



Chants (all chants repeat three times)

After cheers and chants hold for a 2 count then clean up, go straight into Spirit

Spirit = 2 jumps and 2 words

(the words to each cheer are bolded and the moves are in parentheses)

G (elbows on the table) – **O** (high touchdown) **Let's go** (low touchdown) (clap) **let's fight** (clap) **let's win** (clap) **tonight** (left punch)

Victory (high v, lower right diagonal) **Victory** (high v, lower left diagonal) **score** (clap) **six more** (clap) **for a** (broken t) **Victory** (t)

Go Green Go White Go Green and White

We're here (low v, slap hands down by knees and spin around) **we're ready** (jump out high v) **Lake Worth is the** (clap) **best**

Go (low v step up w/ hip) **Go** (low v step up w/ hip) **Mean Green,** (left punch) **Mean Green** (pull down left punch) , **go** (clap) **Mean** (clap) **Green** (left punch)

Green and White, Green and White clap clap clap....

Hit 'em (cross over front punch) **Hit 'em again** (cross over front punch) **Defense** (clap) **hit 'em** (clap) **hard** (left punch)

Lake Worth (high v w/ blades) (pause) (hands crossed over the chest) **?(t) we are** (left punch) **the team** (left elbow on the table) **to beat** (low left touchdown), **go mean green** (spread eagle) , **we're ready** (front punch hands crossed) **to** (left diagonal w/ blades) **defeat** (right diagonal w/ blades)

L (left punch w/ right t) – **W** (high v) – **Y** (cross over front punch) - **A** (left low v) **all** (clap) **the** (clap) **way** (clap) repeat, then into stunt.