

TWIST UP	5 6 7 8	DANCE	PUMP IT UP	GO TEAM
CHEER	TUMBLE	JUMP	BACK HAND SPRING	PRIDE
TEAM	WHITE	FREE	BASE	FALCONS
FLYER	SPIRIT	GET LOUD	EXTENSION	HARD WORK
ENERGY	BLUE	POM POM	YELL	CLAPS

WHITE	BACK HAND SPRING	PUMP IT UP	CHEER	JUMP
DANCE	YELL	GO TEAM	BLUE	PRIDE
FLYER	BASE	FREE	FALCONS	5 6 7 8
EXTENSION	POM POM	TWIST UP	CLAPS	SPIRIT
GET LOUD	HARD WORK	TEAM	TUMBLE	ENERGY

BLUE	POM POM	BACK HAND SPRING	HARD WORK	BASE
TWIST UP	FLYER	GET LOUD	TUMBLE	GO TEAM
TEAM	CLAPS	FREE	SPIRIT	EXTENSION
WHITE	PRIDE	PUMP IT UP	YELL	DANCE
FALCONS	5 6 7 8	JUMP	CHEER	ENERGY