

Up Beat!

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Count: 32 **Wall:** 2 **Level:** Beginner

Choreographer: Helen A. Walker - Krofchick (April 2009)

Music: Gypsy from Lord of The Dance (slow)

Alt. : 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 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!

Contact information. Email dancer29206@yahoo.com

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=79001