

School Dance Styles

Ecole de Danse

DOWN ON YOUR UPPERS

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Gary O'Reilly (Ire) September 2017

Music: "Down On Your Uppers" by 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)

Cathy MERIOT - Choréographe / Instructor

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