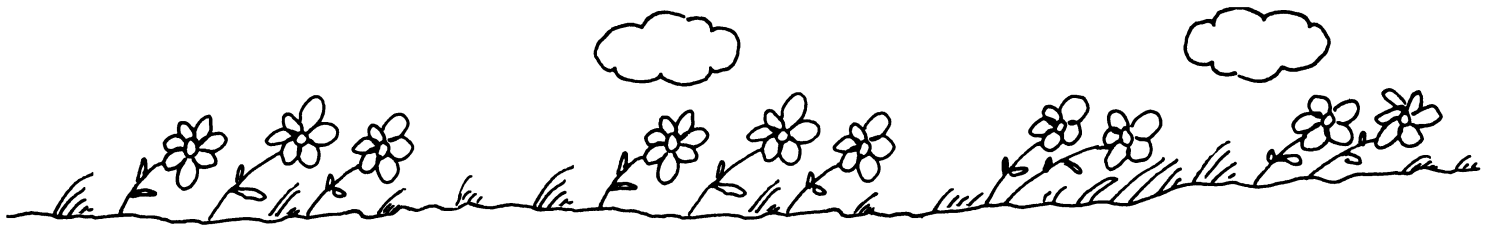
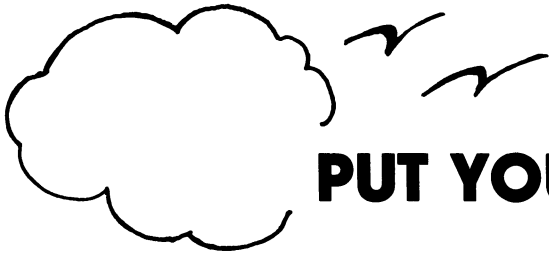




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PUT YOUR HANDS UP IN THE AIR

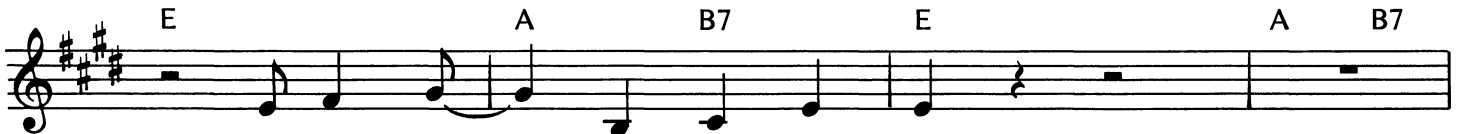


As you follow the directions in the lyric, let your body move with the rhythm of the music. Do anything you wish—bounce up and down, wiggle your hips, sway, or step from side to side.

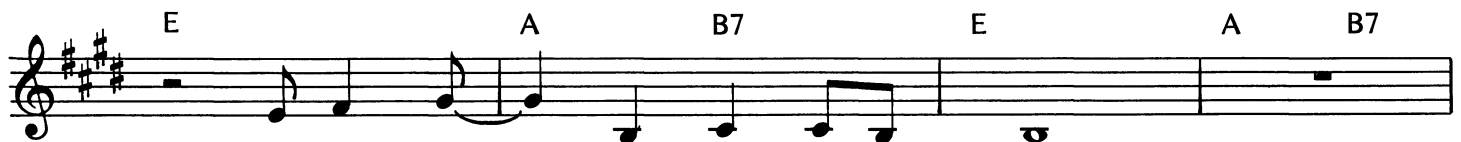
Words and Music by
HAP PALMER



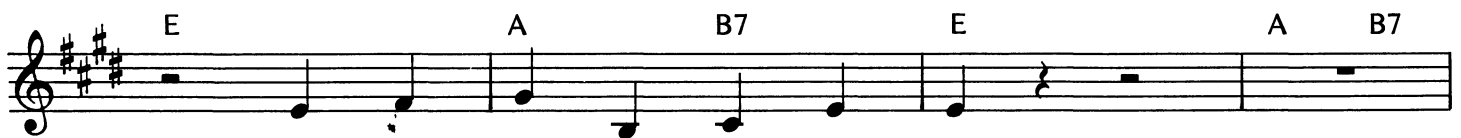
Put your hands up in the air,
Put your right hand in the air,



put your hands down on your nose.
put your right hand on your lips.



Put your hands up in the air,
Put your left hand in the air,



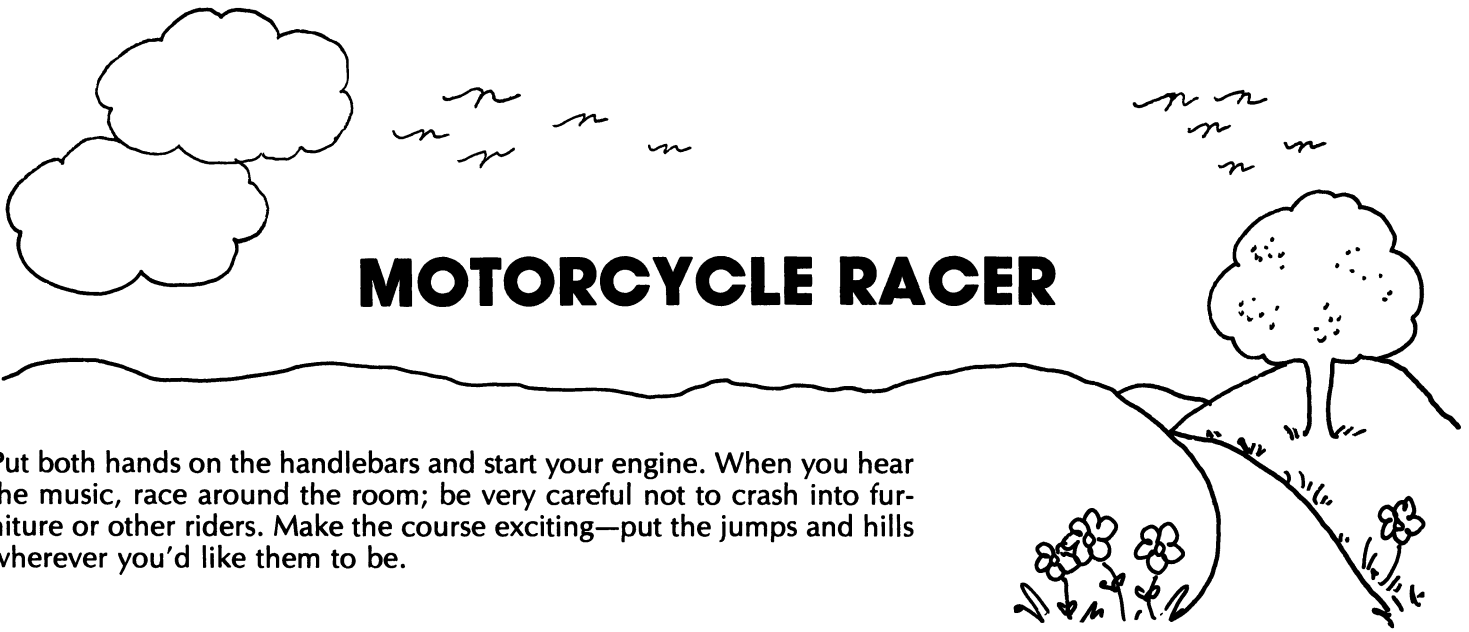
now bend down and touch your toes.
now put both hands on your hips.



Ev - 'ry - bod - y turn a - round,



now let's all jump up and down.



MOTORCYCLE RACER

Put both hands on the handlebars and start your engine. When you hear the music, race around the room; be very careful not to crash into furniture or other riders. Make the course exciting—put the jumps and hills wherever you'd like them to be.

Words and Music by
HAP PALMER

Quickly—even 8ths

