

Up Beat!

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 2 级数: Beginner
编舞者: Helen A. Walker (UK) - April 2009
音乐: 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!

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