



Dance: **Down On Your Uppers**
Type: 32 Count, 4 Wall, Beginner
Choreographer: Gary O'Reilly (IE), September 2017
Choreographed to: Down On Your Uppers by Derek Ryan (193 bpm, 3:41 min)

Intro: Start after count 32, on the instrumental

Section 1 Twist, Heel Hook, Step Touch, Back Touch

1,2	Twist heels right. Twist heels to centre	Twist, twist
3,4	Touch right heel forward. Hook right over left	Heel, hook
5,6	Step right forward on diagonal (1:30). Touch left beside right	Step, touch
7,8	Step left back on diagonal (7:30). Touch right beside left	Back, touch

Section 2 Vine Right Touch, Vine 1/4 Left Brush

1-3	Step right to right side. Cross left behind right. Step right to right side	Side, behind, side
4	Touch left beside right	Touch
5-7	Step left to left side. Cross right behind left. Step left 1/4 turn left (9:00)	Side, behind, turn
8	Brush right	Brush

Section 3 Rocking Chair, Heel Strut x 2

1,2	Rock forward on right. Recover on left	Rocking chair
3,4	Rock back on right. Recover on left	
5,6	Step right heel forward. Lower right toe	Heel strut
7,8	Step left heel forward. Lower left toe	Heel strut

Section 4 Stomp, Heel Toe Twist x 3, Stomp, Heel Toe Twist x 2, Stomp

1	Stomp right forward on diagonal (10:30)	Stomp
2-4	Twist left heel to right. Twist left toe to right. Twist left heel to right	Heel, toe, heel
5	Stomp left forward on diagonal (7:30)	Stomp
6-8	Twist right heel to left. Twist right toe to left. Stomp right beside left	Heel, toe, stomp
