

From the Ground Up

Count: 48

Wand: 2

Ebene: Intermediate - waltz

Choreograf/in: Sharon Swain (AUS) - January 2024

Musik: From the Ground Up - Dan + Shay : (Obsessed - Album)



Intro 16 Counts in

Fallaway Diamond, Basic Waltz Fwd and Bk x 2 (making a diamond pattern)(Start at 12.00)

- 1,2,3 turn ¼ left to Waltz Basic fwd, L,R,L (9.00)
- 4,5,6 turn ¼ left to Waltz Basic back, R,L,R (6.00)
- 1,2,3 turn ¼ left to Waltz Basic fwd, L,R,L (3.00)
- 4,5,6 turn ¼ left to Waltz Basic back, R,L,R (12.00)

Left Sailor, Right Sailor

- 1,2,3 L behind R, R to side, L Replace
- 4,5,6 R Behind L, L to side, R replace

Weave to Right, Step R Hold

- 1,2,3 L behind R, R to R Side, L across infront of R
- 4, 5,6 Step R to R Side, Hold for 2

Step L Hold, Step R ½ turn, Hold

- 1,2,3 Step L to L Side, Hold for 2
- 4,5,6 Step R to R Side with ½ turn to right, Hold 2

Step L Hold, Step R Hold

- 1,2,3, Step L to L side, Hold for 2
- 4,5,6 Step R to R side Hold for 2

L Twinkle, R Twinkle

- 1,2,3 Cross L over R, Step R to side, Step L to Side
- 4,5,6 Cross R over L, Step L to side, Step R to side

Step L fwd drag R to L, Step bk R ,Drag L to R & Hook L

- 1,2,3 Step fwd on L, Drag R to L & Hold
- 4,5,6 Step bk on R, Drag L to R, Hook L infront of R

Restarts

Wall 5 - Diamond Waltz, L Sailor, R Sailor, Weave R, Restart

Wall 9 – Diamond Waltz and restart

Dance finishes wall 12 – ½ the diamond Waltz (Waltz fwd, Waltz Bk, Step L fwd, Drag R to L