

# From The Ground Up

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**Count:** 48

**Wall:** 4

**Level:** Beginner / Improver waltz

**Choreographer:** Claire Bell – Feb.2016

**Music:** From the Ground Up by Dan + Shay (Single)

## **Intro: 48 counts (approx. 19 seconds)**

### **Sect. 1: R FORWARD, L SIDE ROCK, RECOVER, STEP L, HITCH R**

**1,2,3** Step forward on R, rock L to left side, recover weight on R

**4,5,6** Step forward on L, hitch R over 2 counts

### **Sect. 2: R TWINKLE , L TWINKLE ¼ LEFT**

**1,2,3,** Cross R over right, step back on L, step R next to L

**4,5,6** Cross L over right, turn 1/4 left stepping back on R, step L next to R

### **Sect. 3: R FORWARD, L SIDE ROCK, RECOVER, STEP L, HITCH R**

**1,2,3** Step forward on R, rock L to left side, recover weight on R

**4,5,6** Step forward on L, hitch R over 2 counts

### **Sect 4: R TWINKLE , L TWINKLE ¼ LEFT**

**1,2,3** Cross R over L, step back on L, step R next to L

**4,5,6** Cross L over R, turn ¼ left stepping back on R, step L next to R

### **\*RESTART ON WALL 5**

### **Sect. 5: R SIDE, L BACK ROCK, RECOVER, L SIDE, R BACK ROCK, RECOVER**

**1,2,3** Step R to right side, rock L behind R, recover weight on R

**4,5,6** Step L to left side, rock R behind L, recover weight on L

### **Sect. 6: R FORWARD, POINT, HOLD, L FORWARD, POINT HOLD**

**1,2,3** Step forward on R, point L on left diagonal, hold

**4,5,6** Step forward on L, point R on right diagonal, hold

### **Sect. 7: R SAILOR, L SAILOR (TRAVELLING BACK)**

**1,2,3** Step R behind L, step L to left side, step R to right side (travelling back)

**4,5,6** Step L behind, step R to right side, step L to left side (travelling back)

**Sect. 8: R TWINKLE  $\frac{1}{4}$  TURN R , L CROSS ROCK, RECOVER, L SIDE**

**1,2,3** Cross R over left, turn  $\frac{1}{4}$  right stepping back on left, step R next to L

**4,5,6** Cross L over R, recover weight on R, step L to left side

**\*RESTART ON WALL 5: DANCE UP TO SECTION 4 AND RESTART THE DANCE FROM THE BEGINNING**