

## Hands Only CPR Hip Hop

Lyrics and beat by Maya Miko

### CHORUS

Everybody needs a hero sometimes,  
heroes do a lot more than just fight crimes.  
You could be one, just put your hands in the air;  
say, say I am here.

It's time to stand up, It's time to make a difference.  
Don't be a bystander or just another witness.  
Real heroes care, they make it their business  
and you could be like them all you gotta do is listen;  
'cause I'm gonna tell you how you can turn the world around.  
If you put your mind to it you can reach the stars.  
Learn the new CPR.  
It can happen anywhere, you could be in the park,  
you see someone collapse, hit the ground hard.  
Be calm, speak loud here's what to say.  
If they are over eight ask them if they are okay.  
If there's no response point to someone at the scene;  
it could be her, could be him, yo it could be me.  
Tell 'em get a phone dial 911,  
then start CPR immediately.  
You are needed here, really there's no need to fear.

You are a hero, act boldly.  
The new CPR it is hands only.  
It's effective and it's simple so listen homie.  
Place your hands on the chest,  
push hard and fast, real hard don't rest.  
You have to push hard enough to move the chest down 2 inches.  
Don't worry about hurting 'em - they wont hit ya.  
They will thank ya cause they'd rather have a bruise than lose their life, you get  
the picture.  
Pushing fast is easy, just think of a song that has a 100 beats a minute,  
like Man in the Mirror, Staying Alive - push to that rhythm.  
Don't stop don't give in, keep going to the help arrives.  
Just to summarize, the new CPR's hands only.  
Act fast not slowly.  
Ask them if they are okay.  
Pick someone and just say dial 911!  
Push hard and fast in the center of the chest.

### CHORUS

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Sponsored by Rocky Mountain Hospital for Children & ARG! Cartoon Animation, LLC

### **ART AND ANIMATION**

ARG! Cartoon Animation, LLC  
Colorado Springs, Colorado USA  
<http://www.artie.com>

Producer-director  
Artie Romero

Artists  
Matthew Rebel  
Ayla Radies

Post Production  
Tim Romero  
Ayla Radies

### **MUSIC**

Music producer  
Sara Tobin

Lyrics and beat  
Maya Miko

Vocals  
Megan Pitman  
Jason Lewis

Engineer  
Seamus Hannan  
CCM Recording Studios  
Denver, Colorado USA

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### MINI-BIOGRAPHIES

#### **Artie Romero**

Producer and director

Producer Artie Romero started his career as an animation producer at Everyman Studios in 1981. He founded ARG! Cartoon Animation Studio in 1994, and in a twenty-month period spanning 2005-2006, their website Artie.com logged over one billion hits. Romero has screen credits on four feature films, five TV series and one PBS special, and his studios have produced tens of thousands of animations. In 2016, his production of "Adventures of Turtle Taido" was screened at Cannes Film Festival.



<http://www.imdb.com/name/nm0739338/>

#### **Matthew Rebel**

Artist and animator

Mr. Rebel received a degree in Animation from The Art Institute of Colorado and joined ARG! Cartoon Animation Studio in 2010. He's contributed to many ARG! productions, as a unit director on *The Fabulous Life of Ashu Singh*, animation for *Red Bull Retirement Plan*, project manager of the music video *Rocks In My Head*, and has also directed many animation projects for ARG!

In 2016 he drew the storyboards for four episodes of *Adventures of Turtle Taido*, which was screened at Cannes Film Festival.



<http://www.imdb.com/name/nm7712003>

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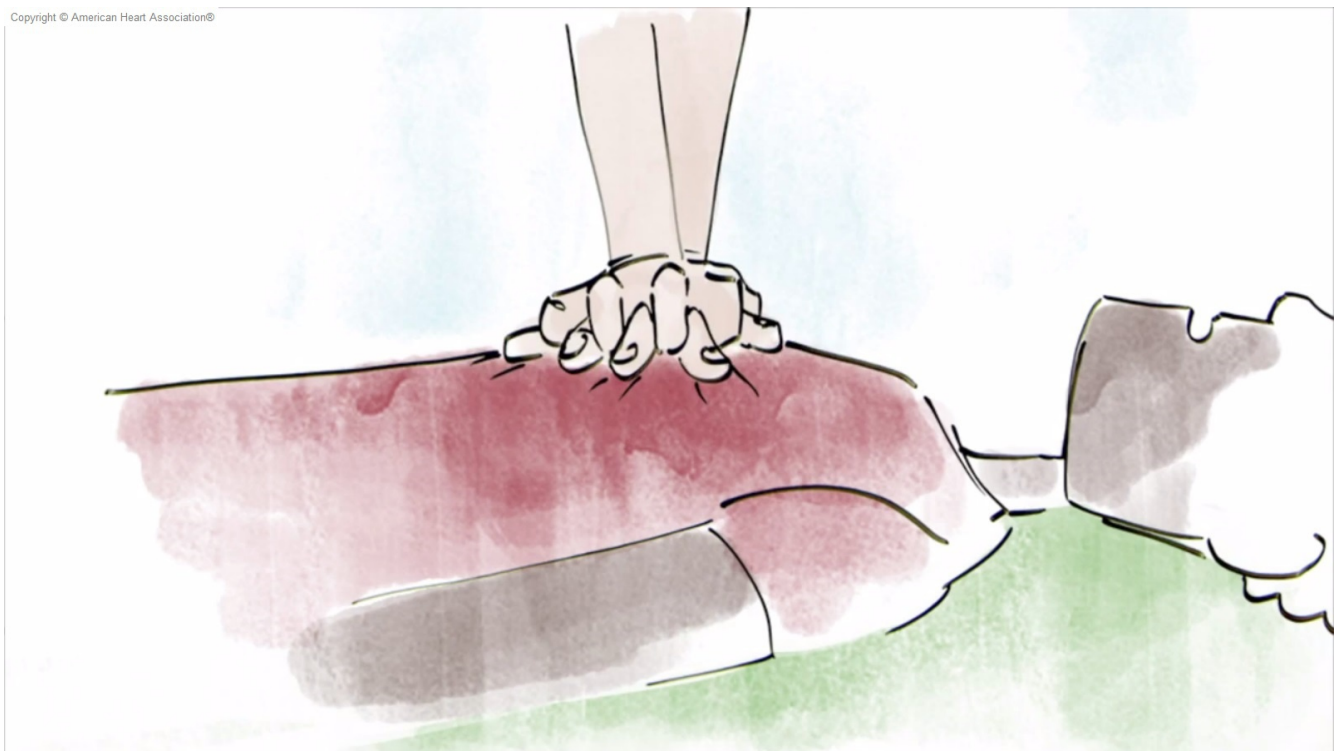
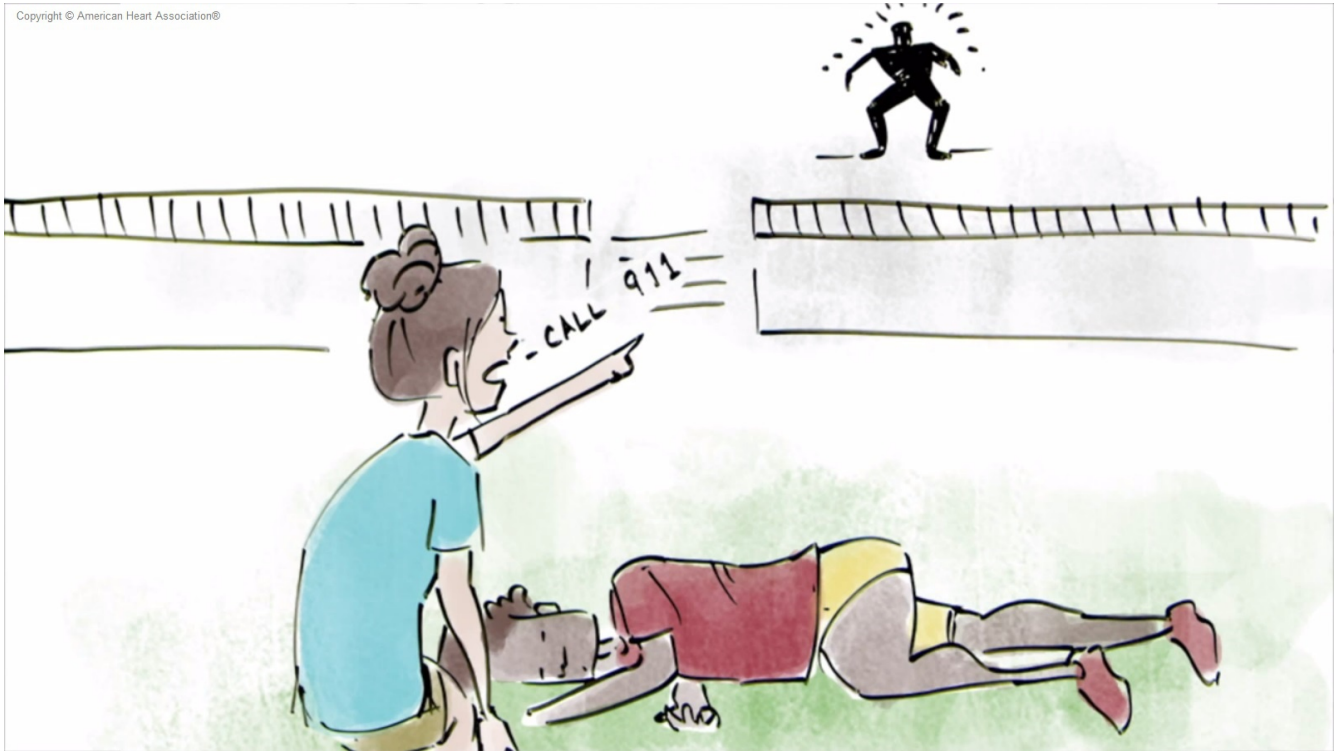
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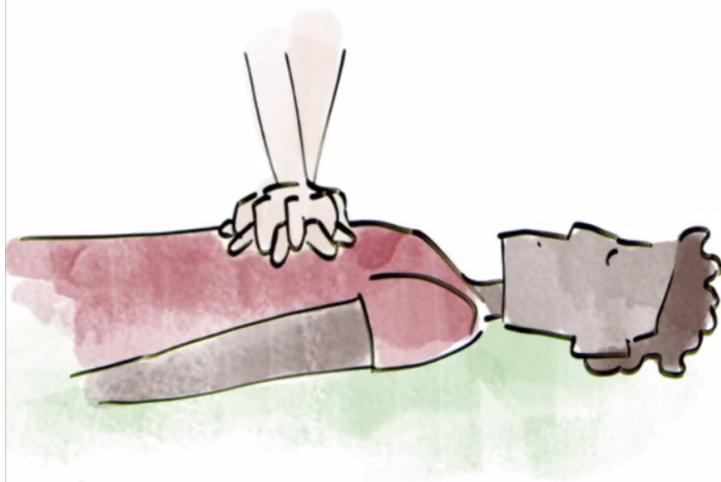
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