

Cheers and Simple Chants: These chants are used when delegates are either entering or exiting from the ballroom, primarily at the start of the day and when the delegates leave at the very end of the conference.

****NOTE: Some cheers include certain beats****

“Good, good morning, good, good, good morning”

“Good, good evening, good, good, good evening”

“We are proud of you, yeah we are proud of you”

“A-W-E-S-O-M-E, awesome, awesome, totally”

“To be enthusiastic, you must act enthusiastic”

“Come in, come in, come in,
Don't stop, don't stop, don't stop”

“Don't leave, don't leave, don't leave,
Don't go, don't go, don't go.”

“I'm alive awake alert enthusiastic
I'm alive awake alert enthusiastic
I'm alive awake alert
I'm alert awake alive
I'm alive awake alert enthusiastic”

“One: We are the leaders, Two: I still can't hear you, Three: A little bit louder, Four: More, more, more”

Energizers: These are used to energize during group dynamics or during general sessions.

Banana

Form banana, form form banana
Peel banana, peel peel banana
Go bananas, go go bananas
Form potato, form form potato
Peel potato, peel peel potato
Mash potatoes, mash mash potatoes
Form avocado, form form avocado
Peel avocado, peel peel avocado
Guacamole, guac-guacamole

Sizzle

Can you show me, show me, how to sizzle, sizzle
First you roll it, roll it
Then you tick it, tick it
Then you bounce it, bounce it
Then you sizzle, sizzle
SAY WHAT? CAN'T HEAR YOU! ETC...

Breeze

Oh I feel the breeze
Oh it's in my knees
Oh it's in my hips
Oh it's in my lips...SHHHH
Bang, bang choo choo train
Come on Warriors do your thing
Get it, get it, get it
Got it, got it, got it
Whoosh, now let it roll
Whoosh, now let it roll

Milk

Give me a big M! (Big M)
Give me a little m! (Little m)

Don't give me no pop, no pop
Don't give me no tea, no tea
Just give me some milk...MOOOOOOO

(Repeat with I, L, and K)

A wrist a shaw

(Always start from top, a wrist a shaw after)
Hands up (A wrist a shaw, a wrist a shaw, a wrist a shaw shaw
x2)
Wrists together
Elbows in
Knees bent
Butt out
Head back
Tongue out

Froggie

Dog
Dog, cat
Dog, cat, mouse
FROGGGIIIEE
Itsy bitsy tiny weeny yellow bitty froggie
Jump jump jump little froggie
Fleas and flies scumdidlyumpcious
Gobble up all the juicy worms and spiders
Ribbit (x6) CROAK!
(Go FASTER)

Bum Bum Bah Dah

Bum Bum Bah Dah
Bum Bum Bah Dah
(FASTER)

Check My Beat

One person says: Here's my rhythm now check my beat (four
beat count)
Group responds: We got your rhythm now here's your beat
(repeat beat)
(CONTINUE)

Boom Chicka Boom (Repeat after me)

I said a boom chicka boom (dance move)
I said a boom chicka boom (dance move)
I said a boom a chicka rocka chicka rocka chicka boom
(dance move)
Uh Huh
Oh yeah
One more time _____ style
(CONTINUE)

Marching

And...we're...marching!
What, what?
Here we go, here we go, here we go here we go here we go.
One person: Let me see you do the _____.
Group: What did you say?
Same person: I said, let me see you do the _____.
Group: What did you say?
Together: I said, do the _____, do do the _____. Do the
_____,
do do the _____.
(CONTINUE)

Jiggalo

One person says: My hands are high, my feet are low and this
is _____
how I jiggalo (dance move when saying
jiggalo)
Group responds: Your hands are high, your feet are low, and
this is _____
how you jiggalo (repeat dance move)

Toe Knee Chest Nut

Toe knee chest nut
Toe knee chest nut
Toe knee nose
Toe knee nose
Toe knee nose eye love you
Toe knee nose eye love you
Toe knee nose
Toe knee nose

Turkey (Repeat after me)

I went down to the river
And I took a little walk
And I came upon some turkeys
And we had a little talk
And I washed them turkeys
And I hung em on the line
I said we could have some turkeys
Oh any ole time
(Repeat quietly, then repeat very loudly)

Shark

Baby shark...
Mama shark...
Daddy shark...
Grandma shark...
Going swimming...
Shark attack...
Swimming faster...
Lost a leg...
Lost an arm...
CPR...
It's not working...
Happy shark...

Princess Pat (Repeat after me)

The princess pat (Egyptian dance motion)
Lived in a tree (make a tree with arms)
She sailed across (make wave motion with hands)
The seven seas (show 7 fingers and make a C with right hand)
She sailed across (make wave motion with hands)
The channel too (switch the channel with your right hand)
And brought with her (swing a bag over your right shoulder)
A Rig-A-Bamboo (crazy arm going down motion)
A Rig-A-Bamboo (crazy arm going down motion)
Now what is that? (questioning shoulder shrug motion?)
It's something made (pound your left hand with your right hand)
By the princess pat (Egyptian dance motion)
It's blue and white (spinning motion with your right hand)
And silver too (spinning motion with your left hand)
That's why it's called (shout "called" and cup hands to mouth like a megaphone)
A Rig-A-Bamboo (crazy arm going down motion)
A Rig-A-Bamboo (crazy arm going down motion)
Now Captain Jack (hook with your right index finger)
Had a mighty fine crew (sweeping motion)
He sailed across (make a wave motion with your hands)
The channel too (switch the channel with your right hand)
His ship did sink (pinch nose and sink body downwards)
And yours will too (point out and hold up a peace sign)
If you don't bring (swing a bag over your right shoulder)
A Rig-A-Bamboo (crazy arm going down motion)

Repeat Chorus (Underlined Section)

Peanut Butter Reeses Cup

Peanut Butter Reeses Cup
Let's see _____ do his/her stuff
I can't
Why not
I just can't
Why not
My back hurts
My bra's too tight
My booty shakes from left to right
Left right left right
Shake that booty shake shake that booty

Repeat

Rock the Boat

One person: My name is _____
Everyone: Rock the boat
One person: I'm feeling fine
Everyone: Rock the boat
One person: You mess with me
Everyone: Rock the boat
One person: I'll blow your mind
Everyone: Rock the boat
Everyone: Bang bang choo choo train
Wind me up and I'll do my thing
I know karate and I know kung fu
You mess with me I'll use it on you
Rock the boat, rock rock the boat