

Rock
Steady
Rock
Steady
Rock, Rock
Steady, Steady
TEAM NAME is always ready (repeat three times)

Shape your V (clap clap)
Dot your I (clap clap)
Curve your C (clap clap)
T-O-R-Y (clap clap)
Shape your V
Dot your I
Curve your C
T-O-R-Y
Victory victory

Get on up and get on down,
Zizzers are victory bound,
So get on up and get on down,
And back your team, all around!
Get on up!

A-t-t-a-c-k the Zizzers are back
A-t-t-a-c-k were leading the pack
A-t-t-a-c-k attack attack attack!

Ready, ok! (clap)
We are red, (clap)
We are white, (clap)
We have spirit, (clap)
Fight, fight, fight!
Go get 'em red,
Go get 'em white,
Zizzers, (clap) Win tonight! !

Touchdown, touchdown
Do it again
We're on the line, one more time,
So let's bring it on in

Lemonade XX crack the ice XX
Beat em once XX beat em twice XX
Stir it in the bottom, stir in at the top,
Stir it in the middle and watch them flop

Big G, Little O
Go X Go X
(repeat 2-3 times)

Explode XX
Ignite XX
The (Team name) is dynamite!
(repeat 2-3 times)

H-U-S xx
T-L-E xx
Hustle for a victory!
(Repeat 2-3 times)

(Team) fans, in the stands
Let's make some noise!
(repeat 2-3 times)

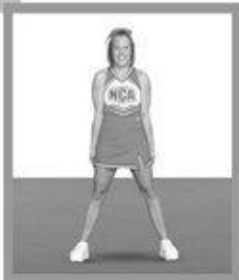
S-P xx
I-R XX
I-T xx
Spirit, let's hear it

(Team) team
Is number one,
We're gonna show you
We have fun@

BASIC CHEER MOTIONS



BEGINNING STANCE
 Feet together, hands down by the side in blades



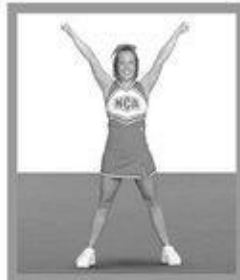
CHEER STANCE
 Feet more than shoulder width apart, hands down by the side in blades



CLASP
 Hands clasped, at the chin, elbows in



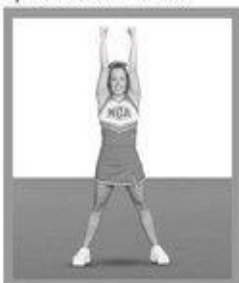
CLAP
 Hands in blades, at the chin, elbows in



HIGH V
 Arms extended up forming a "V", relax the shoulders



LOW V
 Arms extended down forming a "V"



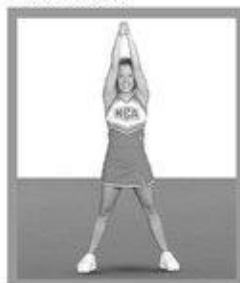
TOUCHDOWN
 Arms extended straight and parallel to each other, fist facing in



LOW TOUCHDOWN
 Arms extended straight down and parallel to each other, fist facing in



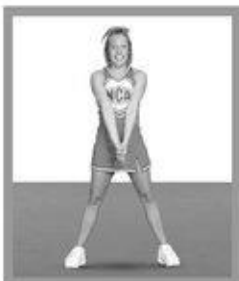
BOW AND ARROW
 One arm extended to side with other arm bent at elbow in a half "T" motion



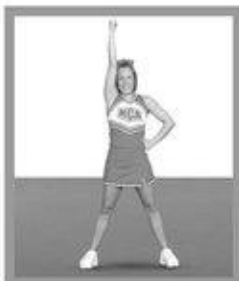
OVERHEAD CLASP
 Arms are straight, above the head in a clasp and slightly in front of the face



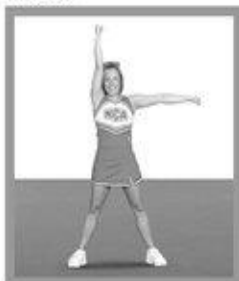
TABLETOP
 Arms bent at elbow, fists in front of shoulders



LOW CLASP
 Arms extended straight down, in a clasp and slightly in front of the body



PUNCH
 One arm extended straight up, one arm on hip, in a fist



L MOTION
 One arm extended to the side with other arm extended in a punch motion, (Left L shown)



DIAGONAL
 One arm extended in a high "V" and the other arm extended in a low "V" (Right Diagonal shown)



T MOTION
 Both arms extended straight out to the side and parallel to the ground, relax the shoulders



HALF T
 Both arms parallel to the ground and bent at the elbows, fists into shoulders



SIDE LUNGE
 Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other



FRONT LUNGE
 Lead leg bent with the knee over the ankle, back leg straight, feet perpendicular to each other