

**TIP:** *All cheers, chants and dance routines provided in this book are also demonstrated on MyUpward.org. You can also find previous season cheers, chants and dance routine videos on the Upward Sports YouTube page.*

## Cheers

It is time to get loud and to have some fun! This section will provide you with a base of cheers to use during the season. Squads are not required to use all cheers and chants provided in this book. Detailed Practice Plans can be found at MyUpward.org. If you create your own remember to keep all cheers positive and uplifting.

***When teaching cheers, follow these guidelines:***

1. Teach the words first.
2. Have cheerleaders repeat until everyone is familiar with the words.
3. Teach the entire cheer, chant or dance.
4. Review slowly, but still focus on sharp and precise motions.
5. Once everyone has the overall knowledge, practice it at a full speed. Look for correct motion placement and sharpness, while emphasizing squad synchronization from the very beginning.
6. Do not move on without perfecting technique first.

***CLAPS ARE TO BE DONE IN THE CLASP POSITION UNLESS OTHERWISE NOTED.***

**TIP:** *Teach cheerleaders to end each cheer, chant and dance routine by showing spirit! Encourage them to yell things such as, "Go, Upward!" "Let's go, Red and Black!" and other similar phrases. Have them practice three to four short phrases after every cheer.*

# Hey Upward (Basic)

WORD	MOTION
Hey	Squat and shuffle poms
Upward	Step back right, right punch
Give me a	Feet together and clap
U, P	Step right, right high V
- PAUSE -	Clap
U, P	Right high V
- PAUSE -	Feet together and clap
Hey	Squat and shuffle poms
Upward	Step back right, right punch
Give me a	Feet together and clap
W, A	Feet apart, High V
- PAUSE -	Clap
W, A	High V
- PAUSE -	Feet together and clap
Hey	Squat and shuffle poms
Upward	Step back right, right punch

(cont.)

WORD	MOTION
Give me a	Feet together and clap
R, D	Step left, left high V
- PAUSE -	Clap
R, D	Left high V
- PAUSE -	Feet together and clap
Upward	Clap
- PAUSE -	Clap
Together	Step forward and candlesticks
let's hear it	Step and daggers
U, P	Step right, right high V
- PAUSE -	Feet together and clap
W, A	Feet apart, High V
- PAUSE -	Feet together and clap
R, D	Step left, left high V

**Hi, Hello**

<b>WORD</b>	<b>MOTION</b>
<b>Hi</b>	Roll poms in a squat
<b>Hello</b>	High V with feet apart
<b>- PAUSE -</b>	Hold
<b>Welcome To</b>	Wrap poms behind head
<b>Our Home</b>	Hands on hips and sit to the right
<b>H</b>	High touchdown
<b>E</b>	Daggers
<b>L-L</b>	Right L
<b>O</b>	O with feet together
<b>Hi</b>	Roll poms in a squat
<b>Hello</b>	High V with feet apart

# Let's Win Tonight



<b>WORD</b>	<b>MOTION</b>
<b>Yell</b>	Hold
<b>Go</b>	Right high V with feet apart
<b>- PAUSE -</b>	Break high V
<b>Go</b>	Right low V
<b>Yell</b>	Hold
<b>Upward</b>	Left high V
<b>- PAUSE -</b>	Break high V
<b>Upward</b>	Left low V
<b>- PAUSE -</b>	Hold
<b>Go</b>	High V
<b>- PAUSE -</b>	Broken T and squat
<b>Upward</b>	Low V with feet together
<b>- PAUSE -</b>	Hold
<b>Let's Win</b>	Clap and step forward
<b>- PAUSE -</b>	Clap again
<b>Tonight</b>	Punch

# Go Upward

WORD	MOTION
<b>Hey</b>	Dip and daggers
<b>Fans</b>	Feet apart and T motion
<b>- PAUSE -</b>	Clap
<b>To the right</b>	Sit and right high V
<b>To the right</b>	Sit and right high V in ripple
<b>Yell</b>	Dip and right dagger
<b>Go</b>	Feet apart and right punch
<b>- PAUSE -</b>	Clap
<b>Go</b>	Right high V
<b>- PAUSE -</b>	Clap
<b>Hey</b>	Dip and daggers
<b>Fans</b>	Feet apart and T motion
<b>- PAUSE -</b>	Clap
<b>To the left</b>	Sit and left high V
<b>To the left</b>	Sit and left high V in ripple
<b>Yell</b>	Dip and left dagger

(cont.)

WORD	MOTION
<b>Upward</b>	Feet apart and left punch
<b>- PAUSE -</b>	Clap
<b>Upward</b>	Left high V
<b>- PAUSE -</b>	Clap
<b>Hey</b>	Dip and daggers
<b>Fans</b>	Feet apart and T motion
<b>- PAUSE -</b>	Clap
<b>Yell it loud</b>	Clap high or low O
<b>Yell it loud</b>	Clap low or high O
<b>Go</b>	Step forward and right high V
<b>- PAUSE -</b>	Clap
<b>Upward</b>	Left high V
<b>- PAUSE -</b>	Clap
<b>Go</b>	Right high V
<b>- PAUSE -</b>	Clap
<b>Upward</b>	Left high V

# Hey Upward

(Intermediate)

## INTERMEDIATE LEVEL CHEER

WORD	MOTION
Hey Upward	Daggers and squat
- PAUSE -	High V with feet apart
Let's Score	Shake poms and dip
- PAUSE -	Hands by side with feet together
Get	Broken T and squat
The Ball	Forward buckets with feet apart
And Take	Right T with left pom over right elbow
Control	Left T with right pom over left elbow
Hey Upward	Daggers and squat
- PAUSE -	High V with feet apart
Let's Fight	Shake poms and dip
- PAUSE -	Hands by side with feet together
Yell	High V
Win	Swing
With All Your	Toe touch jump
Might	Stand
Yell Win	T with feet apart

(cont.)

WORD	MOTION
- PAUSE -	Broken T
Win	T
- PAUSE -	Clap
Win	T
- PAUSE -	Broken T
Win	T

# The Girls From Upward



WORD	MOTION
<b>The Girls</b>	Clap and pop right knee
<b>- PAUSE -</b>	Clap and pop left knee
<b>From Upward</b>	Clap and pop right knee
<b>- PAUSE -</b>	Clap and pop left knee
<b>We Want</b>	Right High V
<b>To Say</b>	Break high V
<b>Hello</b>	Right High V
<b>- PAUSE -</b>	Hold
<b>Meet</b>	Hands behind head with feet together
<b>Our Team</b>	hands on hips
<b>Ready</b>	High touchdown on toes
<b>Set</b>	Daggers
<b>Go</b>	Hands on hips and step back
<b>Hi</b>	Shuffle poms in a squat
<b>I'm Rachel</b>	Punch and stand
<b>Hi</b>	Shuffle poms in a squat
<b>I'm Katilyn</b>	Punch and stand
<b>Hi</b>	Shuffle poms in a squat
<b>I'm Sarah</b>	Punch and stand
<b>H</b>	High touchdown with feet apart

(cont.)

WORD	MOTION
<b>E</b>	Daggers
<b>L-L</b>	Right L
<b>O</b>	O with feet together
<b>The Girls</b>	Clap and pop right knee
<b>- PAUSE -</b>	Clap and pop left knee
<b>From Upward</b>	Clap and pop right knee
<b>- PAUSE -</b>	Clap and pop left knee
<b>We Want</b>	Right High V
<b>To Say</b>	Break high V
<b>Hello</b>	Right High V and shake pom

*\*Use your cheerleaders names.*

# Yell It Proud

WORD	MOTION
<b>Upward,</b> <b>- PAUSE -</b>	Sit in a T, broken T, hit T again
<b>Yell it proud</b>	Feet together in high O
<b>Yell</b>	Low O
<b>Blue*</b>	Feet apart, right T
<b>and</b>	Clap
<b>White*</b>	Left T
<b>- PAUSE -</b>	Clap
<b>Blue*</b>	Right T
<b>and</b>	Clap
<b>White*</b>	Left T
<b>- PAUSE -</b>	Feet together and clap
<b>Upward,</b> <b>- PAUSE -</b>	Sit in a T, broken T, hit T again
<b>Yell it proud</b>	Feet together in high O
<b>Again</b>	Swing to a low O
<b>Yell go</b>	Step forward, sit in low V
<b>Fight</b>	Stand in a broken T

(cont.)

WORD	MOTION
<b>Win</b>	Sit in high V
<b>- PAUSE -</b>	Feet together and clap
<b>Go</b>	Step forward, sit in low V
<b>Fight</b>	Stand in a broken T
<b>Win</b>	Sit in high V
<b>- PAUSE -</b>	Feet together and clap
<b>Blue*</b>	Feet apart, right T
<b>and</b>	Clap
<b>White*</b>	Left T
<b>- PAUSE -</b>	Feet together and clap
<b>Go</b>	Step forward, sit in low V
<b>Fight</b>	Stand in a broken T
<b>Win</b>	Sit in high V

*\*adjust for current season colors*



# Get Up And Yell

<b>WORD</b>	<b>MOTION</b>
	Clap
<b>Get</b>	Step back
<b>Up</b>	Kick right leg and high V
<b>And</b>	Squat and daggers
<b>Yell</b>	Feet apart and right punch
<b>- PAUSE -</b>	Clap
<b>Orange*</b>	Right high V
<b>- PAUSE -</b>	Clap
<b>Orange*</b>	Right high V
<b>- PAUSE -</b>	Feet together and clap
<b>Get</b>	Step back
<b>Up</b>	Kick right leg and high V
<b>And</b>	Squat and daggers
<b>Yell</b>	Feet apart and right punch
<b>- PAUSE -</b>	Clap
<b>Blue*</b>	Left low V
<b>- PAUSE -</b>	Clap
<b>Blue*</b>	Left low V
<b>- PAUSE -</b>	Feet together and clap
<b>Get</b>	Step back

(cont.)

<b>WORD</b>	<b>MOTION</b>
<b>Up</b>	Kick right leg and high V
<b>And</b>	Squat and daggers
<b>Yell</b>	Feet apart and right punch
<b>- PAUSE -</b>	Clap
<b>White*</b>	High V
<b>- PAUSE -</b>	Clap
<b>White*</b>	High V
<b>- PAUSE -</b>	Feet together and clap
<b>Hey</b>	Clap high
<b>Hey</b>	Clap low
<b>Get Up</b>	Clap
<b>Yell</b>	Clap
<b>Orange*</b>	Step forward and right high V
<b>Blue</b>	Left low V
<b>White*</b>	High V
<b>- PAUSE -</b>	Clap
<b>Orange*</b>	Step forward and right high V
<b>Blue</b>	Left low V
<b>White*</b>	High V

*\*adjust for current season colors*

# Let's Rock n' Roll

WORD	MOTION
<b>This side</b>	Step right and right T
- PAUSE -	Step and clap
<b>Let's rock</b>	Step back and low V
<b>Yell</b>	Step together and clap
<b>Upward</b>	Step forward and right punch
- PAUSE -	Right dagger
<b>Don't stop</b>	Right high V
- PAUSE -	Clap
<b>Upward</b>	Right punch
- PAUSE -	Right dagger
<b>Don't stop</b>	Right high V
- PAUSE -	Feet together and clap
<b>This side</b>	Step to the left and left T
- PAUSE -	Step and clap
<b>Let's roll</b>	Step back and circle poms
<b>Yell</b>	Step together and clap
<b>Win</b>	Step forward and left high V

(cont.)

WORD	MOTION
- PAUSE -	Break left high V
<b>Win</b>	High V
- PAUSE -	Clap
<b>Win</b>	Left high V
- PAUSE -	Break left high V
<b>Win</b>	High V
- PAUSE -	Feet together and clap
<b>Everybody</b>	Feet apart and high V
- PAUSE -	Hands to side
<b>Let's rock</b>	Squat and low V
<b>And roll</b>	Feet together and circle poms
<b>Yell</b>	Step right and right punch
<b>Upward</b>	Right dagger
- PAUSE -	Right dagger
<b>Don't stop</b>	Right high V
- PAUSE -	Clap
<b>Win</b>	Left high V
- PAUSE -	Break left high V
<b>Win</b>	High V

# We're Number One



WORD	MOTION
Hey Fans	Diagonal with feet apart
- PAUSE -	Swing right arm into low V and squat
Get Fired	Shuffle poms to the left
Up	Shuffle poms to the right
It's Time	Hands behind head with feet together
To Show Your	Arms across stomach in a squat
Pride	Low V in a back lunge
Yell We	Left bow & arrow with feet together
Are	Right bow & arrow
Upward	Punch
- PAUSE -	Hold
We	Left bow & arrow
Are	Right bow & arrow
Upward	Punch
- PAUSE -	Hold
That's Right	Shuffle poms above head
Fans	Shuffle poms low in squat
Get Loud	High V in a back lunge
- PAUSE -	Hold

(cont.)

WORD	MOTION
Show 'Em	Step together
What	Swing
We're All	Toe touch jump
About	Hands behind head with feet together
Yell We're	Right arm in dagger and left arm in low touchdown with right foot forward
Number	Switch arms
One	Punch
- PAUSE -	Hold
We're	Right arm in dagger and left arm in low touchdown
Number	Switch arms
One	Punch

*\*adjusted for current season colors*

## Chants

Chants are shorter than cheers and are recited 3 times. However, the crowd is usually a good indicator of when to end a chant. In the next few pages, you will find fun chants that are designed for all age divisions.

*When learning and teaching chants:*

- » Learn the words first
- » Repeat the chant until everyone is familiar with the words and rhythm
- » Learn the motions
- » Practice it at a full speed and with sharpness

Always look for correct motion placement and sharpness, while emphasizing team synchronization. Do not move on to a new chant without perfecting technique.

**GO UPWARD**

**NEW  
CHANT**

WORD	MOTION
Hey	Shuffle poms in a squat
Go Upward	Punch and stand
Everybody	Right clap
Yell	Left clap
Go Upward	Punch and stand
- PAUSE -	Pause

**REPEAT CHANT 3 TIMES**

**GUARD 'EM DEFENSE**

**NEW  
CHANT**

WORD	MOTION
Guard 'Em	Broken T with right knee popped
Defense	T with left knee popped
Guard 'Em	Broken T with right knee popped
- PAUSE -	Shuffle poms in a squat
- PAUSE -	
- PAUSE -	

**REPEAT CHANT 3 TIMES**

**GO UPWARD TEAM**

WORD	MOTION
Stand	Dip and daggers
Up	Stand and Touchdown
- PAUSE -	Dip and Clap
And scream	Step and sit into High V
- PAUSE -	Step back and clap
Go	Broken T and step forward
Upward	Cross wrists in front
Team	High V
- PAUSE -	Step back and clap

**REPEAT CHANT 3 TIMES**

**GUARD 'EM, UPWARD,  
GUARD 'EM**

WORD	MOTION
Hands	Dip with poms behind head
Up	Feet apart in a high V
- PAUSE -	Hold
Hands	Dip with poms behind head
Up	Feet apart in a high V
- PAUSE -	Clap
Guard 'em	Punch right arm across body in a side lunge
Upward	Hold
Guard 'em	Punch right arm across body in a side lunge
- PAUSE -	Clap

**REPEAT CHANT 3 TIMES**

## JUMP BALL

**NEW  
CHANT**

WORD	MOTION
Jump	Daggers in a squat
Ball	High touchdown and stand with feet apart
Get	Right low V with a right squat
It	Right low V break and stand
Get It	Right low V in a right squat
- PAUSE - - PAUSE -	High left clap twice
- PAUSE - - PAUSE - - PAUSE -	Low right clap three times

**REPEAT CHANT 3 TIMES**

## REBOUND THAT BASKETBALL

WORD	MOTION
Hey	Feet apart in a high V and shake poms
- PAUSE -	Clap
Upward	Low V
- PAUSE -	Clap
Rebound	Squat with poms on knees
- PAUSE -	Stand and clap
That Basket-	Right punch
Ball	Clap

**REPEAT CHANT 3 TIMES**

## SWOOSH, GET TWO

WORD	MOTION
You Know	Pop feet apart in a right high V
What	Break right arm
To Do	Hit a right low V
Swoosh	Feet together and shuffle poms
Get Two	Pop feet apart in a high V
- PAUSE -	Hold

**REPEAT CHANT 3 TIMES**

## SHOOT FOR TWO

**NEW  
CHANT**

WORD	MOTION
Offense	Clap in a back lunge
- PAUSE -	Hold
Offense	Low V
- PAUSE -	Hold
Shoot For	Swing arms in with feet together
Two	High V
- PAUSE -	Hold

**REPEAT CHANT 3 TIMES**

**TAKE THAT BALL AWAY**

**NEW  
CHANT**

<i>WORD</i>	<i>MOTION</i>
<b>Take</b>	Roll poms and step to the right
<b>That</b>	Clap with feet together
<b>Ball</b>	Roll poms and step to the left
<b>Away</b>	Clap with feet together
<b>Take it</b>	Candlesticks
<b>- PAUSE -</b>	Daggers
<b>Take It</b>	Candlesticks
<b>- PAUSE -</b>	Daggers

**REPEAT CHANT 3 TIMES**

**THROUGH THE HOOP**

<i>WORD</i>	<i>MOTION</i>
<b>Dribble</b>	Feet apart in a right low V
<b>And Shoot</b>	Left low V
<b>Upward Through The</b>	Bring feet together and clap
<b>Hoop</b>	Feet apart in a high V
<b>- PAUSE -</b>	Hold

**REPEAT CHANT 3 TIMES**

## DEFENSE, GET YOUR HANDS UP

WORD	MOTION
Let's	Feet apart and punch right arm across body
Get	Break right arm
Fired	Dip and hit a right dagger
Up	Feet together in a right punch
Defense	Clap
- PAUSE -	Clap
Get Your Hands	Squat in a daggers
Up	Feet apart in a touchdown
- PAUSE -	Hold

REPEAT CHANT 3 TIMES

## GET THAT BALL BACK

WORD	MOTION
De-	Stagger arms
Fense	Feet apart in a high V
- PAUSE -	Hold
Hustle	Low V
- PAUSE -	Clap
Get That Ball	Hop twice clapping above head
Back	Step back in a lunge in a right punch
- PAUSE -	Hold

REPEAT CHANT 3 TIMES

## GO UPWARD GO

WORD	MOTION
Upward	Feet apart in a right punch
- PAUSE -	Squat and clap
Take	Feet together in a right punch
Con-	Break right punch to a dagger
Trol	Right punch
Go	K side lunge - ripple 1
Upward	K side lunge - ripple 2
Go	K side lunge - ripple 3
- PAUSE -	Feet together and clap

REPEAT CHANT 3 TIMES



**LET'S GUARD 'EM**

**NEW  
CHANT**

<i>WORD</i>	<i>MOTION</i>
<b>Hey</b>	Right dagger in a squat with feet together
<b>D</b>	Punch and stand
<b>Let's Guard 'Em</b>	Left candlesticks in a side lunge
<b>- PAUSE -</b>	Hold
<b>D</b>	Bow & arrow with feet together (ripple 1)
<b>D</b>	Bow & arrow with feet together (ripple 2)
<b>Defense</b>	Bow & arrow with feet together (ripple 3)
<b>- PAUSE -</b>	Hold

**REPEAT CHANT 3 TIMES**

**PASS IT**

**NEW  
CHANT**

<i>WORD</i>	<i>MOTION</i>
<b>P-A</b>	Daggers with feet together
<b>S-S</b>	Swing poms and step to the left
<b>I</b>	Daggers with feet together
<b>T</b>	Clap
<b>PASS IT</b>	Right low V in a right squat
<b>UPWARD</b>	Left low V in a left squat
<b>PASS IT</b>	Low V
<b>- PAUSE -</b>	Clap with feet together

**REPEAT CHANT 3 TIMES**

## STARS GOTTA HYPE IT UP, HYPE IT UP

WORD	MOTION
Hype	High V
It	Break
Up	High V
Hype	Step forward and hit a low V
It	Break
Up	Low V
Stars	Stand up and clap above head
Gotta	Squat and clap low
Hype	Stand and hit daggers
It Up	Right punch
- PAUSE -	Hold
<b>REPEAT CHANT 3 TIMES</b>	

## TAKE THAT BALL AWAY

WORD	MOTION
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 with a low clasp
That Ball	Poms behind head
Away	High V
- PAUSE -	Hold
<b>REPEAT CHANT 3 TIMES</b>	

**NEW  
CHANT**

## UPWARD, RAISE THAT SCORE

WORD	MOTION
Bring It	Daggers
Down	Circle poms to the left
The Court	Pop feet apart in a broken T
Upward	T
Raise	Broken T
That Score	Feet together in a right high V
- PAUSE -	Hold

**REPEAT CHANT 3 TIMES**

## THROUGH THE HOOP

WORD	MOTION
Aim	Feet apart in a right high V
- PAUSE -	Hold
Shoot	Left low V
- PAUSE -	Hold
Get	Right candlesticks
That Ball	Break left arm into a T
Through	Squat with feet together
The Hoop	Pop feet apart in a right punch
- PAUSE -	Hold

**REPEAT CHANT 3 TIMES**

## UPWARD SCORE TWO

WORD	MOTION
Upward	Right T across body in a side lunge
- PAUSE -	Hold
Score	Swing right arm in 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

**REPEAT CHANT 3 TIMES**

**UPWARD TEAM  
LET'S FIGHT**

<i>WORD</i>	<i>MOTION</i>
<b>Pump It Up</b>	Step forward with right foot and pump poms
<b>Get Hype</b>	Step back and shake poms above head
<b>- PAUSE -</b>	Squat and clap
<b>Upward</b>	Step forward in candlesticks
<b>Team</b>	Squat with poms behind head
<b>Let's Fight</b>	Feet apart in a high V
<b>- PAUSE -</b>	Clean
<b>REPEAT CHANT 3 TIMES</b>	



**YELL W-I-N**

<i>WORD</i>	<i>MOTION</i>
<b>Upward</b>	Stack broken T with feet apart
<b>- PAUSE -</b>	Hold
<b>If You Wanna Win</b>	Swing arms into a left diagonal
<b>Yell W</b>	Right low V with a right squat
<b>I</b>	Break right T with a right squat
<b>N</b>	Break right high V in a right squat
<b>- PAUSE -</b>	Hold
<b>REPEAT CHANT 3 TIMES</b>	

**BASKET, BASKET**

**NEW  
CHANT**

<i>WORD</i>	<i>MOTION</i>
<b>B</b>	Left L with feet apart
<b>A</b>	Break right arm and squat to the left
<b>S</b>	Left L with feet apart
- PAUSE - - PAUSE -	Clap twice
<b>K</b>	Right L with feet apart
<b>E</b>	Break left arm and squat to the right
<b>T</b>	Right L with feet apart
- PAUSE - - PAUSE -	Clap twice
<b>Basket</b>	T
- PAUSE -	Daggers and squat
<b>Basket</b>	High touchdown and stand
- PAUSE -	Hold

**REPEAT CHANT 3 TIMES**

**DEFENSE, GET IT BACK**

<i>WORD</i>	<i>MOTION</i>
<b>Get</b>	Feet apart and hit a right high V
<b>That Ball</b>	Break right arm into a low V
<b>Back</b>	Left high V
- PAUSE -	Feet together and clap
<b>Defense</b>	Squat in daggers
<b>Get It</b>	Feet apart in a touchdown
<b>Back</b>	Low V
- PAUSE -	Clean

**REPEAT CHANT 3 TIMES**

**DOWN THE COURT**

**NEW  
CHANT**

<i>WORD</i>	<i>MOTION</i>
<b>Down</b>	Broken T with feet together on toes (ripple 1)
<b>The Court</b>	T in a back lunge (ripple 1)
<b>Down</b>	Broken T with feet together on toes (ripple 2)
<b>The Court</b>	T in a back lunge (ripple 2)
<b>Push</b>	Right daggers in a squat with feet together
<b>That</b>	Low touchdown and stand
<b>Ball</b>	Left daggers in a squat with feet together
<b>Down The Court</b>	Squat with hands on knees
<b>- PAUSE -</b>	Hold

**REPEAT CHANT 3 TIMES**

**GET 'EM DEFENSE GET 'EM**

**NEW  
CHANT**

<i>WORD</i>	<i>MOTION</i>
<b>You Got</b>	Front candlestick and step forward with right foot (ripple 1)
<b>The Ball</b>	Daggers and turn with feet together (ripple 1)
<b>We Want</b>	Front candlestick and step forward with right foot (ripple 2)
<b>The Ball</b>	Daggers and turn with feet together (ripple 2)
<b>Get 'Em</b>	Low V and step forward with right foot
<b>Defense</b>	Clasp and turn with feet together
<b>Get 'Em</b>	Low V
<b>- PAUSE -</b>	Clap

**REPEAT CHANT 3 TIMES**

**GO BLUE,  
GO WHITE**

<b>WORD</b>	<b>MOTION</b>
<b>Let's</b>	Step to the right with right arm low across body
<b>Go</b>	Step feet together in a broken T
<b>Blue*</b>	Right high V
<b>- PAUSE -</b>	Clap
<b>Let's</b>	Step to the left with left arm low across body
<b>Go</b>	Step feet together in a broken T
<b>White*</b>	Left high V
<b>- PAUSE -</b>	Clap
<b>Go</b>	Step forward and hit a low V
<b>Blue*</b>	Sit and hit a high V
<b>- PAUSE -</b>	Feet together and clean
<b>Go</b>	Clap
<b>White*</b>	Right punch
<b>- PAUSE -</b>	Clap twice

**REPEAT CHANT 3 TIMES**

*\*use current season colors*

**MOVE THAT BALL  
THE OTHER WAY**

<b>WORD</b>	<b>MOTION</b>
<b>Steal It</b>	Step to the left while punching and breaking right arm
<b>- PAUSE -</b>	Clap
<b>Take It</b>	Step forward and hit candlesticks
<b>Away</b>	Step back and hit daggers
<b>Move</b>	Dip with poms behind head
<b>That Ball</b>	Feet apart in a High V
<b>The Other Way</b>	Step to the right while punching and breaking left arm
<b>- PAUSE -</b>	Hold

**REPEAT CHANT 3 TIMES**

**REACHING FOR #1**

<b>WORD</b>	<b>MOTION</b>
<b>Upward</b>	K side lunge
<b>- PAUSE -</b>	Feet together and clap
<b>Has</b>	Step forward with right foot in a low V
<b>Just</b>	Break low V
<b>Begun</b>	Low V
<b>Reaching</b>	Hop and clap above head
<b>- PAUSE -</b>	Hop and clap above head again
<b>For Number</b>	Step back and squat in a right dagger
<b>One</b>	Stand in a right punch
<b>- PAUSE -</b>	Hold

**REPEAT CHANT 3 TIMES**

**SCORE UPWARD, SCORE**

<b>WORD</b>	<b>MOTION</b>
<b>Move</b>	Right candlesticks
<b>The Ball</b>	Break into T with left foot back
<b>Down</b>	Left candlesticks
<b>The Court</b>	Break into T with feet apart
<b>Score</b>	Pop left knee and hit right punch
<b>Upward</b>	Break right punch into a dagger
<b>Score</b>	Right punch
<b>- PAUSE -</b>	Feet together and clap

**REPEAT CHANT 3 TIMES**





**UPWARD HERE WE GO**

<i>WORD</i>	<i>MOTION</i>
Hey	Broken T with right toe tap
Hey	Broken T with left toe tap
- PAUSE -	Hold
Here We Go	T and shake poms
Upward	Hands behind head and squat to the right
Here We	Hands behind head and squat to the left
Go	High V and shake poms with feet together
- PAUSE -	Hold

**REPEAT CHANT 3 TIMES**

**UPWARD, LET'S WIN**

<i>WORD</i>	<i>MOTION</i>
Set It	Dip in daggers
Up	Feet apart in a touchdown
- PAUSE - - PAUSE -	Clap, clap
Put It	Right high V
In	Left low V
- PAUSE - - PAUSE -	Clap, clap
Upward	Step back with poms behind head
Let's	Dip in daggers
Win	Pop out in a high V
- PAUSE -	Feet together and clap twice

**REPEAT CHANT 3 TIMES**

**UPWARD, MAKE THAT SHOT**

<i>WORD</i>	<i>MOTION</i>
<b>Of-</b>	Pop feet in an O
<b>Fense</b>	Roll poms down
<b>Get Hot</b>	Low V
<b>- PAUSE -</b>	Feet together and clap
<b>Upward</b>	Step back in a clasp
<b>Make</b>	Poms behind head
<b>The Shot</b>	Right punch
<b>- PAUSE -</b>	Feet together and clap

**REPEAT CHANT 3 TIMES**

**WE WANT TWO**

<i>WORD</i>	<i>MOTION</i>
<b>Dribble</b>	Step to the right and shuffle poms
<b>Shoot</b>	Right high V
<b>- PAUSE -</b>	Clap
<b>Dribble</b>	Step to the left and shuffle poms
<b>Shoot</b>	Left high V
<b>- PAUSE -</b>	Clap
<b>Come On</b>	Feet apart and swing poms
<b>- PAUSE -</b>	Daggers
<b>Upward</b>	Right punch
<b>- PAUSE -</b>	Clap, Clap
<b>- PAUSE -</b>	
<b>We Want</b>	Step forward with right hand behind head
<b>Two</b>	Right high V in a number 2
<b>- PAUSE -</b>	Clap and grab poms

**REPEAT CHANT 3 TIMES**