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From The Ground Up

96 Count, 2 Wall, Advanced (Waltz) Choreographer: Rachael McEnaney-White (USA) & Rob Fowler (AU) Mar 2016 Choreographed to: From The Ground Up by Dan + Shay

Track: approx. 4:14mins

Count In: 48 counts from start of track, begin on vocals.

Approx 76 bpm officially, the way the dance is counted though its 152 bpm.

Notes: 2 restarts - 3rd wall after 24 counts restart facing 12.00. 6th wall after 12 counts restart facing 6.00

Section 1 1 2 3 4 5 6	L Fwd, R Point, ¼ Turn R Back R, L Point, Step forward L (1), point R to right side (2), hold (3) 12.00 Make ¼ turn right stepping R to right side (4), point L to left side (5), hold (6) 3.00
Section 2 1 2 3	¹ ⁄4 Turn L Fwd L, ¹ ⁄4 Turn L Sweeping R, R Cross, L Side, R Behind Make ¹ ⁄ ₄ turn left stepping forward L (1), make further ¹ ⁄ ₄ turn left on ball of L as you sweep R (2) hold continuing the sweep (3) 9.00
456	Cross R over L (4), step L to left side (5), cross R behind L (6) 9.00 Restart On the 6th wall restart the dance here by making ¼ turn left to start again. 6th wall begins facing 12.00 and you will restart facing 6.00
Section 3 1 2 3	Big Step L Dragging R, Big Step R Dragging L Step L foot to left side (big step) (1), drag R towards L (2), hold continuing the drag with R (weight ends L) (3) 9.00 Step R foot to right side (big step) (4), drag L towards R (5), hold continuing the drag with L (weight ends R) (6) 9.00
456	
Section 4 1 2 3 4 5 6	L Cross, ¼ Turn L Back R, L Back, R Back, ½ Turn L Fwd L, R Fwd Cross L over R (1), make ¼ turn left stepping back R (2), step back L (3) 6.00 Step back R (4), make ½ turn left stepping forward L (5), step forward R (6) 12.00 Restart On the 3rd wall restart the dance here. 3rd wall begins facing 12.00 and you will restart facing 12.00
Section 5 1 2 3 4 5 6	L Fwd Basic, R Back Basic Step forward L (1), step R next to L (2), step L in place (3) 12.00 Step back R (4), step L next to R (5), step R in place (6) 12.00
Section 6 1 2 3 4 5 6	L Fwd , ½ Pivot R , ½ Turn R Stepping Back L Sweeping R Step forward L (1), pivot ½ turn right (keep weight L) (2), transfer weight to R (3) 6.00 Make ½ turn right stepping back L (bend L knee slightly) as you sweep R (4), hold but continue the sweep with R (5,6) 12.00
Section 7 1 2 3 4 5 6	R Behind, L Side Rock, L Behind Sweeping R Cross R behind L (1), rock L to left side (2), recover weight R (3) 12.00 Cross L behind R as you sweep R (4), hold but continue the sweep with R (5,6) 12.00
Section 8 1 2 3 4 5 6	R behind, L side, R cross, ¼ turn L fwd L, ½ turn L hitching R (figure 4) Cross R behind L (1), step L to left side (2), cross R over L (3) 12.00 Make ¼ turn L stepping forward L (4), make ½ turn left on ball of L as you hitch R (foot is on calf with R knee turned out like figure 4) (5,6) 3.00
Section 9 1 2 3 4 5 6	R Fwd, L Kick, Hold, L Coaster Step forward R (1), raise L leg (its not a sharp kick) (2), hold (3) 3.00 Step back L (4), step R next to L (5), step forward L (6) 3.00
Section 10 1 2 3 4 5 6	Walk fwd R-L with sweeps (slightly crossed) Step forward R (slightly across L) as you sweep L (1), hold continuing sweep (2,3) 3.00 Step forward L (slightly across R) as you sweep R (4), hold continuing sweep (5,6) 3.00

Section 11 1 2 3 4 5 6	R Fwd Rock , ½ Turn R Fwd R , ¼ Turn R Side L , ½ Turn R Hitching R (2 Counts) Rock forward R (1), recover weight L (2), make ½ turn right stepping forward R (3) 9.00 Make ¼ turn right stepping L to left side (4), make ½ turn right on ball of L as you hitch R knee (5, 6) (Try to make counts 456 one fluid movement) 6.00	
Section 12 1 2 3	Big Step R Dragging L, Big Step L Dragging R Step R foot to right side (big step) (1), drag L towards R (2), hold continuing the drag with L	
456	(weight ends R) (3) 6.00 Step L foot to left side (big step) (4), drag R towards L (5), hold continuing the drag with R (weight ends L) (6) 6.00	
Section 13 1 2 3	Diamond Fallaway Make 1/8 turn left stepping forward R (1), make 1/8 turn right stepping L to left side (2), make 1/8 turn right stepping back R (3) 7.30	
456	Step back L (4), make 1/8 turn right stepping R to right side (5), make 1/8 turn right stepping forward L (6) 10.30	
Section 14 1 2 3	Diamond Fallaway Continued, 1/8 Turn R Doing L Coaster Step forward R (1), make 1/8 turn right stepping L to left side (2), make 1/8 turn right stepping back R (3) 1.30	
456	Make 1/8 turn right stepping back L (4), step R next to L (5), step forward L (6) 3.00	
Section 15 1 2 3 4 5 6	R fwd, Point L, ¹ / ₄ turn L fwd L , ¹ / ₄ turn L rocking side R, recover L Step forward R (1), point L to left side (2), hold (3) 3.00 Make ¹ / ₄ turn left stepping forward L (4), make ¹ / ₄ turn left rocking R to right side (5), recover weight L (6) 9.00	
Section 16 1 2 3 4 5 6	Cross R sweeping L, L cross, R side with drag. ¼ turn L to start again Cross R over L as you sweep L (1), hold continuing the L sweep (2), cross L over R (3) 9.00 Step R foot to right side (big step) (4), drag L towards R (5), hold continuing the drag with L (weight ends R) (6) 9.00 You are now facing 9.00 – make ¼ turn L to start the dance again facing 6.00	
Start Again - Have Fun		

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Ending: The last wall is the 8th wall that begins facing the 12.00. Dance up to count 63 (R rock $\frac{1}{2}$ turn), then make a further $\frac{1}{4}$ turn right stepping L a big step to left side to face the front.

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