[ASK ME HOW I FEEL REMIX]

Hold up, take a rest

Silver and teal, we are the best

Give it up for 3-5 west

HOOOO HAHHHH (do the whip)

[RESPONSE TO ‘I CAN’T HEAR YOU’]

We are the seals

We can’t be any prouder,

If you can’t hear us,

WE’LL SCREAM A LITTLE LOUDER [x2 entire thing]

[COMEBACK #1]

With every wave

And every splash

We’ll win this battle

So take a step back [step forward so other division has to step back]

3-5 west is ready to attack

[COMEBACK #2]

We are number 1 [step forward with 1 finger]

We are the seals 2 [step forward with 2 fingers]

A little bit louder 3 [step forward with 3 fingers

Yea we are the seals [points towards self and jump a little]

Yea WE ARE NUMBER 1 [step forward with 1 finger]

[COMBACK #3: SEALY FREESTYLE]

First let this battle be taken by the best

Cus yall already know we're 35 west [3 fingers on left hand, 5 fingers on left hand and cross hands to make 3-5]

We got so much spirit so yall should take a rest

You're division should feel blessed

Cus we're 3-5 west  
  
SOME OF THE CLASSIC COMEBACK CHEERS:   
  
[CLASSIC #1]  
Hows it feel to be a seal seal   
Hows it feel to rep silver and teal   
Hows it feel to be a [other division’s mascot x2]  
We don’t know WE DON’T STOOP THAT LOW.   
  
[CLASSIC #2]  
We got the beat   
we got that 3-5 west beat   
it goes   
YOU YOU   
WHAT WHAT

GOT GOT   
SERVED SERVED  
YOU   
WHAT   
GOT   
SERVED  
YOU GOT SERVED!

[MAIN #1]

Guys: Why are we gonna win this battle?

Girls: Cus we’re seals!

Guys: Why do we all shine so bright?

Girls: Cus we’re teal!

HOO HAAH We’re the best [Fist Pump] [Right then left]

HOO HAAH We’re 35 west [Fist Pump]

HOO HAAH Better than the rest [HYPE]

HOO HAAH Can’t pass our test [HYPE]

[CHORUS]

can you be louder than the seals? [soft] [stomp, stomp]

Can you be louder than the seals? [louder][stomp, stomp]

CAN YOU BE LOUDER THAN THE SEALS? [SCREAM YOUR HEART OUT]

[stomp, stomp] NAH [clap on nah] x2 [pause before repeat]

we are the seals yea we are the seals

rep silver and teal yea silver and teal

[continue stomp stomp clap beat]

we are the seals yea we are the seals

rep silver and teal yea silver and teal

So BOOM

[stomp stomp clap]

we got the spirit yea we’ll show you how we feel

And BOOM

[stomp stomp clap]

You may think you’re winning but let me ask you one thing

[CHORUS]

can you be louder than the seals? [soft] [stomp, stomp]

Can you be louder than the seals? [louder][stomp, stomp]

CAN YOU BE LOUDER THAN THE SEALS? [SCREAM YOUR HEART OUT]

[stomp, stomp] NAH [clap on nah] x2 [pause before repeat]

S to the E to the ALS [stomp stomp clap on A-L-S]

We’re seals [stomp stomp] x2

Here for real yea SEALS [stomp stomp]

S-E-A-L-S SEALS WHAT.