



# COUNTRY CLUB DANCERS



## Down On Your Uppers

Dance taught by Shirley Perkins for the Country Club Dancers 03-12-2018

Choreographed by: Gary O'Reilly, September 2017, [oreillygaryone@gmail.com](mailto:oreillygaryone@gmail.com)

Description: 32 count 4 wall beginner line dance

Music: **Down On Your Uppers** by Derek Ryan, 86 bpm,  
Album: **The Fire**, September 2017

Intro: Start on instrumental section after 32 count vocals

### 1 – 8 **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)

### 9 – 16 **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]

### 17 – 24 **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)

### 25 – 32 **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)