

## 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. <br> "From The Ground Up" - Dan + Shay (available as single on itunes \& other mp3 sites) (approx 4.14 mins). <br> Music: |
| :--- | :--- |
| Count In: | 48 counts from start of track, begin on vocals. Approx 76 bpm officially, the way the dance is counted though its 152bpm. <br> Notes: |
| 2 restarts - 3rd wall after 24 counts restart facing 12.00. 6 th wall after 12 counts restart facing 6.00 |  |
| Video: | https://www.facebook.com/RachaelMcEnaney/videos/vb.323871602879/10153682861287880/?type=2\&theater |


| Section | Footwork | End <br> Facing |
| :---: | :--- | :---: |
| $\mathbf{1 - 6}$ | L fwd, $\mathbf{R}$ point, $1 / 4$ turn $\mathbf{R}$ back $\mathbf{R}$, $L$ point, |  |
| 123 | Step forward $L(1)$, point $R$ to right side (2), hold (3) | 12.00 |
| 456 | Make $1 / 4$ turn right stepping $R$ to right side (4), point $L$ to left side (5), hold (6) | 3.00 |
| $\mathbf{7 - 1 2}$ | $1 / 4$ turn $L$ fwd $L, 1 / 4$ turn $L$ sweeping $\mathbf{R}, \mathbf{R}$ cross, $L$ side, $\mathbf{R}$ behind |  |
| $\mathbf{1 2 3}$ | 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 $6^{\text {th }}$ wall restart the dance here by making $1 / 4$ turn left to start again. $6^{\text {th }}$ 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 |


| $19-24$ | cross, $1 / 4$ turn $L$ back $R, L$ back, $R$ back, $1 / 2$ turn $L$ fwd $L, R$ fwd |  |
| :---: | :---: | :---: |
| 123 | Cross $L$ over $R(1)$, make $1 / 4$ turn left stepping back $R(2)$, step back $L(3)$ | 6.00 |


| 456 | Step back $R(4)$, make $1 / 2$ turn left stepping forward $L(5)$, step forward $R(6)$ | 12.00 |
| :--- | :--- | :--- |

Restart On the $3^{\text {rd }}$ wall restart the dance here. $3^{\text {rd }}$ 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, $1 / 2$ pivot $R, 1 / 2$ turn $R$ stepping back $L$ sweeping $R$ |  |
| 123 | Step forward L (1), pivot $1 / 2$ turn right (keep weight $L$ ) (2), transfer weight to $R(3)$ | 6.00 |
| 456 | Make $1 / 2$ 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, $1 / 4$ turn $L$ fwd $L, 1 / 2$ 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 112 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 (slightly across R) as you sweep R (4), hold continuing sweep ( 5,6 ) | 3.00 |


| Section | Footwork | End <br> Facing |
| :---: | :---: | :---: |
| 61-66 | R fwd rock, $1 / 2$ turn R fwd R, $1 / 4$ turn R side $L, 1 / 2$ turn R hitching R (2 counts) |  |
| 123 | Rock forward $R$ (1), recover weight $L$ (2), make $1 / 2$ turn right stepping forward $R$ ( 3 ) | 9.00 |
| 456 | Make $1 / 4$ turn right stepping $L$ to left side (4), make $1 / 2$ turn right on ball of $L$ as you hitch $R$ knee $(5,6)$ (try to make counts 456 one fluid movement) | 6.00 |
| 67-72 | Big step $\mathbf{R}$ dragging L , big step L dragging $\mathbf{R}$ |  |
| 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 $L$, $1 / 4$ turn L fwd L , 1/4 turn L rocking side R, recover L |  |
| 123 | Step forward $R$ (1), point $L$ to left side (2), hold (3) | 3.00 |
| 456 | 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 |
| 91-96 | Cross $R$ sweeping $L$, L cross, $R$ side with drag. $1 / 4$ 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 $11 / 4$ turn $L$ to start the dance again facing 6.00 | 6.00 |
| Ending | The last wall is the $8^{\text {th }}$ wall that begins facing the 12.0 . Dance up to count 63 ( R rock $1 / 2$ turn), then make a further $1 / 4$ turn right stepping $L$ a big step to left side to face the front. |  |

## START AGAIN © HAVE FUN

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