

Hands Up

拍數: 0 牆數: 1 級數: Beginner
編舞者: Unknown
音樂: Hands Up (Give Me Your Heart) - Ottawan



This is a "Club Med" Signature Dance

INTRO:

1-4 Double pelvic thrust, clap hands twice
Repeat until Hands Up chorus vocals start

HANDS UP CHORUS (48 COUNTS):

On the words "Hands Up"

1-2 Wave both hands twice up in the air above head
3-4 Bring hands down to sides bend knees and wiggle hips
5-6 Wave both hands up in the air above head
7-8 Bring hands down to sides bend knees and wiggle hips

On the words "Gimme Your Heart Gimme Gimme..."

9 On the word "your" point hands forward palms together index fingers pointing forward and rest of fingers interlaced
10-12 Keeping fingers interlaced bend elbows and place palms on left shoulder, then right shoulder then left shoulder
13-16 Repeat Gimme Your Heart counts 9-12

17-32 Repeat Hands Up counts 1-16

On the words "For Your Love"

33-34 Flick both hands twice to left side at hip level
35-36 Flick both hands twice to right side at hip level
37-38 Flick both hands twice to left side at hip level
39-40 Flick both hands twice to right side at hip level
41-42 Flick both hands twice to left side at hip level
43-44 Flick both hands twice to right side at hip level
45-48 Do single flicks to left, right, left, right

During counts 1-48 you are standing in place and shifting weight (bumping hips) from side to side

VERSE 1

STEP, TOGETHER, STEP, TOUCH - LEFT THEN RIGHT

1-2 Step side left on left foot, step right foot next to left
3-4 Step side left on left foot, touch right foot next to left
Make a wave with the right hand as you step together step. Double clap on the touch
5-6 Step side right on right foot, step left foot next to right
7-8 Step side right on right foot, touch left foot next to right
Make a wave with the left hand as you step together step. Double clap on the touch
Repeat Verse 1 until you hear the "Hands Up" chorus

VERSE 2

ROLLING TURNS WITH DOUBLE CLAPS

STEP, TOGETHER, STEP, TOUCH - LEFT THEN RIGHT

1-2 Make a full turn to left as you step side left on left foot, step right foot next to left
3&4 Step side left on left foot, touch right foot next to left and double clap
5-6 Make a full turn to right as you step side right on right foot, step left foot next to right
7&8 Step side right on right foot, touch left foot next to right and double clap

Repeat Verse 2 until you hear the "Hands Up" chorus

VERSE 3

SHIFT WEIGHT FROM FOOT TO FOOT AS YOU DO "MACARENA" TYPE ARMS

- 1 Right arm straight out in front of body with palm down
- 2 Left arm straight out in front of body with palm down
- 3 Turn right palm up
- 4 Turn left palm up
- 5 Bend right arm at elbow and touch right fingers to inside of left elbow
- 6 Bend left arm at elbow and touch left fingers to bottom of right elbow

You look like Jeannie from "I Dream Of Jeannie"

- 7 Bend knees and bounce down
- 8 Hitchhike right hand up over right shoulder
- 9 Hitchhike left hand up over left shoulder

Repeat Verse 3 until you hear the "Hands Up" chorus

Phrasing of chorus and verses could vary from mix to mix of this song. Just dance to the words!

At worlds we substituted vines left and right for verse 1. Walk forward with kick, back with stomp for verse 2.

Rolling vines with claps for verse 3

Also instead of flicking hands to left and right side in the "Hands Up" chorus we brought the right hand forward and to right for 4 counts and then our left hand forward and to left for 4 counts

Add a ¼ turn to any of the vines and make it a four wall dance.
