

CLAP YOUR HANDS

song by Joel Chernoff

***Psalms 47:1 Clap your hands, all you peoples!
Shout to God with cries of joy!***

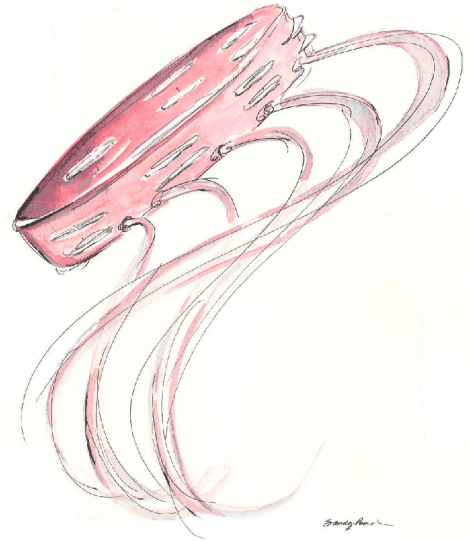
Beginner Dance (4/4 time, quite fast)

Part A: (In circle going to the left, holding hands.)

1. 4 counts: **One mayim to the left.**
2. 4 counts: **4 Balance (R-L-R-L)**
3. **Repeat three more times.**

Part B: (Change direction and go to the right!)

1. 4 counts: **One open mayim to the right.**
(Hold hands for mayim.)
2. 3 counts: **Three point turn starting with R foot (to right).**
3. 3 counts: **Left foot harmonika,** (Clap hands)
4. 3 counts: **Right foot harmonika,** (Clap hands)
5. 3 counts: **Balance (L-R-L hold hands.)**
6. **Repeat 1 through 5.**



**“Praise Him with tambourines
and dancing.” Psalms 150:4**

DANCE TERMS:

<i>MAYIM</i>	4 counts	R foot crosses in front of L foot, L foot steps to left, R foot crosses behind L foot, L foot steps to left.
<i>BALANCE</i>	2 counts	Step to R with R foot, step to L with L foot.
<i>OPEN MAYIM</i>	4 counts	With R foot step to the right, step L foot in front of R foot, then step R foot to the side, then step L foot behind R foot.
<i>3-POINT TURN</i>	3 counts	R foot steps to right, L foot crosses in front of R foot and pivot to face outside, R foot crosses behind L foot and pivot to face inside.
<i>HARMONIKA</i>	(R/L) 3 counts	R foot steps in front of L foot, lift L foot slightly and bend right knee gracefully, and bow while swinging right hand in front to left. Step back on L foot, then R foot steps back next to left.

Works well with fast, medium and slow tempo songs with 4/4 time.

