

# Down On Your Uppers

Choreographer: Gary O'Reilly

Count: 32

Wall: 4

Level: Beginner

Intro: 32 counts, from lyrics starting dance on the instrumental section

Music: "Down On Your Uppers" by Derek Ryan



[www.country-stafke.be](http://www.country-stafke.be)

## Section 1: Twist, Twist, Heel, Hook, Forward, Touch, Back, Touch

- 1 2 Twist/swivel both heels right (1), twist/swivel both heels back to center (2)
- 3 4 Dig right heel forward (3), hook right across left (4)
- 5 6 Step forward right on slight right diagonal (5), touch left next to right (6)
- 7 8 Step back left on slight left diagonal (7), touch right next to left (8)

## Section 2: Grapevine R, Grapevine $\frac{1}{4}$ L Brush

- 1 2 Step right to right side (1), cross left behind right (2)
- 3 4 Step right to right side (3), touch left next to right (4)
- 5 6 Step left to left side (5), cross right behind left (6)
- 7 8  $\frac{1}{4}$  turn left stepping forward on left (7), brush right forward (8) [9:00]

## Section 3: R Rocking Chair, R Heel Strut, L Heel Strut

- 1 2 Rock forward on right (1), recover on left (2)
- 3 4 Rock back on right (3), recover on left (4)
- 5 6 Right heel forward (5), drop right toe (6)
- 7 8 Left heel forward (7), drop left toe (8)

## Section 4: Forward, Swivel Heel/Toe/Heel, Forward, Swivel Heel/Toe/Stomp

- 1 2 Stomp right slightly forward on right diagonal (1), swivel left heel in towards right heel (2)
- 3 4 Swivel left toe in towards right heel (3), swivel left heel in towards right heel (4)
- 5 6 Stomp left slightly forward on left diagonal (5), swivel right heel in towards left heel (6)
- 7 8 Swivel right toe in towards left heel (7), stomp right next to left (8)

**Repeat**