

CHEER-IT WITH SPIR-IT CHEERLEADING CHEERS

****Ready position (hands on hips, smiles on lips)**

1. Extra, Extra (feet shoulder width apart)

EXTRA, EXTRA	<i>(hands on hips, hips right-left)</i>
READ ALL ABOUT IT	<i>(candlesticks move up and down)</i>
WE'RE THE BEST TEAM	<i>(tabletops with thumbs out)</i>
AND THERE'S NO DOUBT ABOUT IT	<i>(Broken T with pointed finger out- right arm; hand on hip- left arm)</i>
TO THE EAST (CLAP, CLAP)	<i>(Slide step to the right, hands in Low V with blades)</i>
TO THE WEST (CLAP, CLAP)	<i>(Slide step to the left, hands in Low V with blades)</i>
TO THE EAST (CLAP)	<i>(Slide step to the right, hands in Low V with blades)</i>
TO THE WEST (CLAP)	<i>(Slide step to the left, hands in Low V with blades)</i>
TURN AROUND, TOUCH THE GROUND, LET'S GO LIONS	<i>(High V, legs shoulder width apart)</i>

2. Yell Out Your Colors- Repeat 3 times (feet shoulder width apart)

YELL OUT	<i>(Right arm touchdown)</i>
PAUSE	<i>(Right arm tabletop/dagger)</i>
YOUR COLORS	<i>(Left arm touchdown)</i>
PAUSE	<i>(Left arm tabletop/dagger)</i>
RED	<i>(Right arm High V, left arm hand on hip)</i>
AND	<i>(Clasp)</i>
WHITE	<i>(Left arm High V, right arm hand on hip)</i>

3. G-O Yell GO-GO (feet shoulder width apart)

G	<i>(Left hand on hip, right arm straight across chest)</i>
PAUSE	<i>(Left hand on hip, right arm opens into a T)</i>
O	<i>(Right hand on hip, left arm straight across chest)</i>
YELL	<i>(Left hand on hip, right arm open into a T)</i>
GO	<i>(Right hand grabs left wrist above head (looks like circle))</i>
PAUSE	<i>(Hands remain the same, bring it down in front of your body)</i>
GO	<i>(High V)</i>

4. Dynamite (feet shoulder width apart)

WE'RE "DYNA"	(Hands open to clap)
"MITE"	(Clap)
WE'RE "DYNA"	(Hands open to clap)
"MITE"	(Clap)
WE'RE TICK	(Left arm broken T, right arm tabletop hands in blades- like arms of a clock)
TICK, TICK, TICK, TICK, TICK	(On each tick move the "hand of the clock" lower the right arm to meet the left arm)
BOOM	(Low V)
DYNAMITE	(Tabletops)
PAUSE	(CLAP, CLAP)
BOOM, BOOM	(Low V)
DYNAMITE	(Tabletops)
PAUSE	(Clap, clap)
WE'RE "DYNA"	(Hands open to clap)
"MITE"	(Clap)
WE'RE "DYNA"	(Hands open to clap)
"MITE"	(Clap)
WE'RE HOLD	(Right arm bucket- blades (palm facing the crowd), left arm on hip)
UP	(Left arm bucket- blades- both hands now extended)
WAIT A	(Left arm remains extended, right hand rests on left shoulder)
MINUTE	(Left arm bends and left hand rests on right shoulder)
PUT A	(Right hand touches right hip, left hand remains on right shoulder)
LITTLE	(Left hand touches left hip, both hands are now resting on hips)
BOOM	(Shoot out right hip)
IN IT	(Move hip back into ready position- hands still on hips)
BOOM	X- (high V, legs shoulder width apart)

5. Rowdy (feet shoulder width apart)

LETS	(Low V-blades)
PAUSE	(Clap)
GET	(Low V-blades)
PAUSE	(Clap)
A LITTLE	(Low V-blades)
BIT	(Clap)
"ROW"	(Low V-blades)
"DY"	(Clap)
LIONS	(High V- feet shoulder width apart)
ARE	(Hands on hips-fists)
PAUSE	(Shoot right hip out to the side)
PAUSE	(Shoot left hip out to the side)
"ROW"	(Left hand on hip-fist, right arm half High V)
"DY"	(Left hand on hip-fist, right arm extended High V)

6. Red and White *(feet shoulder width apart)*

RED *(Left hand on hip, right arm High V)*
PAUSE, PAUSE, PAUSE *(3 clasps)*
WHITE *(Right hand on hip, left arm High V)*
PAUSE *(1 clasp)*
GO *(Left hand on hip; right arm touchdown)*
LIONS *(Left hand on hip, right arm tabletop)*
GO *(Left hand on hip, right arm touchdown)*

7. SCARED *(feet shoulder width apart)*

S *(High V)*
PAUSE *(Clasp)*
C *(Low V)*
PAUSE *(Clasp)*
A-R *(Left hand on hip, right arm extended straight across chest)*
WE'VE GOT 'EM SCARED *(Turn to the left- pivoting on left foot)*
HUH *(Turn head over right shoulder- looking towards the crowd)*
SHAKIN' IN THE KNEES *(Bend slightly at the knees, shaking knees- elbows against hips, making circular motions with your arms)*

8. Push 'em Back *(feet shoulder width apart)*

PUSH 'EM BACK *(Left arm tabletop, right arm candlestick)*
PUSH 'EM BACK *(Right arm tabletop, left arm candlestick)*
PUSH 'EM BACK *(Left arm tabletop, right arm candlestick)*
WAY BACK *(Low V, lean back- rock on heels)*
GO LIONS *(Left hand on hip, right arm touchdown)*
PAUSE *(Clasp)*
LIONS *(High V)*

9. Who Rocks the House

WHO *(Low V)*
ROCKS *(Clap)*
THE HOUSE *(Low V)*
PAUSE *(Clap)*
THE LIONS *(Low V)*
ROCK *(Clap)*
THE HOUSE *(Low V)*
THEY ROCK IT *(Clap)*
ALL *(Left arm broken T, right arm T)*
THE WAY *(Right arm broken T, left arm T)*
DOWN *(Left arm broken T, right arm T, knees bent)*

10. Beat Those Raiders

B	<i>(Right arm Low V, left hand on hip)</i>
PAUSE	<i>(Clasp)</i>
E	<i>(Left arm Low V, right hand on hip)</i>
PAUSE, PAUSE	<i>(Clasp, clasp)</i>
A	<i>(Left hand on hip, right arm broken touchdown (first behind head))</i>
T	<i>(Left hand on hip, right arm extended to touchdown)</i>
BEAT	<i>(Low V)</i>
PAUSE	<i>(Clasp)</i>
THOSE	<i>(T)</i>
PAUSE	<i>(Clasp)</i>
RAIDERS	<i>(High V)</i>