

# Cheers

Silent Cheer	Hands up, waving in the air.
Standing Ovation	Stand up and take a bow OR Arms raised above head, creating the shape of an O
High 5	Arm, palm/hand in air, meet hand of another
Microwave	Hands closed, hands in air, palms forward, just the pinky fingers wave up and down or side to side
Slow-Mo Cheer	Slowly move your right hand to 'clap' your left hand
Round of Applause	Give regular applause but move hands around in a big circle while doing so
Clam Clap	Bring fingertips down to meet palm-side of thumb, imitating the shape of a mouth talking Pac-Man
Yes! Yes! Yes!	Pull left arm, closed fist, down side of body, say "Yes". Pull right arm, closed fist, down side of body, say "Yes". Pull both arms closed first, down side of body, say "Yes".
Top Dog Aresenio Cheer	Lift arm up, fist closed, moving fist around and around in circles
Seal of Approval	Hold arms out, place right arm over left, turn hands around so palms can meet, clap several times
Uh huh! Uh huh! Uh huh!	Move hips from side to side, singing, "That's the way, uh huh, uh huh, I like it"
Love Yourself/Hug Yourself	Wrap your arms around your body
Hulk Hogan	Put arms in the air, elbows bent. Pull down while saying, "Huh"
Pat on the Back	Reach behind and give yourself a pate on the back
Stamp of approval	Lay left hand out flat. Close right hand. Bring right hand to meet palm of left hand OR Quietly stomp your feet and march in place
Golf Clap	Clap quietly
Beethoven's Air Guitar	Extend left arm out on an angle. Hold right arm next to your body, bend right elbow and move fingers as if playing strings on a guitar. Sing "Duh duh duh dahhh, Duh duh duh dahhh"
Butterfly Cheer	Place palms forward and lock (cross) thumbs. Wiggle fingers then quietly clap hands together
Texas Yee-Haw	Swing arm up in the air like a lasso and say, "Yee-Haw!"
Good Times	Sing, "Celebrate good times, come on!" Wave hand as if motioning someone towards you when you say, 'come on'.
Arctic Shiver	Wrap your arms around yourself, rubbing your arms and say, "Brrrrrrr"
Awesome	Raise hands above head, bow towards the person and say, "Awwwwwsome!"
Bow Wow	Bend at the waist saying, "Bow", straighten up and raise hands to shoulder height, raising 3 fingers on each hand and say, "Wow!"

Shine Your Halo	With your hand flat, move it in a circular motion about 4 inches above the top of your head
Truck Diver	Pretend you are driving a truck, then pull down on the air horn, and grab the CB saying, "Good job, good buddy!"
Wisconsin Cheese Grater	Hold one hand up and say, "Here is the cheese", hold the other hand up and say, "Here is the grater", move them together like you are grating cheese and say, "Great, great, great!"
Home Alone	Put your right palm on you right cheek, put your left palm on your left cheek, open your mouth in surprise and holler, "Aaaaghhh!"
Firecracker	With hands starting at your waist, bring them together in front of you, clapping and moving them up and apart, into the air above your head. This should be done in one quick fluid movement. When your hands get to the top, wiggle all of your fingers while you slowly drop your hands back down to your waist. You will make the firecracker sounds of, "Pppssssshhhhhhhh" during the whole hand movement.
Mirror	Pretend to draw a mirror (rectangle) in front of you. A boy will pretend to fix his tie, a girl will primp her hair while pretending to look in the mirror and saying, "Ohhh-Ahhh". Make a pointing motion to the side, wink, and say, "Lookin' good!"
Alligator Chomp	Put your left arm out with the palm of your hand facing up. Take your right arm and touch the elbows together. Right palm facing downward. Keeping the elbows together, clap the palms of your hands together like the jaws of an alligator
Snap, Crackle, Pop	Snap your fingers and say "Snap", rub your hands together and say "Crackle", and very loudly clap your hands together and say "Pop"
Hip, Hip, Hooray	Sway your left hip to the side while putting your left hand on it and say, "Hip". Sway your right hip to the side while putting your right hand on it and say, "Hip". Take your hands off your hips and wave them in the air while saying, "Hooray".
Roller Coaster	Bring fingertips down to meet the palm of your hand and then open them back up. Make this repeated motion while raising your arms and saying, "Ch, ch, ch, ch, ch" Once your arms are fully extended, open up your hands, palms down and make a downward swooping motioning and say, "woooooooo!"
Flea Clap	Make a pinching motion with your index finger and thumb on both hands.
Michael Jordan Cheer	While using your hand to make a dribbling motion say, "Dribble, dribble, dribble". Pretend like you shoot the basketball and say, "Swish, nothin' but net!"