



STAND UP AND CHEER

GUYS MOTIONS



1	2	3	4	5	6	7	8
X clap	X clap	X clap	X clap	X clap	tabletop	touchdown	low v
X clap	X clap	T-----(hold)		X clap	clap	high v	clean
grab girl-----(hold)	dip	toss chair				"Go	Hawks!"
			dip	pop off front			
clean-----(hold)	X clap	X clap	L table; R T	R table; L T	L hip; R up-----(hold)		
Right side swings on 1; middle swings on 3; right side swings on 5							
Swing to... 	high v-----(hold) 				X 		
clean 	grab girl	dip	toss hands			clap	high v
				dip			extension
"Go		Go		Go	Hawks	Go"	
"Go		Go		Go	Hawks	Go"	
		dip	pop off front			clean-----(hold) 	

Go back to beginning