



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:	48 counts from start of track, begin on vocals. Approx 76 bpm officially, the way the dance is counted though its 152bpm.
Notes:	2 restarts – 3 rd 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 Facing
1 - 6	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
7 – 12	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
<i>Restart</i>	<i>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</i>	
13 - 18	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
19 - 24	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
<i>Restart</i>	<i>On the 3rd wall restart the dance here. 3rd wall begins facing 12.00 and you will restart facing 12.00</i>	
25 - 30	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
31 - 36	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 (<i>bend L knee slightly</i>) 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	
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
43 - 48	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 (<i>foot is on calf with R knee turned out like figure 4</i>) (5,6)	3.00
49 - 54	R fwd, L kick, hold, L coaster	
1 2 3	Step forward R (1), raise L leg (<i>its not a sharp kick</i>) (2), hold (3)	3.00
4 5 6	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)	
1 2 3	Step forward R (<i>slightly across L</i>) as you sweep L (1), hold continuing sweep (2,3)	3.00
4 5 6	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)	
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) <i>(try to make counts 456 one fluid movement)</i>	6.00
67 - 72	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
73 - 78	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
79 - 84	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
85 - 90	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
91 - 96	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	6.00
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.	

START AGAIN ☺ HAVE FUN