

# Up Beat!

**Count:** 32

**Wand:** 2

**Ebene:** Beginner

**Choreograf/in:** Helen A. Walker (UK) - April 2009

**Musik:** Gypsy - Ronan Hardiman : (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](mailto:dancer29206@yahoo.com)**

---