

# From The Ground Up

**COPPER KNOB**  
STEPSHEETS

拍数: 48      墙数: 2      级数: Intermediate waltz  
编舞者: Gail Smith (USA) - February 2016  
音乐: From the Ground Up - Dan + Shay



**INTRO: 48 Counts - Begin on vocals**

**ALTERNATE MUSIC:** □ Humble And Kind by Tim McGraw - ( NO Restarts )

## **S1: FWD, SWEEP, FWD, SWEEP**

1-2-3      Step L fwd, sweep R fwd

4-5-6      Step R fwd, sweep L fwd

## **S2: 1/2 of FALL AWAY DIAMOND**

1-2-3      Step L across R, step R back diagonal, step L back - □□□□ 10:30

4-5-6      Step R behind L, step L to side, step R fwd to diagonal □ - □□ 7:30

\*\*\*\*\* 2nd Restart here on wall 10. Happens facing 7:30. Just repeat to the corners

## **S3: FWD, SWEEP, FWD, SWEEP**

1-2-3      Step L fwd, sweep R fwd - □□□□□□□□ 7:30

4-5-6      Step R fwd, sweep L fwd

## **S4: 1/2 of FALL AWAY DIAMOND**

1-2-3      Step L across R, step R back diagonal, step L back - □□□□ 4:30

4-5-6      Step R behind L, step L to side, step R fwd to diagonal - □□□ 1:30

\*\*\*\*\* 1st Restart here on wall 5. Happens facing 1:30. Just repeat to the corners.

## **S5: MODIFIED 1/2 MONTEREY TURN**

1-2-3      Step L fwd, point R toes to side, HOLD

4-5-6      Turn 1/2 R and step R together, point L toes to side, HOLD - □□ 7:30

## **S6: REPEAT - MONTEREY TURN**

1-2-3      Step L fwd, point R toes to side, HOLD

4-5-6      Turn 1/2 R and step R together, point L toes to side, HOLD - □□ 1:30

## **S7: FWD, LIFT, BACK, DRAG**

1-2-3      Step L fwd, slowly lift R extending leg and point toes ( low lift )

4-5-6      Large step back with R, slowly drag L back and next to R foot, HOLD

## **S8: TURNING 1/8, 1/2, BACK, BACK, DRAG**

1      Turn 1/8 and step L fwd - squaring up to the wall - □□□□ 12:00

2-3      Turn 1/2 and step R back, step L back □ - □□□□ 6:00

4-5-6      Step R back, drag L toes up next to R foot, HOLD

**START AGAIN**

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