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E-mail: admin@linedancermagazine.com

Up From The Ground 42 Count, 4 Wall, Improver, Waltz

Choreographer: K. Sholes (USA) Sept 2014 Choreographed to: Up From The Ground by Fort Atlantic

1-3 4-6	Step L forward, Step R 1/4 to left, Step L 1/4 to left (6:00) Step R back, Step L next to R, Step R back.
1-3 4-6	Weave to right Cross L over R, Step R to side, Cross L behind R. Step R to side, Cross L over R, Step R to side.
1-3 4-6	Step, 1/4 Turn, 1/4 Turn, Back step, Step, Step Step L forward, Step R 1/4 to left, Step L 1/4 to left (12:00) Step R back, Step L next to R, Step R back.
1-3 4-6	Step, Together, Flick X2 Step L back, Step R together, Flick L toe forward. Step L forward, Step R together, Flick L toe back.
1-3 4-6	Step, Together, Step, 1/4 turn, Together, Step (or spin) Step L forward, Step R next to L, Step L forward. Step R 1/4 to right, Step L next to R, Step R forward (9:00)
1-3 4-6	Twinkle X2 Cross L over R, Step R to side, Step L in place. Cross R over L, Step L to side, Step R in place.
1-3 4-6	Step, Together, Step X2 Step L forward, Step R next to L, Step L forward. Step R forward, Step L next to R, Step R forward.

Begin Again! Enjoy!

Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA Tel: +44 (0)1704 392300 Fax: +44 (0)871 900 5768-charged at 10p per minute