

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida; WWW.swivelfeet.se

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

Actual footwork	
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)

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