

# UPBEAT

32 Count, 2 Wall, Beginner

Choreographer: Joan Price (USA) Dec 08

Choreographed to: You Raise Me Up (Definitive Radio Edit) by DeJa Vu featuring Tasmin

Start when heavy beat kicks in

## **(1 – 8) L HEEL + TRIPLE STEP, R HEEL + TRIPLE STEP**

1,2, 3&4 Left heel forward twice (1,2), triple in place L,R,L (variation: coaster).

5,6, 7&8 Right heel forward twice (1,2), triple in place R,L,R (variation: coaster).

## **(9-16) “SUPREMES” TO L AND R DIAGONAL**

1, 2, 3, 4 Step L to L diagonal, slide R foot up to meet it (wt on R), step L to L diagonal, touch R beside L (wt on L), scooping arms & hips like the Supremes Motown act.

5, 6, 7, 8 Repeat above to R diagonal (wt ends on R).

## **(17 -24) HIP BUMPS L, R, LEFT “STAR”**

1&2, 3&4 Hip bumps L,R,L; R,L,R.

5,6, 7, 8 Left “star”: point L toes forward, side, behind (wt on R through L star), then step L beside R (wt on L)

## **(25 -32) R BACK SHUFFLE, L SHUFFLE ½ TURN L, RIGHT “STAR”**

1&2 Shuffle **backwards** R, L, R. At end of shuffle, start to make ½ turn L.

3&4 Finish ½ turn L shuffling forward (to 6 o'clock) L, R, L

5,6, 7, 8 Right “star”: point R toes forward, side, behind (wt on L through R star), then step R beside L (wt on R)

Slower teaching song: “Mamacita” by Banaroo  
(split floor with intermediate My Mamacita by Rep Ghazali)

*Choreographer’s note:* This dance is dedicated to the beginners in my class, especially those of you just starting to discover the joy of dance. -- Joan