

# Hands Up

**COPPER KNOB**  
STEPPERS

拍数: 0      墙数: 1      级数: Beginner  
编舞者: Unknown  
音乐: 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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