

# 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.**

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