DOWN ON YOUR UPPERS

SONG:

"DOWN ON YOUR UPPERS" by DEREK RYAN.

ALBUM:

"FIRE"

ORIGINAL POSITION:

FEET TOGETHER WEIGHT ON BOTH FEET.

CHOREOGRAPHER:

GARY O'REILLY. IRE. September 2018

BEATS	STEPS: This dance is done in FOUR directions. Introduction : 32 Beats
1, 2 3, 4 5, 6 7, 8	TWIST, TWIST, HEEL, HOOK, FORWARD, TOUCH, BACK, TOUCH TWIST BOTH HEELS TO THE RIGHT, TWIST BOTH HEELS TO THE CENTRE, TOUCH R HEEL FORWARD, HOOK R HEEL TO LEFT SHIN, STEP R FORWARD, TOUCH L TOE TOGETHER, STEP L BACK, TOUCH R TOE TOGETHER. (12.00)
1, 2 3, 4 5, 6 7, 8	VINE RIGHT & TOUCH, VINE LEFT 1/4 TURN & SCUFF VINE: STEP R TO THE SIDE, STEP L BEHIND RIGHT, STEP R TO THE SIDE, TOUCH L TOE TOGETHER, VINE: STEP L TO THE SIDE, STEP R BEHIND LEFT, TURN 90° LEFT STEP L FORWARD, SCUFF R FORWARD. (9.00)
1, 2 3, 4 5, 6 7, 8	ROCKING CHAIR, HEEL STRUT, HEEL STRUT ROCKING CHAIR: STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, ROCK FORWARD ONTO L, STRUT: STEP R HEEL FORWARD, DROP R TOE TO THE FLOOR, STRUT: STEP L HEEL FORWARD, DROP L TOE TO THE FLOOR. (9.00)
1, 2 3, 4 5, 6 7, 8	FORWARD, HEEL, TOE, HEEL, FORWARD, HEEL, TOE, STOMP STOMP R FORWARD AT 45° RIGHT, TWIST L HEEL TOWARDS RIGHT, TWIST L TOE TOWARDS RIGHT, TWIST L HEEL TOWARDS RIGHT, STOMP L FORWARD AT 45° LEFT, TWIST R HEEL TOWARDS LEFT, TWIST R TOE TOWARDS LEFT, STOMP R TOGETHER. (9.00)
32	REPEAT THE DANCE IN NEW DIRECTION

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Whiskey Bridges



Count: 32

Wall: 4

Level: Absolute Beginner

Choreographer: Maddison Glover (AUS) January 2018

Music: Whiskey Under the Bridge - Brooks & Dunn (2.53)



Dance begins after 16 counts.

Fwd, Scuff, Brush, Scuff, Fwd, Scuff, Brush, Scuff

1,2,3,4 Step fwd on R, scuff L heel fwd, brush L toe back/across R, scuff L heel fwd 5,6,7,8 Step fwd on L, scuff R heel fwd, brush R toe back/across L, scuff R heel fwd

Fwd, Kick, Back, Touch Together, Fwd, Kick, Back, Touch Together

1,2,3,4 Step R fwd, kick L fwd, step back on L, touch R beside L 5,6,7,8 Step R fwd, kick L fwd, step back on L, touch R beside L

Weave, Scissor - Side, Together, Cross Toe/Heel

1,2,3,4 Step R to R side, cross L behind R, step R to R side, cross L over R
5,6,7,8 Step R to R side, step L together, cross R toe over L, lower heel to the ground

Weave, Side Rock/ Recover 1/4, Fwd Toe/Heel

1,2,3,4 Step L to L side, cross R behind L, step L to L side, cross R over L $_{5,6}$ Rock L to L side, recover weight fwd onto R as you make $_{1}^{1}$ turn R

7,8 Touch L toe fwd, lower heel to the ground

NO TAGS. NO RESTARTS. Yeehaa!

This dance originally was choreographed for my beginner classes as I am a HUGE Brooks &Dunn Fan.

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Pillows



Count: 24

Wall: 4

Level: Beginner waltz

Choreographer: Linda Burgess- Australia - October 2018

Music: Painting Pillows - Lauren Alaina- EP (3.17mins)



Intro: 24 counts.

[1-6] BASIC WALTZ FWD, BASIC WALTZ BACK

1,2,3 Step fwd L, step R beside L, step L in place

4,5,6 Step back R, step L beside R, step R in place

[7-12] L TWINKLE, R TWINKLE

1,2,3 Cross/step L over R, step R to R, step L in place

4.5.6 Cross/step R over L, step L to L, step R in place

[13-18] FWD, SWEEP, FWD, SWEEP

1,2,3 Step fwd L (1), sweep R around to front (2,3)

4,5,6 Step fwd R (4), sweep L around to front (5,6)

[19-24] TWINKLE 1/4 L, BASIC WALTZ BACK

1,2,3 Cross/step L over R, turn ¼ L & step R beside L, step L in place

4,5,6 Step back R, step L beside R, step R in place

Restart: Wall 5 (facing 12:00). Dance counts 1-12 and restart 12.00

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Rachael McEnaney has a beautiful Advanced Waltz to this song. I have choreographed this dance as a split floor for Beginners.

CODIGO

SONG:

"CODIGO" by GEORGE STRAIT.

ALBUM:

"CODIGO" (Śingle)

ORIGINAL POSITION:

FÉET TOGETHER WEIGHT ON THE LEFT FOOT.

CHOREOGRAPHER:

DARREN MITCHELL. Melbourne. VIC. AUSTRALIA. January 2019

BEATS	STEPS: This dance is done in FOUR directions. Introduction : 16 Beats
1, 2 3, 4 5, 6 7, 8	SIDE, BEHIND, SIDE, ACROSS, SIDE STRUT, BACK, ROCK STEP R TO THE SIDE, STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT, STRUT: STEP R TOE TO THE SIDE, DROP R HEEL TO THE FLOOR, STEP L BACK, ROCK FORWARD ONTO R. (12.00)
1, 2 3, 4 5, 6 7, 8 ##	SIDE, BEHIND, SIDE, ACROSS, SIDE STRUT, BACK, ROCK STEP L TO THE SIDE, STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R ACROSS IN FRONT OF LEFT, STRUT: STEP L TOE TO THE SIDE, DROP L HEEL TO THE FLOOR, STEP R BACK, ROCK FORWARD ONTO L. (12.00)
1, 2 3, 4 5, 6 7, 8	FORWARD, LOCK, FORWARD, SCUFF, FORWARD, LOCK, FORWARD, SCUFF STEP R FORWARD, LOCK L BEHIND RIGHT, STEP R FORWARD, SCUFF L FORWARD, STEP L FORWARD, LOCK R BEHIND LEFT, STEP L FORWARD, SCUFF R FORWARD. (12.00)
1, 2 3, 4 5, 6 7, 8	ROCKING CHAIR, JAZZ BOX 1/4 TURN ROCKING CHAIR: STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, ROCK FORWARD ONTO L, JAZZ BOX: STEP R ACROSS IN FRONT OF LEFT, STEP L BACK, TURN 90° RIGHT STEP R TO THE SIDE, STEP L TOGETHER. (3.00)
32	REPEAT THE DANCE IN NEW DIRECTION
	RESTART: On WALL 5 dance to BEAT 16 (##) and RESTART facing the 12.00