

**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