

From The Ground Up Baby

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Count: 24

Wall: 4

Level: Beginner waltz

Choreographer: Linn Trehag - September 2017

Music: From The Ground Up - Dan + Shay

Restart: 18th wall after 12 counts facing 9.00

(1-6) Walk forward x2

1,2,3 Walk forward L

4,5,6 Walk forward R

(7-12) Rock step, walk back x2,drag

1,2,3 Rock forward on L, recover on R, step back on L

4,5,6 Step back on R, drag L beside R over 2 counts

Restart in wall 18

(13-18) Long step, drag x2

1,2,3 Long step L to L, drag R beside L over 2 counts

4,5,6 Long step R to R drag L beside R over 2 counts

(19-24) 1/4 turn L , Sweep, jazzbox

1,2,3 1/4 turn L stepping L forward, sweep R from back over 2 counts

4,5,6 Cross R over L, step L back, step R beside L

Restart in wall 18, start again after 12 counts

End the dance with:

1,2,3 Walk forward L

4,5,6 Walk forward R

7,8,9 1/4 turn L stepping L forward, sweep R from back over 2 counts

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