

= My Hands =

" My Hands " is a song recorded by British singer @-@ songwriter Leona Lewis for her second studio album Echo (2009) . It was written by Arnthor Birgisson and Ina Wroldsen and produced by the former . Alongside Birgisson , Lewis was involved with the song 's vocal production . Lyrically , it is about life after the end of a relationship . The strings were performed by Urban Soul Orchestra , who were led by Simon Fischer .

" My Hands " was selected as the official theme song for the English version of the video game Final Fantasy XIII . Lewis decided to accept the offer of her track being used as she felt as though she connected with the video game 's female protagonist , Lightning . The song garnered a mixed response from music critics , who described it as forgettable , despite noting that Lewis performs the song undeniably well . In March 2010 , " My Hands " debuted on the UK Singles Chart at number 145 .

= = Background and production = =

" My Hands " was recorded for Lewis 's second studio album , Echo , which was released in November 2009 . It was written by Arnthor Birgisson and Ina Wroldsen , and produced by Birgisson . Both Lewis 's vocals and the instrumentation for the track were recorded by Seth Waldmann at Conway Recording Studios in Los Angeles , California , United States , Dean Street Studios in London , England and The Vault in Stockholm , Sweden . Birgisson and Lewis carried the vocal production . The strings were performed by Urban Soul Orchestra , who were led by Simon Fischer ; they were arranged and conducted by Stephen Hussey .

Additionally , the strings were recorded and engineered by Rich Cooper at British Groove Studios in London . All guitars were provided for by Esbjörn Öhrwal , while the choir was organised and arranged by Lawrence Johnson . The vocals performed by the choir were recorded by Neil Tucker at Metropolis Studios in London . " My Hands " was mixed by Manny Marroquin at Larrabee Studios in Universal City , California ; he was assisted in the process by Christian Plata and Erik Madrid . Stephen Simmonds contributed background vocals .

= = Composition and critical reception = =

Lasting for a duration of 4 : 12 , " My Hands " is a song about " life after the end of a relationship . " It is composed in the key of D major using common time and is 80 beats per minute . " My Hands " garnered a negative response from music critics . Andy Gill for The Independent listed it as one of the top four tracks to download from Echo , along with " Happy " , " Lost Then Found " and " Brave " . A reviewer for CBBC 's Newsround labelled the song , along with another track from the album called " Broken " , as " pretty forgettable . " The reviewer continued to write that although Lewis 's performs the songs undeniably well , they do not stand out compared to " Happy " and " I Got You " . Michael Cragg for musicOMH wrote that the chorus of " My Hands " " erupts " and " bludgeons the listener into submission " and that its meaning becomes overshadowed .

= = Usage in media = =

" My Hands " was selected as the official theme song for the trailer of Final Fantasy XIII . The video game was first released in Japan on 17 December 2009 , which uses a different theme song called " Kimi Ga Iru Kara " , written by Masashi Hamauzu and sung by Sayuri Sugawara . However , international versions produced by NTSC and PAL feature " My Hands " as the official theme song . Gabriel Zamora for Examiner.com wrote that despite sounding " loud " compared to Hamauzu 's song , " My Hands " suits the nature of the video game and " seems to fit well . " She continued to write that fans had hoped that " My Hands " would not replace " Kimi Ga Iru Kara " completely , instead wanting a new track called " Eternal Love " to be the official theme song . Although , she noted that the use of Lewis 's track for the entirety of the trailer seemed to make this an " unlikely "

notion .

As part of promotion for the video games release , Lewis recorded a promotional advert for Square Enix (the video game 's developer and publisher) and spoke about how she was happy to have been approached about the use of " My Hands " on the trailer and that it had some personal meaning . She said " I 'm thrilled to be collaborating with Square Enix on such a groundbreaking game . I never would have imagined ' My Hands ' as such a perfect fit for Final Fantasy XIII , but the strong female protagonist struck a chord with me and I can 't wait to see Lightning do her thing . "

= = Track listing = =

Standard edition

" My Hands " ? 4 : 12

United States standard version

" My Hands " ? 4 : 12

= = Credits and personnel = =

Recording

Recorded at Conway Recording Studios , Los Angeles , California , United States ; Dean Street Studios , London , England and The Vault , Stockholm , Sweden .

Choir vocals recorded at Metropolis Studios , London , England .

Mixed at Larrabee Studios , Universal City , California , United States .

Personnel

Credits adapted from the liner notes of Echo .

= = Charts = =

Five months after the release of Echo , " My Hands " debuted at number 145 on the UK Singles Chart on 20 March 2010 .