**Cheer motion ideas:**

TD XX Touchdown

* T is a T
* D is tabletop
* XX (X is clasp or clap)
* Touch – Low touchdown
* Down – Touchdown

Awesome cheer

* Awesome – Touchdown
* Oh Wow – Tabletop
* Like totally freak me out – clapping
* I said, right on – clapping
* XXX
* Panthers – tabletop
* Cheer – cross
* Is – tabletop
* #1 – touchdown with index fingers up

Lets go Jaguars

* Lets – arms in an X
* Go – tabletop
* Jaguars – punch
* Clap

Eieieio ( cheerleaders repeat each part echoing each other)

* Eieieio – claps
* Come on Tigers, lets go – claps
* Scooby, dooby dooby do – muscles
* O O O O – move in a circle doing punches alternating arms
* O O O O – Punching straight out alternating arms

Go Steelers, Fight Steelers, Win Steelers Win

* Go – candlesticks to the side
* Steelers – tabletop
* Fight – opposite side candlesticks
* Steelers – tabletop
* Win – side candlesticks
* Steelers – tabletop
* Win – punch
* Clap

De Fense or Of Fense

* De – one arm at ready position, other at tabletop
* Fense – one arm at ready position, other at punch
* XX

We want a touchdown

* We – low V
* X
* We – low V
* X
* We – low V
* Want – low touchdown
* A – tabletop
* Touchdown – touchdown

Lets go

* Lets – High V
* Go – clasp
* Lets – High V
* Go – clasp
* L-e-t-s-g-o – clapping
* Lets – stomp with hands in tabletop
* XX XX
* Go - stomp with hands in tabletop
* XX XX

De De De Defense

* De – low V
* De – T
* De – High V
* Defense – bow and arrow and switch to other side bow and arrow

We’ve Got Spirit

* We’ve – Stomp, clap clap
* Got – Stomp, clap clap
* Spirit – Stomp, clap clap, stomp, clap clap
* S-P-I-R-I-T – arm movements
* Spirit – stomp
* Lets hear it – clap