upward</i>	<i>(Ripple 1) punch right arm across body, side lunge</i>
Guard 'em	(Ripple 2) punch right arm across body, side lunge
<i>(PAUSE)</i>	<i>Clap</i>

Guard 'Em Defense

Call It: Guard 'em defense, guard 'em

[Video Demonstration](#)

Words	Motions
Guard 'em	Broken T with right knee popped
<i>Defense</i>	<i>T with left knee popped</i>
Guard 'em	Broken T with right knee popped
<i>(PAUSE)</i>	<i>Shuffle poms in a squat</i>

UPWARD CHANTS (PAGE 26)

Hands Up

Call It: Hands up defense

[Video Demonstration](#)

Words	Motions
Hands	Step right foot forward and hit daggers
<i>Up</i>	<i>Step feet together and hit a touchdown</i>
(Pause)	Clasp
<i>(Pause)</i>	<i>Clasp</i>
De	Crossed daggers
<i>Fense</i>	<i>T motion</i>

Here We Go

Call It: Here we go, blue and white, let's go Upward

[Video Demonstration](#)

Words	Motions
Here	Pony and swing arms back
<i>We go</i>	<i>Pony and swing arms forward</i>
(Pause)	Clasp
<i>(Pause)</i>	<i>Clasp</i>
Blue	Right high V
<i>White</i>	<i>Left high V</i>
(Pause)	Clasp
<i>(Pause)</i>	<i>Clasp</i>
Let's	Low V
<i>Go</i>	<i>Clasp</i>
Upward	High V

Here We Go (Basic)

Call It: Here we go, Upward, here we go

[Video Demonstration](#)

Words	Motions
Here we go	Step right foot forward and hit a low V
<i>Up</i>	<i>Step together and clasp</i>
Ward	Clasp
<i>Here we</i>	<i>Squat and hit a right dagger</i>
Go	Stand up and hit a right punch

Here We Go (Intermediate)

Call It: Here we go, Upward, here we go

[Video Demonstration](#)

Words	Motions
Here	Step right foot forward and hit a low V
<i>We</i>	<i>Broken low V</i>
Go	Low V
<i>Up</i>	<i>Step together and clasp</i>
Ward	Clasp
<i>Here we</i>	<i>Squat and hit a right dagger</i>
Go	Stand up and hit a right punch

Hey, Hey, Here We Go

Call It: Hey, hey, here we go, go big blue

[Video Demonstration](#)

Words	Motions
Hey	(Ripple 1) Right high V
<i>Hey</i>	<i>(Ripple 2) Right high V</i>
Here	Circle right arm around
<i>We go</i>	<i>Left lunge and hit a high V</i>
Go	Clasp
<i>Big</i>	<i>Clasp</i>
Blue	Right punch

Hey, Hey, Here We Go

Call It: Upward, let's go

[Video Demonstration](#)



Words	Motions
Hey	High V
<i>Hey</i>	<i>Hands behind head</i>
Here we	Step back with right foot, Low V
<i>Go</i>	<i>Feet together, clasp</i>
Upward	Turn to the right and swoosh poms
<i>(PAUSE)</i>	<i>Turn to the center, clasp</i>
Let's Go	Turn to the left and swoosh poms
<i>(Pause)</i>	<i>Turn to the center, clasp</i>

UPWARD CHANTS (PAGE 27)

Hey Upward

Call It: Hey, Upward, score a basket

[Video Demonstration](#)

Words	Motions
Hey	Wave to the right
<i>(Pause)</i>	<i>Wave to the left</i>
Upward	Clasp
<i>Score a</i>	<i>Clasp</i>
Bas	Right T
<i>(Pause)</i>	<i>Clap</i>
Ket	Left T

Hold 'Em

Call It: Upward hold that line

[Video Demonstration](#)

Words	Motions
Hold	Low V
'Em	<i>Clasp</i>
Hold	Low V
'Em	<i>Clasp</i>
Upward	Right punch
<i>Hold</i>	<i>Low V</i>
That line	T motion

H-O-L-D (Basic)

Call It: H-O-L-D

[Video Demonstration](#)

Words	Motions
H	Sit to the right and hit a low V
<i>(Pause)</i>	<i>Clap</i>
H-O	Sit to the right and hit a low V
<i>(Pause)</i>	<i>Clap</i>
H	T
O	<i>High O</i>
L	Daggers and rustle poms
D	<i>Right punch</i>

Hold 'Em Upward

Call It: Hold 'em, hold 'em Upward

[Video Demonstration](#)

Words	Motions
(PAUSE)	Two claps to the left
<i>(PAUSE)</i>	<i>Two claps to the right</i>
Hold 'em	T in a back lunge
<i>(PAUSE)</i>	<i>Turn to the left, broken T</i>
Hold 'em	Turn to the front, T in a back lunge
<i>Upward</i>	<i>Nod</i>

H-O-L-D (Intermediate)

Call It: H-O-L-D, hold that line

[Video Demonstration](#)

Words	Motions
H	Left L
O	<i>High O</i>
L	Clasp
D	<i>Clasp</i>
Hold	Step feet together and rustle poms
<i>That</i>	<i>Clasp</i>
Line	T motion

Hold That Line (Advanced)

Call It: Hold that line

[Video Demonstration](#)

Words	Motions
H	Right T across body
O	<i>Right broken T and bring right leg up</i>
L	Left buckets and right leg steps back
D	<i>High touchdown and turn</i>
Hold	Low touchdown
<i>That</i>	<i>Broken T</i>
Line	T

UPWARD CHANTS (PAGE 28)

Hold That Line

Call It: Hold that line

[Video Demonstration](#)

Words	Motions
(PAUSE)	Clap
<i>De</i>	<i>Pop right knee, right diagonal</i>
Fense	Broken diagonal
(PAUSE)	<i>Right diagonal</i>
Hold	Swing arms around
<i>Tight</i>	<i>Hug self</i>
Yell	Hands on hips
(PAUSE)	<i>Turn to the center and clasp</i>
Hold that	Pop left knee, hug self
<i>Line</i>	<i>Step forward, T motion</i>
(PAUSE)	Clap

Hustle

Call It: Hustle, hustle

[Video Demonstration](#)

Words	Motions
H	(Ripple 1) Crossed candlesticks
<i>U</i>	<i>(Ripple 1) Broken T</i>
S	(Ripple 1) T motion
(Pause) (Pause)	<i>(Ripple 2) Clasp twice</i>
T	(Ripple 2) Crossed candlesticks
<i>L</i>	<i>(Ripple 2) Broken T</i>
E	(Ripple 2) T motion
(Pause)	<i>Clasp twice</i>
Hustle	Right punch
(Pause)	<i>Broken right punch</i>
Hustle	Right punch

H-U-S-T-L-E

Call It: Hustle, Upward, hustle

[Video Demonstration](#)



Words	Motions
H	(Ripple 1) Step out with right foot and hit a right punch across body
U	(Ripple 1) Broken T
S	(Ripple 1) T motion
T	(Ripple 2) Step out with right foot and hit a right punch across body
L	(Ripple 2) Broken T
E	(Ripple 2) T motion
Hustle	Step together and clasp
Upward	Step forward with right foot and hit a right touchdown
Hustle	Step feet back together and clasp
(PAUSE)	Hold clasp

Jump Ball

Call It: Jump ball, get it get it

[Video Demonstration](#)

Words	Motions
Jump	Daggers in a squat
<i>Ball</i>	<i>High touchdown and stand with feet apart</i>
Get	Right squat, hit a right low V
<i>It</i>	<i>Stand and hit a broken right low V</i>
Get it	Right low V in a right squat
(PAUSE)	<i>High left clap twice</i>
(PAUSE)	Low right clap three times

Let's Get Six More

Call It: Touchdown, Upward, let's get six more

[Video Demonstration](#)

Words	Motions
Touchdown	Daggers
<i>Pause</i>	<i>Touchdown</i>
Upward	Clasp
<i>Pause</i>	<i>Clasp</i>
Let's	Clasp
<i>Get</i>	<i>Clasp</i>
Six More	High V

UPWARD CHANTS (PAGE 29)

Let's Go

Call It: Upward, let's go, score two let's go

[Video Demonstration](#)

Words	Motions
Up	Sit to the right and hit a right low V
<i>Ward</i>	<i>Stand and clasp</i>
Let's	Sit to the left and hit a right low V
<i>Go</i>	<i>Stand and clasp</i>
Score	Right dagger
<i>Two</i>	<i>Right punch</i>
Let's	Broken right punch
<i>Go</i>	<i>Right punch</i>

Let's Go Blue

Call It: Let's go blue, let's go white, blue, white

[Video Demonstration](#)

Words	Motions
Let's go blue	(Ripple 1) right side lunge and hit a high V
<i>Let's go white</i>	<i>(Ripple 2) right side lunge and hit a high V</i>
White	Clasp
<i>Blue</i>	<i>Turn to the center, high V</i>
(PAUSE)	Broken high V
<i>White</i>	<i>Low V</i>

Let's Guard 'Em

Call It: D, D, Defense

[Video Demonstration](#)

Words	Motions
Hey	Right dagger in a squat
<i>D</i>	<i>Right punch and stand</i>
Let's guard 'em	Left candlesticks in a side lunge
<i>D</i>	<i>(Ripple 1) Right bow and arrow</i>
<i>D</i>	<i>(Ripple 2) Right bow and arrow</i>
<i>Defense</i>	<i>(Ripple 3) Right bow and arrow</i>

Let's Hear It

Call It: Come on, let's hear it

[Video Demonstration](#)

Words	Motions
Defense	High V
<i>(Pause)</i>	<i>Clasp five times</i>
Come on	Right low V
<i>(Pause)</i>	<i>Clasp</i>
Let's hear it	Left high V

Let's Hear Your Colors

Call It: Let's hear your colors, Upward, blue and white

[Video Demonstration](#)

Words	Motions
Let's hear	Low V
<i>Your</i>	<i>Clasp</i>
Colors	Low V
<i>Upward</i>	<i>Clasp</i>
Blue and	Right high V
<i>White</i>	<i>Left high V</i>

Let's Score

Call It: Come on, Upward let's score

[Video Demonstration](#)

Words	Motions
Shoot	Rustle poms
<i>Two</i>	<i>High V</i>
Come on	Clasp
<i>Upward</i>	<i>Clasp</i>
Let's score	Left punch

UPWARD CHANTS (PAGE 30)

Let's Shoot For Two

Call It: Let's shoot for two, Upward, let's shoot for two

[Video Demonstration](#)

Words	Motions
Let's	Low V
<i>Shoot for two</i>	<i>Right punch and with fingers make a number two</i>
Up	Clasp
<i>Ward</i>	<i>Clasp</i>
Let's	Low V
<i>Shoot for two</i>	<i>Right punch and with fingers make a number two</i>
(Pause)	Clasp twice

Let's Shoot Two More

Call It: Upward, let's shoot, shoot two more

[Video Demonstration](#)

Words	Motions
Upward	Clasp
<i>Let's</i>	<i>Clasp</i>
Shoot	Touchdown
<i>(Pause)</i>	<i>Clasp</i>
Shoot	Right dagger out and make a number two with fingers
<i>Two</i>	<i>Bring right dagger in, still making a number two with fingers</i>
More	Right punch, making a number two with fingers

Move It

Call It: Score six

[Video Demonstration](#)

Words	Motions
Move	(Ripple 1) Bring right knee up and hit a broken T
<i>It</i>	<i>(Ripple 1) Step right foot back and hit crossed buckets</i>
Down the	(Ripple 2) Bring right knee up and hit a broken T
<i>Field</i>	<i>(Ripple 2) Step right foot back and hit crossed buckets</i>
Score six	Both ripples step out and hit a right punch

Move That Ball Offense

Call It: Move that ball offense

[Video Demonstration](#)

Words	Motions
M	(Ripple 1) Hands by side (Ripple 2) Hands behind head
O	<i>(Ripple 1) Hands behind head</i> <i>(Ripple 2) Hands by side</i>
V	(Ripple 1) High V (Ripple 2) Low V
E	<i>Hands by side</i>
Move that	Roll poms and step to the inside
<i>Ball</i>	<i>Forward buckets</i>
Offense	Roll poms and step to the outside
<i>(PAUSE)</i>	<i>Forward buckets</i>

UPWARD CHANTS (PAGE 31)

Move the Ball

Call It: Move the ball, down the field, go, Upward, go

[Video Demonstration](#)

Words	Motions
Move the	Step right foot behind left foot, hit a right crossed candlestick
<i>Ball</i>	<i>Broken T</i>
Down the	Low V
<i>Field</i>	<i>T motion</i>
Go	Right punch
<i>Upward</i>	<i>Clasp</i>
Go	Left punch

Move That Ball for a T.D.

Call It: Move that ball for a TD

[Video Demonstration](#)

Words	Motions
M	Daggers and step to the right
<i>O</i>	<i>Right punch</i>
(PAUSE)	Clap twice with feet together
<i>V</i>	<i>Daggers and step to the left</i>
E	Left punch
(PAUSE)	<i>Clap twice with feet together</i>
Move	Right broken T and step to the right
<i>That ball</i>	<i>Pump again and step feet together</i>
For a T	T and step to the left
<i>D</i>	<i>Left punch and step to feet together</i>
(PAUSE)	Hold

Move That Ball the Other Way

Call It: Move that ball the other way

[Video Demonstration](#)

Words	Motions
Steal it	Step to the left, punch right arm across body and break into a right broken T
(PAUSE)	<i>Clap</i>
Take it	Step right foot forward, hit candlesticks
<i>Away</i>	<i>Step right foot back, hit daggers</i>
Move	Dip with poms behind head
<i>That Ball</i>	<i>Pop feet apart and hit a high V</i>
The other way	Step to the right, punch left arm across body, left broken T

O-F-F-E-N-S-E

Call It: Offense, offense

[Video Demonstration](#)

Words	Motions
<i>O</i>	Low V
<i>F-F</i>	<i>Clasp</i>
E-N	Low V
<i>S-E</i>	<i>Clasp</i>
Offense	(Ripple 1) High O
<i>Offense</i>	<i>(Ripple 2) High O</i>

Offense

Call It: O, O, O, offense

[Video Demonstration](#)

Words	Motions
<i>O</i>	High O
<i>O</i>	<i>Low O</i>
<i>O</i>	High O
<i>Offense</i>	<i>High V</i>

UPWARD CHANTS (PAGE 32)

Offense Shake 'Em Off

Call It: Offense shake 'em off

[Video Demonstration](#)

Words	Motions
Shake	Shuffle poms to the right
<i>Shake</i>	<i>Shuffle poms to the left</i>
Shake 'em	Shuffle poms to the right
<i>Off</i>	<i>Jump feet apart and hit ready position</i>
Offense	O
<i>Shake</i>	<i>Shake poms down with feet together</i>
off	Hands on hips in a back lunge
<i>(PAUSE)</i>	<i>Clap with feet together</i>

Our Team is Awesome

Call It: Our team is awesome

[Video Demonstration](#)

Words	Motions
A	Right high V and step to the right
<i>W</i>	<i>Broken right high V</i>
E	Right high V
<i>(PAUSE)</i>	<i>Clap with feet together</i>
S	Left high V and step to the left
<i>O-M</i>	<i>Broken left high V</i>
E	Left high V
<i>(PAUSE)</i>	<i>Clap with feet together</i>
Awesome	High clap
<i>(PAUSE)</i>	<i>High clap</i>
Awesome	Low clap
<i>(PAUSE)</i>	<i>Low clap</i>
Our team is	Roll arms at broken T level
<i>Awesome</i>	<i>High V</i>
<i>(PAUSE)</i>	<i>Clap</i>

Pass the Ball

Call It: Go, Upward, go

[Video Demonstration](#)

Words	Motions
Down the	(Ripple 1) Daggers
<i>Court</i>	<i>(Ripple 1) Touchdown</i>
Pass the	(Ripple 1) Daggers
<i>Ball</i>	<i>(Ripple 2) Touchdown</i>
Go	Clasp
<i>Upward</i>	<i>Clasp</i>
Go	Clasp

Pass It

Call It: Pass it, Upward, pass it

[Video Demonstration](#)

Words	Motions
P-A	Daggers with feet together
<i>S-S</i>	<i>Swing poms and step to the left</i>
I	Daggers with feet together
<i>T</i>	<i>Clap</i>
Pass it	Right low V in a right squat
<i>Upward</i>	<i>Left low V in a left squat</i>
Pass it	Low V
<i>(PAUSE)</i>	<i>Clap with feet together</i>

Push It Through (Basic)

Call It: Touchdown, Upward, push it through, let's score

[Video Demonstration](#)

Words	Motions
Touchdown	Touchdown
<i>(Pause)</i>	<i>Clasp</i>
Upward	Left high V
<i>(Pause)</i>	<i>Clasp</i>
Push it	Clasp
<i>Through</i>	<i>Clasp</i>
Let's score	Right high V

UPWARD CHANTS (PAGE 33)

Push It Through (Intermediate)

Call It: Touchdown, Upward, push it through, let's score

[Video Demonstration](#)

Words	Motions
Touchdown	Touchdown
(Pause)	Clasp
Upward	Left high V
(Pause)	Clasp
Push it	(Ripple 1) Left lunge, candlesticks to the left (Ripple 2) Clasp
Through	(Ripple 1) Hold candlestick post (Ripple 2) Left lunge, candlesticks to the left
Let's score	Right high V

Push Through That Line

Call It: Push through that line, offense, push through that line

[Video Demonstration](#)

Words	Motions
Push through that	Step right foot back and push arms out in candlesticks
Line	Step feet together and hit a T motion
Offense	Clasp
Push	Clasp
Through	Clasp
That line	T motion

Reaching for #1

Call It: Reaching for #1

[Video Demonstration](#)

Words	Motions
Upward	Side lunge and hit a K
(PAUSE)	Bring feet together and clap
Has	Step forward with right foot and hit a low V
Just	Break low V
Begun	Low V
Reaching	Hop and clap above head

(Reaching For #1 Cont.)

Words	Motions
(PAUSE)	Hop and clap above head
For number	Step back, squat, hit a right dagger
1	Stand and hit a right punch
(PAUSE)	Hold

Rebound That Basketball

Call It: Rebound that basketball

[Video Demonstration](#)

Words	Motions
Hey	Pop feet out and hit a high V, shake poms
(PAUSE)	Bring feet in and clap
Upward	Low V
(PAUSE)	Clap
Rebound	Squat with hands on knees
(PAUSE)	Stand and clap
That basketball	Right punch
(PAUSE)	Clap

Rock the House

Call It: Rock the house, Upward, get down

[Video Demonstration](#)

Words	Motions
Rock	Left arm behind back and hit a right high V
The	Keep left arm behind back and swing right arm in
House	Keep left arm behind back and hit a right high V
Upward	Feet together and clasp
Get	Step forward and hit a low V
(Pause)	Broken low V
Down	Low V

UPWARD CHANTS (PAGE 34)

S-C-O-R-E

Call It: S-C-O-R-E

[Video Demonstration](#)

Words	Motions
S	High V
<i>(Pause)</i>	<i>Clasp</i>
S-C	Clasp
<i>(Pause)</i>	<i>Clasp</i>
S-C	(Ripple 1) Side lunge and hit a right high V
<i>O-R</i>	<i>(Ripple 2) Side lunge and hit a right high V</i>
E	(Ripple 3) Side lunge and hit a right high V

Score Six (Intermediate)

Call It: Score six, let's go Upward, score six, let's go

[Video Demonstration](#)

Words	Motions
Score	Extended middle clasp
<i>Six</i>	<i>Middle clasp</i>
Let's go	Sit to the right, low touchdown to the right
<i>Upward</i>	<i>Sit to the left, low touchdown to the left</i>
Score	Extended middle clasp
<i>Six</i>	<i>Middle clasp</i>
Let's go	High V

Score Six (Advanced)

Call It: Take that ball and score six

[Video Demonstration](#)

Words	Motions
Score	(Ripple 1) Step right foot back, right arm across body
<i>Six</i>	<i>(Ripple 1) Right high V</i>
Score	(Ripple 2) Step right foot back, right arm across body
<i>Six</i>	<i>(Ripple 2) Right high V</i>
Take that	Step right foot forward and clasp
<i>Ball and score</i>	<i>Clasp</i>
Six	High V

Score Six More

Call It: Score six more

[Video Demonstration](#)

Words	Motions
Touch	High touchdown
<i>Down</i>	<i>Clasp</i>
Touch	High touchdown
<i>Down</i>	<i>Clasp</i>
Score	Low V
<i>Six</i>	<i>Clasp</i>
More	High V

Score, Upward, Score

Call It: Score, Upward, score

[Video Demonstration](#)

Words	Motions
Move	Step to the right and hit right candlesticks
<i>The</i>	<i>Break into a right T</i>
Ball	T motion with right foot behind left foot
<i>Down</i>	<i>Left candlesticks</i>
The	Break into a left T
<i>court</i>	<i>Feet apart, T motion</i>
Score	Step right foot back, pop left knee, hit a right punch
<i>Upward</i>	<i>Right dagger</i>
Score	Right punch
<i>(PAUSE)</i>	<i>Clap</i>

Shoot for Two

Call It: Shoot for two

[Video Demonstration](#)

Words	Motions
Offense	Clap in a back lunge
<i>Offense</i>	<i>Low V</i>
Shoot for	Swing arms in and bring feet together
<i>Two</i>	<i>High V</i>

UPWARD CHANTS (PAGE 35)

Shout It Out

Call It: Let's go Upward

[Video Demonstration](#)

Words	Motions
Yell It	Jump out and hit a High V
(PAUSE)	Clasp
Shout It	Low V
Out	High V
Let's	Clasp
Go	Clasp
Upward	Right Punch

Stand Up

Call It: Stand up and yell go Upward

[Video Demonstration](#)

Words	Motions
Hey	High V
(Pause)	Clasp
Go Upward	Low V
(Pause)	Clasp
Stand up and	Daggers
Yell	Touchdown
Go	Clasp
Upward	Clasp

Stars Gotta Hype It Up

Call It: Stars gotta hype it up

[Video Demonstration](#)

Words	Motions
Hype	High V
It	Broken high V
Up	High V
Hype	Step forward and hit a low V
It	Broken low V
up	Low V
Stars	Step feet together and clap above head

(Stars Gotta Hype It Up Cont.)

Words	Motions
Gotta	Squat and clap low
Hype	Stand and hit daggers
It up	Right punch
Upward	Clasp

Stop That Ball

Call It: Stop that ball

[Video Demonstration](#)

Words	Motions
Upward	L and step to the right
(Pause)	Right broken T and left hand behind head
Defense	Right T and step to the right
(PAUSE)	Clap with feet together
Stop that	Spin to the left
Ball	Right punch with feet together
(Pause)	Clap

Take Control

Call It: Defense take control

[Video Demonstration](#)

Words	Motions
Up	Step out, sit to the right, and hit a low touchdown
ward	Step together and clasp
Let's roll	Step to the left and roll arms
(Pause)	Step together and hit a T motion
De	Step right foot forward, crossed buckets
Fense	Daggers
Take control	High V

UPWARD CHANTS (PAGE 36)

Take It Away

Call It: Take it away, defense, take it away

[Video Demonstration](#)

Words	Motions
Take it away	Left T
Defense	Turn to the right, extended middle clasp to the right
Take it away	Left T
(Pause)	Clasp
(Pause)	Clasp

Take It to the Hoop

Call It: Take it to the hoop

[Video Demonstration](#)

Words	Motions
Shoot	Daggers
Two	Right punch, making a number 2
Take it	Sit to the right and hit a low V
To the	Clap
Hoop	Sit to the right and hit a low V

Take It to the Goal Line

Call It: Take it to the goal line

[Video Demonstration](#)

Words	Motions
Offense	High O with feet apart
(Pause)	Swing and dip
Don't waste	O with feet together
Your time	Low V
Take it	Clap and hop with right foot in front
To the	Clap and switch feet
Goal	Break into a t with feet together
Line	Break into a t
(Pause)	Hold

Take That Ball Away (Basic)

Call It: Take it, take it

[Video Demonstration](#)

Words	Motions
Take	Roll poms and step to the right
That	Clap with feet together
Ball	Roll poms and step to the left
Away	Clap with feet together
Take it	Candlesticks
(PAUSE)	Daggers
Take it	Candlesticks
(PAUSE)	Daggers

Take That Ball Away (Intermediate)

Call It: Take that ball away

[Video Demonstration](#)

Words	Motions
T	Punch right arm across body
A	Cross right arm
K	Punch left arm across body
E	Cross left arm
Upward	Sit to the left
Take	Sit to the right low clasp
That ball	Poms behind head
Away	High V

TD Offense, Let's Go

Call It: TD TD offense let's go

[Video Demonstration](#)

Words	Motions
TD	T motion
TD	Broken T
Offense	Clasp
Let's Go	Clasp

UPWARD CHANTS (PAGE 37)

Through the Hoop (Basic)

Call It: Upward through the hoop

[Video Demonstration](#)

Words	Motions
Dribble	Feet apart in a right low V
<i>And shoot</i>	<i>Left low V</i>
Upward through the	Bring feet together and clap
<i>Hoop</i>	<i>Feet apart in a high V</i>
(PAUSE)	Hold

Through the Hoop (Intermediate)

Call It: Through the hoop

[Video Demonstration](#)

Words	Motions
Aim	Feet apart in a high V
(PAUSE)	Hold
Shoot	Left low V
(PAUSE)	Hold
Get	Right candlesticks
<i>That ball</i>	<i>Break left arm into a T</i>
Through	Squat with feet together
<i>The hoop</i>	<i>Pop feet apart in a right punch</i>
(PAUSE)	Hold

To the Hoop (Basic)

Call It: To the hoop, to the hoop, Upward, to the hoop

[Video Demonstration](#)

Words	Motions
To the hoop	Clasp
<i>To the hoop</i>	<i>Clasp</i>
Up	Low Touchdown
<i>Ward</i>	<i>Daggers</i>
To the hoop	Touchdown

To the Hoop (Intermediate)

Call It: To the hoop, to the hoop, Upward, to the hoop

[Video Demonstration](#)

Words	Motions
To the hoop	O motion to the left
(PAUSE)	O motion
To the hoop	O motion to the right
(PAUSE)	O motion
Up	Clasp
<i>Ward</i>	<i>Clasp</i>
To the hoop	High V

To the Hoop (Advanced)

Call It: To the hoop, to the hoop, Upward, to the hoop

[Video Demonstration](#)

Words	Motions
To	(Ripple 1) Step to the right and hit a low O
<i>The hoop</i>	<i>(Ripple 1) Step left foot to right, hit a high O</i>
To	(Ripple 2) Step to the right and hit a low O
<i>The hoop</i>	<i>(Ripple 2) Step left foot to right, hit a high O</i>
Up	Clasp
<i>Ward</i>	<i>Clasp</i>
To the hoop	Right punch

To the Top G-O (Basic)

Call It: To the top G-O Upward let's go

[Video Demonstration](#)

Words	Motions
To the top	Low V
(Pause)	Clasp
G-O	High O
<i>Upward</i>	<i>Clasp</i>
Let's	Clasp
Go	High V

UPWARD CHANTS (PAGE 38)

To the Top G-O (Intermediate)

Call It: To the top G-O Upward let's go

[Video Demonstration](#)

Words	Motions
To the top	High V
G	<i>High O to the left</i>
O	High O
(PAUSE)	<i>High V</i>
Upward	Right Low V
Let's	<i>Circle right arm into a right low V</i>
Go	Left high V

T-O-U-C-H-D-O-W-N

Call It: T-O-U-C-H-D-O-W-N

[Video Demonstration](#)

Words	Motions
T	Step back with right foot, T Motion
O	<i>Turn to the right, high O motion</i>
U	(Ripple 1) Right high V
C	<i>(Ripple 2) Right high V</i>
H	(Ripple 3) Right high V
D	<i>Left low V</i>
O	High O motion
W	<i>Clasp</i>
N	Clasp

Touchdown

Call It: Touchdown, touchdown

[Video Demonstration](#)

Words	Motions
Give us a	Clasp
T	<i>T motion</i>
Give us a	Clasp
D	<i>Right punch</i>
Touch	Daggers
Down	<i>High touchdown</i>
Touch	Daggers
Down	<i>High touchdown</i>

Touchdown, Touchdown

Call It: Touchdown, touchdown

[Video Demonstration](#)

Words	Motions
(PAUSE)	Clap
We	<i>Low V and hop with left foot in front</i>
Want	Clap and switch feet
A touchdown	<i>Low V and switch feet</i>
(PAUSE)	Clap with feet together
Touchdown	<i>High touchdown with feet apart</i>
(PAUSE)	Daggers and dip
Touchdown	<i>High touchdown with feet together</i>
(PAUSE)	Clap

Touchdown, Go Upward

Call It: Touchdown, go Upward

[Video Demonstration](#)

Words	Motions
T	(Ripple 1) step forward and hit a T motion
D	<i>(Ripple 1) Hit daggers, do a complete spin, feet together</i>
T	(Ripple 2) step forward and hit a T motion
D	<i>(Ripple 2) Hit daggers, do a complete spin, feet together</i>
Touchdown	High touchdown on toes
(PAUSE)	<i>Daggers and squat</i>
Go Upward	High V with feet apart
(PAUSE)	<i>Hands by side with feet together</i>

UPWARD CHANTS (PAGE 39)

Two Points

Call It: We want a basket, gotta have a basket, two, two, two, two points

[Video Demonstration](#)

Words	Motions
We want	Clasp
<i>A basket</i>	<i>Clasp</i>
Gotta have a	Clasp
<i>Basket</i>	<i>Left low V</i>
Two	Daggers with fingers making a two, right dagger slightly higher than left
<i>Two</i>	<i>Daggers with fingers making a two, left dagger slightly higher than right</i>
Two	Daggers with fingers making a two, right dagger slightly higher than left
<i>Two</i>	<i>Daggers with fingers making a two, left dagger slightly higher than right</i>
Points	Right punch with fingers making a two

Two Points More

Call It: Two points more

[Video Demonstration](#)

Words	Motions
Two	Broken right low V
<i>Points</i>	<i>Right low V</i>
More	Broken left low V
<i>Upward</i>	<i>Left low V</i>
Two	Clasp
<i>Points</i>	<i>Clasp</i>
More	Right punch

U-P-W-A-R-D

Call It: U-P-W-A-R-D

[Video Demonstration](#)

Words	Motions
U-P	Step forward with right foot and hold up U-P sign
<i>W-A</i>	<i>Step forward with right foot and hold up W-A sign</i>
R-D	Step forward with right foot and hold up R-D sign
<i>(Pause)</i>	<i>Bring signs down</i>
<i>(Pause)</i>	<i>Bring sides to the right</i>
<i>(Pause)</i>	<i>Bring signs center</i>

Upward Defense

Call It: Get tough

[Video Demonstration](#)

Words	Motions
Up	Broken right high V
<i>Ward</i>	<i>Right high V</i>
De	Broken left high V
<i>Fense</i>	<i>Broken left high V</i>
Get Tough	Low V
<i>(Pause)</i>	<i>Pony and overhead clap</i>
<i>(Pause)</i>	<i>Pony and overhead clap</i>
<i>(Pause)</i>	<i>Pony and overhead clap</i>

UPWARD CHANTS (PAGE 40)

Upward Here We Go

Call It: Upward, here we go

[Video Demonstration](#)

Words	Motions
Hey	Broken T with right toe tap
<i>Hey</i>	<i>Broken T with left toe tap</i>
(PAUSE)	Hold
<i>Here we go</i>	<i>T motion and shake poms</i>
Upward	Hands behind head and squat to the right
<i>Here We</i>	<i>Hands behind head and squat to the left</i>
Go	HighV and shake poms with feet together
(PAUSE)	<i>Hold</i>

Upward Let's Go

Call It: Go big blue

[Video Demonstration](#)

Words	Motions
Upward	Rustle poms
<i>Pause</i>	<i>Clasp</i>
Let's Go	(Ripple 1) Step back with right foot, T motion
<i>Let's Go</i>	<i>(Ripple 2) Step back with right foot, T motion</i>
Go	Step out, clasp
<i>Big</i>	<i>Clasp</i>
Blue	High V
(PAUSE)	<i>Hold</i>

Upward Let's Go Go

Call It: Upward let's go go

[Video Demonstration](#)

Words	Motions
G	Clasp
<i>G</i>	<i>Right punch</i>
O	T motion
<i>O</i>	<i>High O</i>
Upward	Clasp
<i>Let's</i>	<i>Clasp</i>
Go	Right high V
(Pause)	<i>Broken right high V</i>
Go	Right high V

Upward Let's Win

Call It: Upward let's win

[Video Demonstration](#)

Words	Motions
Set it	Dip and daggers
<i>Up</i>	<i>Pop feet apart in a touchdown</i>
(PAUSE)	Clap twice
<i>Put it</i>	<i>Right high V</i>
In	Left low V
(PAUSE)	<i>Clap twice</i>
Upward	Step right foot back and put poms behind head
<i>Let's</i>	<i>Feet together, dip and daggers</i>
Win	Pop feet out and hit a high V
(PAUSE)	<i>Feet together and clap twice</i>

Upward Make the Shot

Call It: Upward make the shot

[Video Demonstration](#)

Words	Motions
Of	Pop feet apart and hit a high O motion
<i>fense</i>	<i>Roll poms down</i>
Get hot	Low V
(PAUSE)	<i>Feet together and clap</i>
Upward	Step right foot back, pop left knee, extended middle clasp
<i>Make</i>	<i>Poms behind head</i>
The shot	Right punch
(PAUSE)	<i>Feet together and clap</i>

UPWARD CHANTS (PAGE 41)

Upward Offense

Call It: Let's score two more

[Video Demonstration](#)

Words	Motions
Upward	Low V
Offense	High O
Let's	Clasp
Score	Clasp
Two	Daggers
More	Touchdown motion, but use hands to make a basket

Upward Raise That Score

Call It: Upward, raise that score

[Video Demonstration](#)

Words	Motions
Bring it	Daggers
Down	Circle poms to the left
The court	Pop feet apart into a broken T
Upward	T
Raise	Broken T
That Score	Feet together in a right high V
(PAUSE)	Hold

Upward Score Six

Call It: Upward score six

[Video Demonstration](#)

Words	Motions
Touchdown	Right daggers
(PAUSE)	Left daggers
Touchdown	Right high touchdown
(PAUSE)	Left high touchdown
Upward	Clap and squat
Score six	Jump feet out and hit a high V

Upward Score Two

Call It: Move that ball let's go

[Video Demonstration](#)

Words	Motions
Upward	Right T across body in a side lunge
(PAUSE)	Hold
Score	Swing right arm in a low V with right leg across body
Two	High V with feet apart
Move the ball	Roll poms in a squat with feet together
Let's go	Punch and stand
(PAUSE)	Hold

Upward Six More

Call It: Upward, six more

[Video Demonstration](#)

Words	Motions
Upward	Step forward and hit a T motion
(PAUSE)	Daggers and turn
Let's run	Touchdown and step forward
Let's score	Daggers and turn
Upward	Jump feet apart and hit a T motion
(PAUSE)	Right broken T and left hand behind head with a dip
Six more	Right T and left hand on hip with feet together
(PAUSE)	Clap

UPWARD CHANTS (PAGE 42)

Upward Team, Has Spirit

Call It: Upward team has spirit

[Video Demonstration](#)

Words	Motions
Shout it out	Squat and hit a right low V with right arm and left arm behind head
<i>Let's hear it</i>	<i>Squat and hit a left low V with left arm and right arm behind head</i>
Upward Team	(Row 1) Low V and shake poms (Row 2) High V and shake poms
<i>Has spirit</i>	<i>(Row 1) High V and shake poms (Row 2) Low V and shake poms</i>

Upward Upward

Call It: Let's go big blue

[Video Demonstration](#)

Words	Motions
Upward	(Ripple 1) Right high V (Ripple 2) Right low V
<i>(Pause)</i>	<i>Clasp</i>
Upward	(Ripple 1) Left high V (Ripple 2) Left low V
<i>(Pause)</i>	<i>Clasp</i>
Let's	Clasp
Go	Clasp
Big blue	Right punch

Upward Yell

Call It: Let's go white

[Video Demonstration](#)

Words	Motions
Hey	High V
<i>(Pause)</i>	<i>Clasp</i>
Upward	Daggers and rustle poms
<i>Yell</i>	<i>Clasp</i>
Let's	(Ripple 1) Right lunge and hit a right high V
Go	<i>(Ripple 2) Right lunge and hit a right high V</i>
White	(Ripple 3) Right lunge and hit a right high V

V-I-C-T-O-R-Y

Call It: V-I-C-T-O-R-Y

[Video Demonstration](#)

Words	Motions
V	High V
<i>I</i>	<i>Clasp above head</i>
C	Turn arms to the right in a "C" motion
<i>T</i>	<i>T motion</i>
O-R	High O
Y	High V
(PAUSE)	Clasp

V for Victory

Call It: Roll that C-T-O-R-Y

[Video Demonstration](#)



Words	Motions
V	Pony and clasp
<i>For victory</i>	<i>Pony and clasp</i>
V	Pony and clasp
<i>For victory</i>	<i>Pony and clasp</i>
Split that V	High V
<i>Dot the I</i>	<i>Touchdown</i>
Roll that C-T-O-R-Y	From touchdown, roll poms down

We Are

Call It: We are Upward

[Video Demonstration](#)

Words	Motions
We	Pony and swing arms back
<i>Are</i>	<i>Pony and swing arms forward</i>
(Pause)	Pony and overhead clap
<i>(Pause)</i>	<i>Pony and overhead clap</i>
Upward	Jump feet out and hit a high V
(PAUSE)	<i>Jump feet together and clap</i>

UPWARD CHANTS (PAGE 43)

We Want (a Touchdown)

Call It: We want a touchdown

[Video Demonstration](#)

Words	Motions
We	Pony and swing arms back
<i>Want</i>	<i>Pony and swing arms forward</i>
A touch	Pony and daggers
<i>Down</i>	<i>Pony and touchdown</i>
(Pause)	Pony and overhead clap
<i>(Pause)</i>	<i>Pony and overhead clap</i>
(Pause)	Pony and overhead clap

We Want Two

Call It: We want two

[Video Demonstration](#)

Words	Motions
Dribble	Step to the right and shuffle poms
<i>Shoot</i>	<i>Right high v</i>
(PAUSE)	Clap
<i>Dribble</i>	<i>Step to the left and shuffle poms</i>
Shoot	Left high v
<i>(PAUSE)</i>	<i>Clap</i>
Come on	Pop feet apart and swing poms
<i>(PAUSE)</i>	<i>Daggers</i>
Upward	Right punch
<i>(PAUSE)</i>	<i>Clap twice</i>
We want two	Step forward and break into a right high V, making a number two with fingers

We Won't Give In

Call It: We won't give in

[Video Demonstration](#)

Words	Motions
Upward	Step right foot forward, cross right arm across body
<i>(Pause)</i>	<i>Right high V</i>
For the	Cross left arm across body
<i>Win</i>	<i>Left high V</i>
(Pause)	Clasp
<i>Won't</i>	<i>Clasp</i>
Give in	Step feet together and hit a right punch

We're So Proud of You

Call It: We're so proud of you

[Video Demonstration](#)



Words	Motions
We're	Daggers
<i>(Pause)</i>	<i>Clasp</i>
So	Daggers
<i>(Pause)</i>	<i>Clasp</i>
Proud	Daggers
<i>Of</i>	<i>Clasp</i>
You	Daggers
<i>(Pause)</i>	<i>Clasp</i>
We're	Daggers
<i>So</i>	<i>Clasp</i>
Proud	Daggers
<i>Of</i>	<i>Clasp</i>
You	Daggers
<i>(Pause)</i>	<i>Clasp three times</i>

UPWARD CHANTS (PAGE 44)

What's That

Call It: What do we want, TD, what's that, touchdown

[Video Demonstration](#)

Words	Motions
What Do	Pony (starting with right foot forward) and swing arms back
<i>We Want</i>	<i>Pony (switching feet) and swing arms to front</i>
TD	Pony (switching feet) and Two Overhead Clasps
<i>What's</i>	<i>Pony (starting with right foot forward) and swing arms back</i>
That	Pony (switching feet) and swing arms to front
<i>Touch</i>	<i>Pony (switching feet) and daggers</i>
Down	Pony (switching feet) and touchdown

Yell

Call It: Let's hear you yell for the blue and white

[Video Demonstration](#)

Words	Motions
Let's	Pony (starting with right foot forward) and swing arms back
<i>Hear you</i>	<i>Pony (switching feet) and swing arms to front</i>
Yell for the	Clasp
<i>Blue</i>	<i>Right high V</i>
And	Clasp
<i>White</i>	<i>Left high V</i>

Yell Go Go

Call It: Yell go go

[Video Demonstration](#)



Words	Motions
Yell it	T motion with feet apart
<i>(PAUSE)</i>	<i>Broken T</i>
To the G	Right T and pop toe
<i>To the O</i>	<i>Left T and pop toe</i>
Yell go	High V with feet together
<i>(PAUSE)</i>	<i>Swing arms in and step forward</i>
Go	High V
<i>(PAUSE)</i>	<i>Clap with feet together</i>

Yell It (Basic)

Call It: Yell it loud, yell it proud, purple and white

[Video Demonstration](#)

Words	Motions
Yell it loud	Right punch
<i>Yell it proud</i>	<i>Left punch</i>
Purple	Clap to the right
<i>And</i>	<i>Clap to the left</i>
White	Low V

Yell It (Ripple)

Call It: Yell it loud, yell it proud, purple and white

[Video Demonstration](#)

Words	Motions
Yell it loud	Right punch
<i>Yell it proud</i>	<i>Left punch</i>
Purple	Clap to the right
<i>And</i>	<i>Clap to the left</i>
White	(Ripple 1) Low V (Ripple 2) High V

UPWARD CHANTS (PAGE 45)

Yell W-I-N

Call It: Yell W-I-N

[Video Demonstration](#)

Words	Motions
Upward	Stack broken T with feet apart
<i>(PAUSE)</i>	<i>Hold</i>
If you wanna win	Swing arms into a left diagonal
<i>Yell W</i>	<i>Right low V with a right squat</i>
I	Break right T with a right squat
<i>N</i>	<i>Break right high V in a right squat</i>
<i>(PAUSE)</i>	<i>Hold</i>

Yell Your Colors

Call It: Blue and red

[Video Demonstration](#)

Words	Motions
Yell	High V
<i>(Pause)</i>	<i>Clasp</i>
Your colors	Daggers and rustle poms
<i>Upward</i>	<i>Clasp</i>
Blue	Step forward with right foot and hit a right T
<i>And Red</i>	<i>Left T</i>