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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 L Fwd, R Point, ¼ Turn R Back R, L Point,

1 2 3 Step forward L (1), point R to right side (2), hold (3) 12.00

4 5 6 Make ¼ turn right stepping R to right side (4), point L to left side (5), hold (6) 3.00

Section 2 ¼ Turn L Fwd L, ¼ Turn L Sweeping R, R Cross, L Side, R Behind

1 2 3 Make ¼ turn left stepping forward L (1), make further ¼ turn left on ball of L as you sweep R (2), hold continuing the sweep (3) 9.00

4 5 6 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 Big Step L Dragging R, Big Step R Dragging L

1 2 3 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

4 5 6 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

Section 4 L Cross, ¼ Turn L Back R, L Back, R Back, ½ Turn L Fwd L, R Fwd

1 2 3 Cross L over R (1), make ¼ turn left stepping back R (2), step back L (3) 6.00

4 5 6 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 L Fwd Basic, R Back Basic

1 2 3 Step forward L (1), step R next to L (2), step L in place (3) 12.00

4 5 6 Step back R (4), step L next to R (5), step R in place (6) 12.00

Section 6 L Fwd, ½ Pivot R, ½ Turn R Stepping Back L Sweeping R

1 2 3 Step forward L (1), pivot ½ turn right (keep weight L) (2), transfer weight to R (3) 6.00

4 5 6 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 R Behind, L Side Rock, L Behind Sweeping R

1 2 3 Cross R behind L (1), rock L to left side (2), recover weight R (3) 12.00

4 5 6 Cross L behind R as you sweep R (4), hold but continue the sweep with R (5,6) 12.00

Section 8 R behind, L side, R cross, ¼ turn L fwd L, ½ turn L hitching R (figure 4)

1 2 3 Cross R behind L (1), step L to left side (2), cross R over L (3) 12.00

4 5 6 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 R Fwd, L Kick, Hold, L Coaster

1 2 3 Step forward R (1), raise L leg (its not a sharp kick) (2), hold (3) 3.00

4 5 6 Step back L (4), step R next to L (5), step forward L (6) 3.00

Section 10 Walk fwd R-L with sweeps (slightly crossed)

1 2 3 Step forward R (slightly across L) as you sweep L (1), hold continuing sweep (2,3) 3.00

4 5 6 Step forward L (slightly across R) as you sweep R (4), hold continuing sweep (5,6) 3.00

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- Section 11 R Fwd Rock, ½ Turn R Fwd R, ¼ Turn R Side L, ½ Turn R Hitching R (2 Counts)**
 1 2 3 Rock forward R (1), recover weight L (2), make ½ turn right stepping forward R (3) 9.00
 4 5 6 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 Big Step R Dragging L, Big Step L Dragging R**
 1 2 3 Step R foot to right side (big step) (1), drag L towards R (2), hold continuing the drag with L (weight ends R) (3) 6.00
 4 5 6 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 Diamond Fallaway**
 1 2 3 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
 4 5 6 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 Diamond Fallaway Continued, 1/8 Turn R Doing L Coaster**
 1 2 3 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
 4 5 6 Make 1/8 turn right stepping back L (4), step R next to L (5), step forward L (6) 3.00
- Section 15 R fwd, Point L, ¼ turn L fwd L, ¼ turn L rocking side R, recover L**
 1 2 3 Step forward R (1), point L to left side (2), hold (3) 3.00
 4 5 6 Make ¼ turn left stepping forward L (4), make ¼ turn left rocking R to right side (5), recover weight L (6) 9.00
- Section 16 Cross R sweeping L, L cross, R side with drag. ¼ turn L to start again**
 1 2 3 Cross R over L as you sweep L (1), hold continuing the L sweep (2), cross L over R (3) 9.00
 4 5 6 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

Ending: The last wall is the 8th wall that begins facing the 12.00. Dance up to count 63 (R rock ½ turn), then make a further ¼ turn right stepping L a big step to left side to face the front.