

The Book of Enthusiasm



Hugh O'Brian Youth Leadership

Updated on June 5, 2002

Alice the Camel

Alice the Camel has
5 humps
Alice the Camel has
5 humps
Alice the Camel has
5 humps
So go alice go!!
BOMP BOMP BOMP
(COUNTDOWN ALL THE WAY TO ZERO)

Alice the Camel has
NO HUMPS
So Alice is a horse.

Alive, Alert, Awake, Enthusiastic!

I'm alive, alert, awake, enthusiastic!
I'm alive, alert, awake, enthusiastic!
I'm alert, awake, alive
I'm awake, alert, alive
I'm alive, alert awake, enthusiastic!

Alligator, Crocodile

Alligator, crocodile!
Let's get funky for a while!
UGH! Get funky!
Everybody get funky now!
REPEAT AS NEEDED

And We're Marching

(Have audience place arms across shoulders and starting)

Leader: ...And we're marching!

Leader: I said, let me see your (Frankenstein)!

Group: What's that you say?

Leader: I said, let me see your (Frankenstein)!

Group: What's that you say?

Leader: I said, let me see your (Frankenstein)!

Group: What's that you say?

Leader: I said..."Oooh ah! Oooh ah! Oooh Ah..." (Do the various impersonations at this point)

Leader ...And we're marching!

- Schwarzenegger (show off muscles in various positions)
- Milli Vanilli (pretend to sign with microphone & dance)
- Pee Wee Herman (do the PeeWee Herman dance)
- John Travolta (dance to Disco moves)
- Nature Boy (Have Jamie explain this one)
- Jerry Maguire (do the "Show Me Money!")
- HOBY Spirit

AWESOME

A, W, E,

S, O, M, E

HOBY's Awesome . . . Totally!

Baby Shark*

Baby Shark

Mama Shark

Daddy Shark

Grandma Shark

Went For A Swim

Shark Attack

Lost My Arm

Lost My Leg

Called 911

It's Too Late

*Each of these lines is a verse to this cheer. Each verse has a specific motion. Also, each verse includes a series of “**doo doo, doo doo, da doo's**”

The Banana Cheer

Bananas have no lips *MMM*
Bananas unite!
Bananas split!
Peel . . . bananas
Peel, peel bananas
Peel . . . bananas
Peel, peel bananas
You lean to the left
You lean to the right
You peel your banana
And *UGH* take a bite!
Go bananas!
Go, go bananas!!

Bang Bang Choo-Choo Train

Bang, bang, choo-choo train!
Come on, HOBY, do your thang!
Get it, get it, get it, get it!
Got it, got it, got it, got it!
UH! HOBY's on a roll!
(Clap) (Clap) (Clap 1, 2, 3)
*For more enthusiasm, start cheering faster

The Biscut Song

I met you in a honky-tonk, on that fateful night.
I was drinking heavy, you were drinking light.
The moment I laid eyes on you, I knew that you were right.
I asked you if you'd be my gal, you smiled and said you might.

[*chorus:*]

'Cause if people were knives, honey, you'd be the sharpest blade.
If people were lemons, sweetie, you'd be lemonade.
Let me tell ya sugar pie, our love will never fade,
'Cause if people were biscuits darling, you'd be homemade.

I remember our first night, it was a special date.
I got to your house early, but you were running late.
We climbed into my pickup truck and drove past your front gate.
We looked into each other's eyes and felt the hands of fate.

[*chorus*]

Six months later, we were wed, what more can I say?
I still remember every minute of our wedding day.
Your momma started cryin' when your dad gave you away,
I swore to you before the Lord, that I would never stray.

[*chorus -- then, slowly:*]

That was fifty years ago, each better than the last.
Now I stand beside your grave and think about the past.
Although it seems I can't complain the years went by too fast,
The flag for you inside my heart will always fly half-mast.

[*chorus*]

Boogie Down

Leader:

Hey HOBY!
Are you ready?
Hey HOBY!
Are you ready?

Ambassadors:

HOBY!
We're ready!
HOBY!
We're ready!

Together:

To boog - ie, boog - ie, boogie down!
Boogie down!
To boog - ie, boog - ie, boogie down!
Boogie down!

Repeat

Boom-Chick-A-Boom

*There is a leader in this cheer. Everyone else repeats what the leader says (screams)

A Boom-Chicka-Boom
I Said A Boom-Chicka-Boom
I Said A Boom Chicka-Rocka Chicka-Rock Chicka-Boom!
Alright
OK
One More Time
_____ Style!

Use your imagination (trust me, it's FUN)!

| | |
|--------------------------|--|
| Baby Style | Goo ga ga |
| Janitor Style | I Said A Broom Sweep A Broom I Said A Broom Sweep-A-Mop-A Sweep-A-Mop-A Sweep-A-Broom |
| Race Car Style | I Said A Vroom Chicka-Boom I said a boom chica stop-a there's a cop-a chicka boom |
| Elvis Style | Like elvis, don't forget to shake your pelvis! |
| Valley Girl Style | I Said A Boom Chicka Rocka Chicka Rocka Like Gag Me With a Spoon |
| Underwater Style | Simulate being underwater by strumming your fingers across your lips |
| Opera Style | Only for those vocally talented (or who want to be). |
| Silent Syle | A great way to end |
| Cheerleader Style | (Be really loud and energetic, pump fists in air, and do a jump) Boom-Go-Fight-Boom Boom-Go-Fight-Win-Go-Fight-Win-Go-Fight-Boom |
| Flower Style | I said a Bloom-Chicka-Bloom |
| Slow Style | Say it VERY slowly |
| Ladies' Man Style | Do your best Ladies' Man |

Forrest Gump Style Boom-chicka JENNY!
I said a Boom Chicka Rocka Chicka Rocka THERE'S MY BOAT!

Lady Marmalade Style I said a Hey sister, yo sister, better get that BOOM chicka rocka
chicka rocka chicka boom

Astronaut Style I said to the moon to the moon

Boom Shawadda-Wadda

Leaders:

Hey Ambassadors!
Show Us How You Shake Your Thang!

Ambassadors:

Hey What?!
This Is How We Shake Our Thang!

BOOM! Shawadda-Wadda
BANG! Sha-Bang Bang
BOOM! Shawadda-Wadda
This is how we shake our thangs!

Bubblegum

My mom gave me a penny
To watch Jack Benny
I did not watch Jack Benny
I bought some bubblegum!

CHORUS:

I chew I chew I chew uh
I chew I chew I chew
I chew I chew I chew uh
I bought some bubblegum

VERSES:

My mom gave me a nickel
To buy a pickle

My mom gave me a dime
To buy a lime

My mom gave me a quarter
To buy a quarter

My mom gave me a dollar
To buy a collar

Crazy Rooster

I had a chicken, but no eggs would she lay,
I had a chicken, but no eggs would she lay.
I told my honey, we're looooooos'in money.
I had a chicken, but no eggs would she lay.
But one day a rooster, came into our yard,
And caught that CHICKEN right off of her guard.
Now we have omelets, each and every day,
Now we have omelets, each and every day.
I had a moo-cow, but no milk would she give, ...
Now we have eggnog, each and every day, ...
I had an airplane, but it wouldn't fly, ...
Now we have chickenwings, each and every day, ...
I had a garden, but no crops would it grow. ...
Now we have eggplants, each and every day. ...
I had a gumtree, but no gum would it give, ...
Now we have chicklets, each and every day, ...
I had a shotgun, but no shells would it shoot, ...
Now we have rooster, each and every day, ...
Well I told my honey, we made lots of money.
All because a little rooster,
He was a crazy little rooster,
Now he's a tasty little rooster,
That came into our yard.

Dexterity Check

*clap*1-2-3-4-5

*clap*1-2-3-4-5

*clap*1-2-3

*clap*1-2-3

HO - BY *Ugh!*

Check Dexterity!! (or backwads)

Ugh! BY - HO

*clap*1-2-3

*clap*1-2-3

*clap*1-2-3-4-5

*clap*1-2-3-4-5

Don't Mess With The Best

Hugh O'Brian, Hugh, Hugh O'Brian
Don't mess with the best cause the best don't mess
Don't fool with the cool cause the cool don't fool
Hugh O'Brian, Hugh, Hugh O'Brian

D-O-W-N and That's the Way to Get DOWN

Leaders:

Hey Ambassadors!
Show Us How to Get Down!
Show Us How to Get Down!

Ambassadors:

Hey What?!
No Way!
OK!

D-O-W-N And that's the way to GET DOWN *CLAP CLAP*
D-O-W-N And that's the way to GET DOWN *CLAP CLAP*

Froggy

Dog
Dog, Cat
Dog, Cat, Mousie
Froggy
Itsy, bitsy, teeny weeny little bitty froggy
Jump. Jump. Jump little froggy
Eat up all the little worms and spiders
Fleas and flies are Scrumpdelicious
Ribbit, Ribbit, Ribbit, Ribbit, Ribbit, Ribbit, CROAK!

Froggy (Pizza Style)

Sauce
Sauce, Cheese
Anchovies
Pizza!
Eat a lotta eat a lotta eat a lotta pizza
Oh no, don't drop the pizza
Cheese and sauce are scrumpdiddlicious
Nibble nibble nibble nibble nibble nibble CHOMP!

From East to West

From City to City

Hoby Girls Are So Pretty

I Said From City to City

Hoby Girls Are So Pretty

*Followed by a series of **Na-Nas** and **Wo-Wos***

From Coast to Coast

Hoby Boys are the Most

From Tower to Tower

Hoby Kids Have the Power

From Tater to Spud (or soaps to suds)

Hoby Boys are really Studs

Comin' Straight From Your Moms

HOBY Kids Are the Bombs

From Kitchen to Kitchen

HOBY kids are really kickin'

From East to West

Hugh O'Brian is the Best

From State to State

_____ is really great

From Clock to Clock

_____ really rock

From Line to Line

_____ are oh so fine

From Ocean to Ocean

_____ stay in motion

From Chips to Dip

_____ are really hip

From School to School

_____ are really cool

From Landing to Landing

_____ are OUTSTANDING

From Rover to Rover
This song is really over

Grey Squirrel

Grey squirrel! Grey squirrel!
Shake your bushy tail!
Grey squirrel! Grey squirrel!
Shake your bushy tail!
Crinkle up your little nose!
Put it down between your toes!
Grey squirrel! Grey squirrel!
Shake your bushy tail!

HOBY Rumble

Everybody do the HOBY Rumble!
Everybody do the HOBY Rumble!
HOBY RUMBLE!

Everybody do the HOBY Rumble!
Everybody do the HOBY Rumble!
HOBY RUMBLE!

How Funky Is Your Chicken?

Leaders:

How Funky Is Your Chicken?
How Loose Is Your Goose?

So come on everybody!
And shake your caboose!

Ambassadors:

Our Chicken's Really Funky!
Our Goose Is Really Loose!

The Hut

A Pizza Hut

A Pizza Hut

Kentucky Fried Chicken

And a Pizza Hut

McDonald's! McDonald's!

KFC

And a Pizza Hut

A Jabba the Hutt

A Jabba the Hutt

Luke Skywalker

And a Jabba the Hutt

Darth Vader! Darth Vader!

Luke Skywalker

And Jabba the Hutt

A Pizza Hut,

A Pizza Hut

A Luke Skychicken

And a Pizza Hut

McVader's! McVader's!

A Luke Skychicken

And a Pizza Hut

(Diet Verse)

A Lean Cuisine, a Lean Cuisine, a Slim Fast Shake, and a Lean Cuisine.

A Lean Cuisine, a Lean Cuisine, a Slim Fast Shake, and a Lean Cuisine.

No Twinkies! No Twinkies! A Slim Fast Shake, and a Lean Cuisine.

No Twinkies! No Twinkies! A Slim Fast Shake, and a Lean Cuisine.

I Went Down to the River

I went down to the river!

And I took a little walk

And I met up with some turkeys

And we had a little talk

I said, "wash them turkeys!"

And I hung 'em on a line

'Said you can be the turkey

Just any 'ole time.

The Iggle

Can you iggle?
Can you wiggle?
Can you step back and giggle?
Can you hut?
Can you strut?
Can you do the butt?

Can you smile?
Can you frown?
Can you Bobby Brown?
Can you surf?
Can you nerf?
Can you sing like a smurf?
KICK IT! Lalalalalala

Can you rake?
Can you brake?
Can you do the snake?
Can you grab it?
Can you stab it?
Can you Roger Rabbit?

Can you clap?
Can you yap?
Can you bust out a rap?
KICK IT!

Now... this is a story all about how
my life got flipped, turned upside down,
and I'd like to take a minute, just sit right there
I'll tell you how I became the prince of a town called Bel-Air

In... West Philadelphia born and raised
on the playground is where I spent most of my days,
chillin' out, maxin', relaxin', all cool
and all shooting some b-ball outside the school

When a couple of guys said "we're up to no good"
started making trouble in my neighborhood,
I got in one little fight and my mom got scared
she said "you're movin' with your uncle and auntie in Bel-Air"

I whistled for a cab and when it came near
the license plate said "fresh" and had dice in the mirror,

if anything I could say this cab was rare
but I though now forget it, yo home to Bel-Air

I pulled up to a house about seven or eight
and I yelled to the cabby "yo home, smell ya later,"
I looked at my kingdom, I was finally there
to settle my throne as the prince of Bel-Air

It's Hot In Here!

It's hot in here!

It's hot in here!

There must be some HOBY's in the atmosphere!

REPEAT

Little Sally Walker

Little Sally Walker

Walkin' down the street

She didn't know what to do

So she stopped in front of me

Singin' Hey girl do your thing, do your thing SWITCH

Hey girl do your thing do your thing SWITCH

One and One

One and one, we're having some fun, here at HOBY, all day and all of the night! Go HOBY!

Two and two, we love what we do . . .

Three and three, I lost my key . . .

Four and four, my roommate snores . . .

Five and five, I'm still alive . . .

Six and six, we get all our kicks . . .

Seven and seven, in bed by eleven . . .

Eight and eight, we love what we ate . . .

Nine and nine, I'm doing fine . . .

Ten and ten, we'd do it again . . .

Outstanding

Leader:

How do you feel? *Or* What do you think of?

Ambassadors:

O-U-T-S-T-A-N-D-I-N-G Out, Out, Outstanding!

Party

P is for party on

A is for all night long

R is for right now

T is for take it slow

Y is for why not....

PARTY

Don't let your counselors know

PARTY

Or they won't let you go!

Peanut Butter

Peanut Peanut Butter. . . and Jelly

Peanut Peanut Butter. . . and Jelly

First you take the butter and you spread it, you spread it

Then you take the jelly and you spread it. you spread it

Next you take the pieces and you MUSH it, you MUSH it!

And you take the sandwich and you MUNCH it, you MUNCH it!

Peanut Peanut Butter. . . and Jelly

Peanut Peanut Butter. . . and Jelly

Peanut Butter Reese Cup

(L): Peanut butter Reese Cup, come on HOBY show your stuff!

(F): We can't!

(L): Why not?

(F): We can't!

(T) Our feet still hurt, our shirt's too tight! Our booties shake from the left to the right!

(T): To the left, to the left!

To the right, to the right!

To the front, to the front!

To the back, to the back!

To the dog!

AWOOF AWOOF!

To the cat!

MEOW MEOW!
To the dog!
AWOOF AWOOF!
To the cat!
MEOW MEOW!

Power Ranger

- For this you basically count down from 8 on each limb
- Start on your left arm, then your right arm, then your left leg, then your right leg
- Shake each limb for each number
- Once you cycle through each limb, begin again, but subtract 2 from the count
- Once you finish the 2's, you have to end in a POWER RANGER pose
- Makes for great pictures! ☺

Red Hot

HOBY is red hot
HOBY is red hot
HOBY is r-e-d **RED!** h-o-t **HOT!**
Once we start we can't be stopped!

Ride That Pony

Here we go ride that pony!
Ride around that HOBY pony!
Here we go ride that pony!
This is how we do it!

Front to front to front, my baby!
Side to side to side, my baby!
Back to back to back, my baby!
This is how we do it!

Sardines and Pork & Beans

Sardines and Pork & Beans

Sardines and Pork & Beans

Sardines on a Monday *ugh!* *ugh!*

On a Tuesday and a Wednesday *ugh!* *ugh!*

On a Thursday and a Friday *ugh!* *ugh!*

And on the weekend . . . Pork and Beans! *UGH!*

I can tell by your eyes that you eat pizza pies

I can tell by your nose that you eat Tootsie Rolls

And I can tell by your feet that you eat MEAT!

Sardines and Pork & Beans

Sardines and Pork & Beans

Singing in the Rain

I'm singin' in the rain

Just singin' in the rain

What a glorious feeling!

I'm . . . *funky chhh-chhh-chhh thing*

Arms out!

Thumbs up!

Elbows back!

Knees bent!

Butt out!

Head back!

Eyes crossed!

Head back!

Tongue out!

Star Trekkin' Across The Universe

Warp Speed Mr. Sulu!

Aye Captain *UGH!*

Refrain:

Star Trekkin' Across the Universe

On the Starship Enterprise Under Capatin Kirk

Star Trekkin across the universe

Always going forward cause we cannot find reverse!

Nah Nah Naaaaaaaah Nah Whooh!

Nah Nah Naaaaaaaah Nah Whooh!

Verse 1:

There's Klingons on the starboard bow
Starboard bow! Starboard bow!
There's Klingons on the starboard bow!
Get 'em off Jim!

Refrain:

Verse 2:

There's life Jim, but not as we know it
Not as we know it! Not as we know it!
There's life Jim, but not as we know it
Not as we know it! Not as we know it!

Verse 1:

Refrain:

Verse 3:

We come in peace.
Shoot to kill! Shoot to kill! Shoot to kill!
We come in peace.
Shoot to kill! Shoot to kill! Shoot to kill!

Verse 2:

Verse 1:

Refrain:

Verse 4:

You cannot change the laws of physics
Laws of physics! Laws of physics!
You cannot change the laws of physics
Laws of physics! Laws of physics!

Verse 3:

Verse 2:

Verse 1:

Star Trekkin' Across the Universe
On the Starship Enterprise Under Capatin Kirk
Star Trekkin across the univers
Always going forward cause we cannot find reverse!

We Feel Good!

Leader:

How do you feel?

Ambassadors:

We feel good! Oh, we feel so good! ***UGH***

We feel fine, all of the time!

Ooga! Ooga! Ooga! Ooga! Ooga!

We're Not Number 5

To the tune of Land of 1,000 Dances

We're not number five,

Not number four

Number three

Number two

We're Number one!!!

Wiggle-Lo

With your hands up high

And your feet down low!

That's the way we Wiggle-Lo!

Wig – gle Lo! Wig, wig – gle lo!

Wig – gle Lo! Wig, wig – gle lo!

Repeat

Yogi Bear Song

I know someone you don't know

Yogi! Yogi!

I know someone you don't know

Yogi Yogi Bear

Yogi Yogi Bear

Yogi Yogi Bear

I know someone you don't know

Yogi Yogi Bear

Verse 2

Yogi has a little friend

Booboo Booboo

Verse 3

Yogi has a girlfriend
Cindy Cindy

Verse 4

Yogi has another friend
Ranger Ranger

Verse 5

Yogi Bear likes to eat
Picnics Picnics