**Link to all parts: http://shepshop.com**

**Part 1: Remember the Titans**

We are using the entrance theme from Remember the Titans, but with modified words. We will start at the back, moving forward slowly so that cheer happens 3 or 4 times.

Cheer we will use:

Hoo Ha… Let’s Hear It!

Hoo Ha… Let’s Go!

Remember the Titans: <https://www.youtube.com/watch?v=wyB0rMAPGOU>

**Part 2: Here in my House (Modified)**

Custom words for Tuesday 9/29 practice.

**Part 3: Dance**

Dance to Watch Me (Whip / Nae Nae) by Silentó. We will be using the version of the song that Jimmy Fallon performed.

*Learning the steps:*

1. See original at <http://www.nbc.com/the-tonight-show/video/lip-sync-battle-with-ellen-degeneres/2903118> (starts at 5 minute 30)
2. Download slowed down version at [shepshop.com](http://www.shepshop.com)
3. See NaeNae tutorial at: <https://m.youtube.com/watch?v=z99ckWc2uq8> (Nae Nae For Dummies (Instructional Video) – YouTube…Thanks Ed Reitmeyer!)

**Moves**

Whip right Nae nae right Whip right, Whip left Nae nae right

Whip right Nae nae right Whip right, Whip left Nae nae right

Hop around pointing to mouth with every “ooh”

Stanky leg right Stanky leg right

Stanky leg left Stanky leg left

Break leg Break leg Break leg Break leg

Bop

Yule left Superman Yule Right Superman

Yule left Superman Yule Right Superman

Whip right Whip left Half right nae nae

**Part 4: Flower Ceremony**

**Part 1: Remember the Titans**

|  |  |  |
| --- | --- | --- |
| Hoo Ha… Let’s Hear It!  Hoo Ha… Let’s Go! | Start out low spinning hands, with hands above your head for when you get to the end of each line. |  |

**Part 2: Here in my House (Modified)**

Lyrics to Follow

**Part 3: Dance**

|  |  |  |
| --- | --- | --- |
| **Watch Me (Whip / Nae Nae) Silentó**  **Jimmy Fallon Version: Lyrics**  You already know who it is! | **Moves** |  |
| Now watch me whip (Kill it!)  Now watch me nae nae (Okay!)  Now watch me whip whip  Watch me nae nae (Want me do it?)  Now watch me whip (Kill it!)  Watch me nae nae (Okay!)  Now watch me whip whip  Watch me nae nae (Can you do it?)  Now watch me | Whip right  Nae nae right  Whip right, Whip left  Nae nae right  Whip right  Nae nae right  Whip right, Whip left  Nae nae right | Whip Right    Nae Nae Right |
| Ooh watch me, watch me  Ooh watch me, watch me  Ooh watch me, watch me  Ooh ooh ooh ooh | Hop around pointing to mouth with every “ooh” | oohooh C:\Users\John\AppData\Local\Microsoft\Windows\INetCache\Content.Word\oohooh2.bmp |

|  |  |  |
| --- | --- | --- |
| Do the stanky leg (stank)  Do the stanky leg (stank stank)  Do the stanky leg (stank)  Do the stanky leg (stank stank) | Stanky leg right  Stanky leg right  Stanky Leg Right  Stanky leg left  Stanky leg left |  |
| Now break your legs (break 'em, break 'em)  Break your legs (break 'em dog)  Tell 'em "break your legs" (break 'em, break 'em)  Break your legs (break 'em dog) | Break leg  Break leg  Break Leg  Break leg  Break leg |  |
| Now watch me  Bop bop bop bop bop bop bop bop bop | Bop | Bop |

|  |  |  |
| --- | --- | --- |
| Now watch me yule (Soulja)  Now watch me superman (okay!)  Now watch me yule (Soulja)  Now watch me superman (okay!)  Now watch me yule (Soulja)  Now watch me superman (okay!)  Now watch me yule (Soulja)  Now watch me superman (okay!) | Yule left  Superman  Yule Right  Superman  Yule left  Superman  Yule Right  Superman | Yule Left    Superman    Yule Right |
| Now watch me whip whip  Watch me nae nae | Whip right  Whip left  Half right nae nae |  |