



Down On Your Uppers

32 count 4 wall Beginner Choreo Gary o'Reilly

Music: "Down On Your Uppers" by Derek Ryan

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

Section 1: Twist, Twist, Heel, Hook, Fwd, Touch, Back, Touch

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

Section 2: Grapevine R, Grapevine ¼ L Brush

- 1 2 Step R to R side (1), cross L behind R (2)
- 3 4 Step R to R side (3), touch L next to R (4)
- 5 6 Step L to L side (5), cross R behind L (6)
- 7 8 ¼ turn L stepping fwd on L (7), brush R fwd (8) [9:00]

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

- 1 2 Rock fwd on R (1), recover on L (2)
- 3 4 Rock back on R (3), recover on L (4)
- 5 6 R heel fwd (5), drop R toe (6)
- 7 8 L heel fwd (7), drop L toe (8)

Section 4: Fwd, Swivel Heel/Toe/Heel, Fwd, Swivel Heel/Toe/Stomp

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