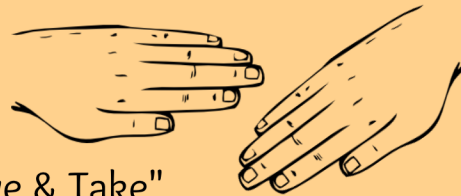


Handshake Moves



"The Basic"
shake hands, fist bump, or high five



"The Give & Take"
alternate stacking hands or fists



"The Style Grab"
add a wink, OK sign, or
finger guns for style points



"Patty Cake"
throwback to your childhood
with classic patty cake



"The Chill"
hang loose or rock on



"The Sound Off"
snap, clap, slap, tap, zap,
rap--make some noise!



"The Nod"
show some appreciation for
your partner



"Full Body Jam"
bump hips, lean, walk around
each other, chest bump,
do the twist

Handshake How-To



1. Stand up and face one another
2. Start with something simple that doesn't let on
3. Add a little flair with a unique move only you know
4. Throw your body into it and make use of your space
5. Make some noise. Clap your hands, snap your fingers, let out a "who!" or "aww yeah!" or "oh snap!"
6. Get your feet involved. Jump, stamp, tap, hook legs. Walk around each other and pivot
7. Your handshake should be of considerable length, enough to impress others if you decide to show them
8. Pay attention to what your face is doing. Do you have a sour face as you concentrate? Try to smile instead. Or add some facial expressions to the sequence
9. Add a synchronized dance move or two. Do each move simultaneously in a mirror for practice
10. Don't miss the big finale. Your secret handshake should build up to a final epic moment

