

## 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

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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