

# Down On Your Uppers

**Choreographer:** Gary O'Reilly

**Level:** Beginner

**Count:** 32

**Wall:** 4

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

**Music:** "Down On Your Uppers" by Derek Ryan



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## 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)

**Repeat**

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