

Up Beat!

Choreographed by Helen A. Walker - Krofchick (April 2009)

Description : 32 Count 2 wall, beginner line dance

Music : Gypsy from Lord of The Dance (slow)

Up by The Saturdays

Dance starts with the lyrics to Up, 32 count intro for Gypsy

S1. Right touches and vine.

1-4 Touch right toe to right side, hook right foot behind left (kick back) and repeat.

5-8 Step right foot to the right, left foot steps behind, right foot step to right side, touch left to right.

S2. Left touches and vine

1-4 Touch left toe to left side, Hook left foot behind right (kick back) and repeat.

5-8 Step left foot to left side, right foot steps behind left, left foot step to left side, touch right to left.

S3 Two turning jazz boxes right ¼ each time

1-4 Right cross over left, step back with left, step right ¼ to right bring left to right.

5-8 Repeat 1-4

S4. Heel switches

1&2& Touch right heel forward, replace and touch left heel forward, replace

3-4& tap right heel forward twice, replace.

5&6& Touch left heel forward, replace and touch right heel forward, replace

7-8& Tap left heel forward twice and replace.

Begin dance again

Upper beginner/intermediate alternative options :

Whole turn to the right replaces right vine, whole turn to the left replaces left vine.

Heel jacks of running man can replace heel switches.

Enjoy, Helen!

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