



ICCGE 2019-2020

Nom : DOWN ON YOUR UPPERS

Chorégraphe : Gary O'Reilly (Ire) September 2017
Contact : oreillygaryone@gmail.com
Comptes :32 Murs :4 Niveau : Beginner
Musique : Down On Your Uppers by Derek Ryan
Album : The Fire (Deluxe)
Danse soumise par: *Inter-Clubs Country du Grand Est*

32 count intro from lyrics starting dance on the instrumental section

SECT-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)

SECT-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]

SECT-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)

SECT-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)