

From The Ground Up

Count: 48

Wand: 4

Ebene: Improver waltz

Choreograf/in: Guylaine Bourdages (CAN) - May 2016

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



Intro: Begin to dance on lyrics

[1-12] □ Sways Right & Left, Rolling Vine, LF cross in front of RF, Sweep RF from Back to Front

1-6 Sway Right (1-2-3) and left (4-5-6) Transfert weight on right and left foot
7-9 1/4R RF forward (7), 1/2R LF to left (8), 1/4R, RF to right (9) (12H)
10-12 LF cross in front of RF (10), Sweep RF from back to front (11-12)

[13-24] □ Twinkle RF Forward, Twinkle LF forward (keep your body face to diagonal right) Twinkle back Right and Left (LF beside RF on count 12)

1-3 1/8L RF cross in front of LF (1), LF to left (2), Transfer weight on RF (1/4R) (3) (Face to diagonal right forward)
4-6 LF cross in front of RF (4), RF to right (5), transfer weight on LF (6) (stay face to diagonal right forward)
7-9 RF cross behind LF (7), LF to left 1/4L (8), transfer weight on RF (9) (Face diagonal left forward)
10-12 LF cross in behind RF (10), RF to right 1/8R (11), LF beside RF (12) (12H)

(Restart here on wall 5 facing 12H)

[25-36] □ RF Basic Forward, LF basic 1/2L, RF basic Back, LF basic Forward

1-3 RF forward (1), LF beside RF (2), RF on place (3)
4-6 1/4L LF forward (4), 1/4L RF back (5) LF beside RF (6) (6H)
7-9 RF back (7), LF beside RF (8), RF on place (9)
10-12 LF forward (10), RF beside LF (11), LF on place (12)

[37-48] □ RF Basic Forward, LF basic 1/2L, RF basic Back, 1/4L weave to right

1-3 RF forward (1), LF beside RF (2), RF on place (3)
4-6 1/4L LF forward (4), 1/4L RF back (5) LF beside RF (6) (6H)
7-9 RF back (7), LF beside RF (8), RF on place (9)
10-12 1/4L LF cross in front of RF (10), RF to right (11), LF cross behind RF (12) (9H)

RESTART WALL 5 (Facing 12H)

Restart after the first 24 counts (FACE to 12H)

TAG WALL 9 (Facing 3H)

Sway right (1-3) Sway left (4-6) Sway right (7-9) Sway left (10-12) and start the dance

I hope you will enjoy and Thank You to dance my choreographies ... I am very grateful Guylaine xx

Contact: www.guylainebourdages.com - www.coachingdanse.com