The Switch Up

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Lyndsay Eotvos (AUS) - February 2026

Music: Beer In A Bar (feat. Kaylee Bell) (Y.O.G.A. Remix) - The Wolfe Brothers

Restarts: 2 (on walls 5 & 12)

This dance is fun, with the option of adding in variations when the music picks up.

SECTION 1 - TOE SWITCHES, HEEL SWITCHES

1,2,3,4	Point R to R side, Step R beside L, Point L to L side, Step L beside R
5,6,7,8	R heel forward, Step R beside L, L heel forward, Step L beside R

SECTION 2 - STEP CLAP, STEP CLAP CLAP, ROCKING CHAIR

1,2	Step forward on R, Clap,
3&4	Step forward on the L, Clap Clap
5,6	Rock R forward, Recover onto L
7,8	Rock R back, Recover onto L

SECTION 3 - VINE R, STEP CLAPS

1,2	Step R to R side, Step L behind R
3,4	Step R to R side, Step L beside R
5,6	Step L to L side, Step R beside L & Clap
7,8	Step R to R side, Step L beside R & Clap

SECTION 4 - VINE L 1/4 TURN, STEP CLAPS

1,2	Step L to L side, Step R behind L
3,4	Step L to L side making 1/4 turn L, Step R beside L
5,6	Step R to R side, Step L beside R & Clap
7,8	Step L to L side, Step R beside L & Clap

VARIATION (AFTER RESTARTS)
Can be added on Walls 6 & 7, as well as walls 13 through to & finishing on 17.

SECTION 1 (VARIATION) - DOUBLE TIME TOE SWITCHES, DOUBLE TIME HEEL SWITCHES

1&2&	Point R to R side, Step R beside L, Point L to L side, Step L beside R,
3&4&	Point R to R side, Step R beside L, Point L to L side, Step L beside R
5&6&	R heel forward, Step R beside L, L heel forward, Step L beside R,
7&8&	R heel forward, Step R beside L, L heel forward, Step L beside R

SECTION 2 (VARIATION) - STEP CLAP, STEP CLAP CLAP, 2 x 1/2 PIVOT TURNS

1,2	Step forward on R, Clap,
3&4	Step forward on the L, Clap Clap
5,6	Step R forward, Pivot 1/2 turn L
7,8	Step R forward, Pivot 1/2 turn L

SECTION 3 (AS ORIGINAL, NO CHANGES) - VINE R, STEP CLAPS

1,2	Step R to R side, Step L behind R
3,4	Step R to R side, Step L beside R
5,6	Step L to L side, Step R beside L & Clap
7,8	Step R to R side, Step L beside R & Clap

SECTION 4 (VARIATION) - ROLLING VINE L WITH 1/4 TURN, STEP CLAPS

1,2	Step L to L side making 1/4 turn L, Step R back making 1/2 turn L
3,4	Step L forward making 1/2 turn L, Step R beside L
5,6	Step R to R side, Step L beside R & Clap
7,8	Step L to L side, Step R beside L & Clap