

# From The Ground Up

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**Count:** 48

**Wall:** 2

**Level:** Intermediate waltz

**Choreographer:** Gail Smith - Feb. 2016

**Music:** From The Ground Up by Dan & Shay

## **INTRO: 48 Counts - Begin on vocals**

**ALTERNATE MUSIC: Humble And Kind by Tim McGraw - ( NO Restarts )**

### **S1: FWD, SWEEP, FWD, SWEEP**

**1-2-3** Step L fwd, sweep R fwd

**4-5-6** Step R fwd, sweep L fwd

### **S2: 1/2 of FALL AWAY DIAMOND**

**1-2-3** Step L across R, step R back diagonal, step L back - 10:30

**4-5-6** Step R behind L, step L to side, step R fwd to diagonal - 7:30

**\*\*\*\*\* 2nd Restart here on wall 10. Happens facing 7:30. Just repeat to the corners**

### **S3: FWD, SWEEP, FWD, SWEEP**

**1-2-3** Step L fwd, sweep R fwd - 7:30

**4-5-6** Step R fwd, sweep L fwd

### **S4: 1/2 of FALL AWAY DIAMOND**

**1-2-3** Step L across R, step R back diagonal, step L back - 4:30

**4-5-6** Step R behind L, step L to side, step R fwd to diagonal - 1:30

**\*\*\*\*\* 1st Restart here on wall 5. Happens facing 1:30. Just repeat to the corners.**

### **S5: MODIFIED 1/2 MONTEREY TURN**

**1-2-3** Step L fwd, point R toes to side, HOLD

**4-5-6** Turn 1/2 R and step R together, point L toes to side, HOLD - 7:30

### **S6: REPEAT - MONTEREY TURN**

**1-2-3** Step L fwd, point R toes to side, HOLD

**4-5-6** Turn 1/2 R and step R together, point L toes to side, HOLD - 1:30

### **S7: FWD, LIFT, BACK, DRAG**

- 1-2-3** Step L fwd, slowly lift R extending leg and point toes ( low lift )  
**4-5-6** Large step back with R, slowly drag L back and next to R foot, HOLD

### **S8: TURNING 1/8, 1/2, BACK, BACK, DRAG**

- 1** Turn 1/8 and step L fwd - squaring up to the wall - 12:00  
**2-3** Turn 1/2 and step R back, step L back - 6:00  
**4-5-6** Step R back, drag L toes up next to R foot, HOLD

### **START AGAIN**

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