

Kyff Sample Cheers

Warm-up: arm circles, standing knee hug spelling team name, Jumping Jills, Cheer Arms, spiring

Cheers: *see live online at* <https://www.youtube.com/user/kyfffalconscheer>
use your **own team name & team colors**; “Falcons” & “red & black” used here as an example

1 [hold up 1 finger, jump, clap], We are the Falcons [jump, clap],
2 [hold up 2 fingers, jump, clap], A little bit louder [jump, clap],
3 [hold up 3 fingers, jump, clap], I still can't hear you [jump, clap],
4, More, more, more [circle hand holding up 4 fingers in the air 4 times], 1 (repeat) [end in a liberty on the last “1”]

Hey, Hey, football fans, Yell it out and rock the stands [jump, clap 4x],
Go red, go black, go red, go black [stiff, extended arms swing overhead right, left, right, left]

When we say go [thumbs point to self], you say Falcons [fingers point to fans]

GO [self], FALCONS [fans], GO [self], FALCONS [fans]

When we say red [thumbs point to self], you say black [fingers point to fans]

RED [self], BLACK [fans], RED [self], BLACK [fans]

When we say number [thumbs point to self], you say one [fingers point to fans]

NUMBER [self], ONE [fans], NUMB ER [self], ONE [fans]

Go Falcons [clap], Red, Black [clap], We're [cross wrists in a T in front of chest] number [turn T other way] one! [“number one” finger, other hand on hip]

Who rocks the house? The Falcons rock the house, And when the Falcons rock the house [step, clap 6x],
We rock it all the way down [rock side to side 3x, jump clean].

T-E-A-M [stiff, extended arms move from right bow & arrow, up, over, to left bow & arrow in 4 counts],
Teamwork, Teamwork [big, open clap 2x]

Split the V [touchdown to high V; clap 3x], Dot the I [daggers, left elbow to left knee; clap 3x], Curl the C [circles the hips; clap 3x], T-O-R-Y [bow & arrow right left right left]

Hey Falcons, you know what you've got to do [step, clap 4x]
You've got to rock with the red and [rock hips & poms side to side 3x]
roll with it, too! [circle poms in front & roll hips 3x]

What about, what about, what about our color shout? [step, clap 4x]
Red, red, red, red [hands on hips, circle upper body]
Black, black, black, black, black, black, [hands on hips, circle upper body DOUBLE TIME]
white [pop right hip & low V] (pause, hold pose)

Roll it [roll poms in front], shake it [shake poms in a T], victory [high V], let's take it! [daggers]

We're dynamite [step, clap], we're dynamite [step, clap], and if you mess [step, clap] with dynamite [step, clap],

it goes tick tick tick tick tick tick tick [swish poms as you sink down low to the ground]

BOOM [explode into spread eagle (high V & legs apart)], DYNAMITE! [clap clap]

BOOM [explode into spread eagle], DYNAMITE! [clap clap]

T-A-K-E [stiff, extended arms move from right bow & arrow, up, over, to left bow & arrow in 4 counts],

Take that ball away [hips & poms twist right, left, right, left, right].

Defense [step, go punch right, & down] Attack [step, go punch left, & down]

Get That [punch front right arm] Ball [punch front left arm] Back [daggers] [clap]

P [bow & arrow right, hands in blades; pat thighs] P O [arms straight out in front, hands in blades; pat thighs]

POW [bow & arrow left, hands in blades; pat thighs] ER [swing arms up in a circle overhead; pat thighs]

We've got power [muscle man arms; pat thighs] Woo! [touchdown spirit fingers; pat thighs]

Falcons power! [muscle man arms] Shake it, shake it, shake it [shake hips while holding muscle arms]

[stomp stomp clap; stomp stomp clap]

We will, we will, rock you. We will, we will, rock you.

Down, shake you up. Like a volcano about to erupt.

Watch out, [*opposing team*] here we come.

The mighty Falcons are #1! [end in liberty, #1 finger]

Push em' back [punch left arm straight out], push em' back [punch right arm straight out],

Way back! [shake poms, opening arms into a T]

Big G! [gator chomp, big open] Little O! [gator chomp, tiny open] Go team, go! [big, open clap 2x]

Hip hop [stomp, clap] The Falcons rock [stomp, clap]

Let me hear [stomp, clap] your right foot drop [stomp, clap]

BOOM [stomp right, shoot hands out] Shake it out, shake it out [twist & shake hips]

BOOM [stomp right, shoot hands out] Shake it out, shake it out [twist & shake hips]

(repeat with "left foot" & left side; last time "both feet" & JUMP center on BOOM)

D (clap) D D [left hand on hip, right half low V 2x] Defense [right fist to left shoulder, right half high V up]

We, we want [jump clap right, jump clap left]

a touchdown [daggers, touchdown] Falcons [daggers, high V]

Push 'em back 5 [right pom on hip; left pom straight out front, drop, show 5 fingers]

Push 'em back 10 [right pom straight out front, drop, show 10 fingers]

Pick 'em up [pick up poms], Dust 'em off [shake 2x], And push 'em back again [both poms straight out]

H-O-T T-O G-O [jump, clap 2x], The Falcons [jump, hands on hips], are hot to go [fan right hand]

Say whoop! [pop hip], Hot to go! [fan right hand]

Say whoop, whoop! [pop hip 2x], Hot to go! [fan right hand]

Go! [spread eagle] (clap, clap) Go red & black [left hand on hip, right half high V down & up] (clap 3x)

Hey, all you Falcons fans, stand up and clap your hands! [step, clap 4x] ("let's go" clap pattern)
Now that you've got that beat, stand up and stomp your feet! [step, clap 4x] (stomp clap, stomp stomp
clap 2x)

Now that you've got that groove, stand up and bust a move! [step, clap 4x]
(step across, tap toe) Let's (step across, tap toe) Go
(turn to the side) Falcons! (shake 2x) Woot woot!

Fans [high V, clap] You know you could ["boxer arms" crossing down diagonally]
Yell it like [jump together, left hand on hip, right arm half high V]
A Falcon [step back left, left dagger, right hand on hip]
would [go punch left, bend right knee, sit into it]
Yell Go [left hand on hip, right arm half high V] (clap, clap)
Falcons [right hand on hip, left arm half high V] (clap, clap)
Go [left hand on hip, right arm half high V] (clap, clap)
Falcons [right hand on hip, left arm half high V] (clap, clap)

Dominate [stomp, clap] and devastate [stomp, clap]
We'll blow [right arm punch front] you [turn right wrist up] away [pull in] (blow & gently drop pom)
The Falcons are [stomp, clap] number one [stomp, clap]
And we [low V] are here [cross arms X across chest] to stay [high V]
(repeat with left arm & pom; last time with no poms)

Fans [high V, clap] in the stands [low V, clap]
Get up on your feet [low right diagonal, arm across, high right diagonal; clap]
'Cause the Falcons are here [circle right hand & "serve", tapping left toe]
We have no fear ["no" arms (2 quick pumps)] Because [high V] we can't be beat [clap, low V]

We're tough [half squad stomps right, wipe-out arms]
We're mean [other half squad stomps left, wipe-out arms]
So don't be shocked, when we take charge, and [stomp, clap 4x]
You get [cross punch front] rocked [strong arms cocked to the left]

You don't want to mess with us [stomp, clap 2x] 'Cause we don't mess around [high V, clap, low V]
What? ["what" arms with attitude] You don't want to mess with us [stomp, clap 2x]
'Cause we get down [low jump 4x] What? [clap up, switch direction]
We get down [low jump 3x] What? [clap up, switch direction]

Falcons try with all your might [step, clap 2x]
Fight [low V, right hip popped forward]
Fight [broken T]
Fight [high V, right hip popped forward] (last time end in high V liberty)

If you are a Falcon, get loud and say [step, clap 4x] I am [thumbs point to self], (I am) [fingers point to
fans] a Falcon [thumbs point to self], (a Falcon) [fingers point to fans]

[stomp, clap, stomp, clap – walking in two lines up & down the field, repeating behind coach]
(Everywhere we go) Everywhere we go (People wanna know) People wanna know
(Who we are) Who we are (So we tell them) So we tell them
(We are the Falcons) We are the Falcons (The mighty mighty Falcons) The mighty mighty Falcons
(Red, black, & white) Red, black, & white (That's who) That's who

Cheer Arms Chant:

High V [clap, clap], Low V [clap, clap], T, Broken T, Daggers, Touchdown

Y [high V] E [clap] L [right L] L [left L]

Y-E-L-L [2 claps] everybody [daggers] yell [touchdown]

Go Falcons [step, clap] Woo! [circle arms in a touchdown overhead, clap]

Go Falcons [step, clap] Woo! [circle arms in a touchdown overhead, clap]

Falcons! [clap clap] Dig in! [punch front into Cross Bucket/Front X] Go [broken T] Fight [daggers] Win! [touchdown]

Go! [right L] Go! [left L] G-O! [clap, clap] Go team go! [go punch 2x]

Fire it up, [go punch] Falcons! [clap, clap] Fire it up, [go punch] Falcons! [clap, clap]

Fire it up, [go punch] and up, [go punch] and up [go punch] and up [go punch] and up! [go punch]

Go red! [step, right diagonal, clap] Go black! [step, left diagonal, clap]

Fight [broken T], Falcons [daggers], fight! [touchdown, clap]

Falcons! [spread eagle] Let's rock it! [hips & poms shake left, right, left, right]. Get up [half high V right], get up [complete high V left], don't stop it. [step right foot back, push both arms straight out front] (finish feet back together, hands on hips)

Mark it up [step, clap], on the board [step, clap], we just scored! [left hand stays on hip: punch right across body, half broken T, go punch]

Hold! [broken T] Hold that [T] line! [broken T] Defense [daggers], do it! [touchdown]

Romp [stomp right, press hands down; clap] R - O - M - P ["genie hands" on elbows, backwards clap up on O, down on M, overhead and down on P]

Romp [high V] to a [roll down] victory! [clap, hands down to thighs]

The Falcons have [step bow & arrow (right arm out, left arm bent), clap] the power [step half high V right, clap]

The Falcons have [step bow & arrow, clap] the heat [step half high V right, clap]

The Falcons have [step bow & arrow, clap] the spirit [step half high V right, clap]

to knock you [punch left arm out straight across] off your [punch right into Cross Bucket/Front X] feet [kick left leg, arms down]

Falcon fans [low "x" arms, jumping out to spread eagle] (clap, clap)

Get on your feet [low touchdown, high touchdown jumping legs back together] Yell (clap, clap)

Red and black [left hand on hip, right half high V up, down, up] (clap, clap)

Red and black [left hand on hip, right half high V up, down, up] (clap, clap)

Falcon fans [low "x" arms, jumping out to spread eagle] (clap, clap)

Get on your feet [low touchdown, high touchdown jumping legs back together] Yell (clap, clap)

Beat those Cowboys [right hand on hip, left half high V up, down, up] (clap, clap)

Beat those Cowboys [right hand on hip, left half high V up, down, up] (clap, clap)

Falcon fans [low "x" arms, jumping out to spread eagle] (clap, clap)

Get on your feet [low touchdown, high touchdown jumping legs back together] Yell (clap, clap)

Red and black [left hand on hip, right half high V up, down, up] (clap, clap)

Beat those Cowboys [right hand on hip, left half high V up, down, up] (clap, clap) [repeat last 2 lines 3x]

We are proud of you, say we are proud of you! [step, clap 4x w/ a double clap on the 4th]



Front Lunge



Broken T



Left High V



Right Bow & Arrow



High V



Daggers



Right Punch Up



Clasp



Low V



Touchdown



Left Punch Up



Clap



T



Right Half High V



Left Bow & Arrow



Right Low V



Left Low V



Left K



Right Diagonal



Right K



Table Top



Ready



Right Lunge



Left Diagonal



Left Lunge



Clean



5-6-7-8



1 hold 2



3 hold 4



5



6



7-8 (both legs in air)



HAND MOTIONS



HANDS ON HIPS



DAGGERS (TABLE TOP)



"GO" MOTION



HIGH V



LOW V



LEFT DIAGONAL



RIGHT DIAGONAL



LEFT L



RIGHT L



BOW & ARROW



TOUCHDOWN



LOW TOUCHDOWN



T MOTION



HALF T



LIBERTY



LEFT K



RIGHT K