From The Ground Up

Choreographed by Rachael McEnaney-White (UK/USA) & Rob Fowler (UK) (March 2016) Rachael: www.dancewithrachael.com dancewithrachael@gmail.com Rob: robfowler@hotmail.es



Description: 96 counts, 2 wall, Advanced level line dance. Music: "From The Ground Up" - Dan + Shay (available as single on itunes & other mp3 sites) (approx 4.14 mins). Count In: Notes: Video:

48 counts from start of track, begin on vocals. Approx 76 bpm officially, the way the dance is counted though its 152bpm. 2 restarts - 3rd wall after 24 counts restart facing 12.00. 6th wall after 12 counts restart facing 6.00 https://www.facebook.com/RachaelMcEnaney/videos/vb.323871602879/10153682861287880/?type=2&theater

Section	Footwork	End Facing
1 - 6	L fwd, R point, ¼ turn R back R, L point,	
123	Step forward L (1), point R to right side (2), hold (3)	12.00
456	Make ¼ turn right stepping R to right side (4), point L to left side (5), hold (6)	3.00
7 – 12	¼ turn L fwd L, ¼ turn L sweeping R, R cross, L side, R behind	
123	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
456	Cross R over L (4), step L to left side (5), cross R behind L (6)	9.00
Restart	On the 6 th wall restart the dance here by making ¼ turn left to start again. 6 th wall begins facing 12.00 and you will restart facing 6.00	
13 - 18	Big step L dragging R, big step R dragging L	
123	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
456	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
19 - 24	L cross, ¼ turn L back R, L back, R back, ½ turn L fwd L, R fwd	
123	Cross L over R (1), make ¼ turn left stepping back R (2), step back L (3)	6.00
456	Step back R (4), make ½ turn left stepping forward L (5), step forward R (6)	12.00
Restart	On the 3 rd wall restart the dance here. 3 rd wall begins facing 12.00 and you will restart facing 12.00	
25 - 30	L fwd basic, R back basic	
123	Step forward L (1), step R next to L (2), step L in place (3)	12.00
456	Step back R (4), step L next to R (5), step R in place (6)	12.00
31 - 36	L fwd, ½ pivot R, ½ turn R stepping back L sweeping R	
123	Step forward L (1), pivot ½ turn right (keep weight L) (2), transfer weight to R (3)	6.00
456	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
37 - 42	R behind, L side rock, L behind sweeping R	
123	Cross R behind L (1), rock L to left side (2), recover weight R (3)	12.00
456	Cross L behind R as you sweep R (4), hold but continue the sweep with R (5,6)	12.00
43 - 48	R behind, L side, R cross, ¼ turn L fwd L, ½ turn L hitching R (figure 4)	
123	Cross R behind L (1), step L to left side (2), cross R over L (3)	12.00
456	Make 1/4 turn L stepping forward L (4), make 1/2 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
49 - 54	R fwd, L kick, hold, L coaster	
123	Step forward R (1), raise L leg (its not a sharp kick) (2), hold (3)	3.00
456	Step back L (4), step R next to L (5), step forward L (6)	3.00
55 - 60	Walk fwd R-L with sweeps (slightly crossed)	
123	Step forward R (slightly across L) as you sweep L (1), hold continuing sweep (2,3)	3.00
456	Step forward L (<i>slightly across R</i>) as you sweep R (4), hold continuing sweep (5,6)	3.00

Section	Footwork	End Facing
61 - 66	R fwd rock, ½ turn R fwd R, ¼ turn R side L, ½ turn R hitching R (2 counts)	Ŭ
	Rock forward R (1), recover weight L (2), make ½ turn right stepping forward R (3)	9.00
456	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) (<i>try to make counts 456 one fluid movement</i>)	6.00
67 - 72	Big step R dragging L, big step L dragging R	
123	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
456	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
73 - 78	Diamond Fallaway	
123	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
79 - 84	Diamond Fallaway continued, 1/8 turn R doing L coaster	
123	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
85 - 90	R fwd, Point L, ¼ turn L fwd L , ¼ turn L rocking side R, recover L	
123	Step forward R (1), point L to left side (2), hold (3)	3.00
456	Make ¼ turn left stepping forward L (4), make ¼ turn left rocking R to right side (5), recover weight L (6)	9.00
91 - 96	Cross R sweeping L, L cross, R side with drag. ¼ turn L to start again	
123	Cross R over L as you sweep L (1), hold continuing the L sweep (2), cross L over R (3)	9.00
456	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	6.00
Ending	The last wall is the 8 th 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.	

START AGAIN 🕲 HAVE FUN