

From The Ground Up

Count: 48

Wall: 4

Level: Beginner / Improver waltz

Choreographer: Claire Bell (UK) - February 2016

Music: From the Ground Up - 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 ¼ TURN R , L CROSS ROCK, RECOVER, L SIDE

1,2,3 Cross R over left, turn ¼ 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**