

# Up Beat!

拍數: 32      牆數: 2      級數: Beginner  
編舞者: Helen A. Walker (UK) - April 2009  
音樂: 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)

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