

## Down On Your Uppers

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Steps: 32      Vægge: 4      Niveau: **Beginner**  
Musik: **Down On Your Uppers by Derek Ryan**      Kunstner:  
Koreograf: **Gary O'Reilly (Ire) September 2017**

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### **#32 count intro from lyrics starting dance on the instrumental section**

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

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

#### **Section 2: Grapevine R, Grapevine ¼ L Brush**

- 1 2Step right to right side (1), cross left behind right (2)
- 3 4Step right to right side (3), touch left next to right (4)
- 5 6Step left to left side (5), cross right behind left (6)
- 7 8¼ 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 2Rock forward on right (1), recover on left (2)
- 3 4Rock back on right (3), recover on left (4)
- 5 6Right heel forward (5), drop right toe (6)
- 7 8Left heel forward (7), drop left toe (8)

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

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

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