Down On Your Uppers

Count: 32 **Wall:** 4 **Level:** Beginner
Choreographer: Gary O'Reilly (IRE) - September 2017
Music: Down On Your Uppers - Derek Ryan

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

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 ¼ 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	¼ 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)

Contact: Gary O'Reilly - oreillygaryone@gmail.com - 00353857819808