



Web site: www.linedancerweb.com

E-mail: admin@linedancerweb.com

From The Ground Up

48 Count, 4 Wall, Improver (Waltz)

Choreographer: Claire Bell (UK) Feb 2016

Choreographed to: From the Ground Up by Dan + Shay (Single)

Intro: 48 counts (approx. 19 seconds)

- Section 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
- Section 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
- Section 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
- Section 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**
- Section 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
- Section 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
- Section 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)
- Section 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**