

# CHEERS & CHANTS



## CHANT

A Chant is a short line or phrase repeated three times (also known as a Sideline)

**START WITH: ON POINT – YEAH**

& 1 2 3 4

**ON POINT IT'S SLEEK**

& 5 6 7 8

**WE SLAY IT TO THE BEAT (x 3)**

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## CHEER

A Cheer is usually four or more lines that tell a story

**START WITH: LET'S HUSTLE – YEAH**

& 1 2 & 3 4

**WE HUSTLE (BEAT) IT'S FRESH (BEAT)**

& 5 6 7 8

**WE'RE BRINGING OUT THE BEST**

& 1 2 3 4

**NO IMMITATION IT'S RIGHT HERE**

& 5 6

**IT'S HOT, IT'S NOW**

& 7 8

**IT'S URBAN CHEER**

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### KEY COACHING POINTS

#### Urban Cheers & Chants should:

- Use the 'AND' count
- Motivate the crowd
- Be performed by the whole team
- Be loud & clear
- Have correct tempo
- Use positive vocabulary
- Syncopate movement and rhythm
- Utilise props that support vocals
- Be team or event specific
- Incorporate team colours/ name
- Not be performed over music
- Not be sung