

# From The Ground Up

**COPPERKNOB**  
STEPSHEETS

**Count:** 48

**Wall:** 4

**Level:** Beginner / Improver waltz

**Choreographer:** Claire Bell (UK) - February 2016

**Music:** From the Ground Up - Dan + Shay : (Single)



**Intro: 48 counts (approx. 19 seconds)**

**Sect. 1:** □ R FORWARD, L SIDE ROCK, RECOVER, STEP L, HITCH R

1,2,3 Step forward on R, rock L to left side, recover weight on R

4,5,6 Step forward on L, hitch R over 2 counts

**Sect. 2:** □ R TWINKLE , L TWINKLE ¼ LEFT

1,2,3, Cross R over right, step back on L, step R next to L

4,5,6 Cross L over right, turn 1/4 left stepping back on R, step L next to R

**Sect. 3:** □ R FORWARD, L SIDE ROCK, RECOVER, STEP L, HITCH R

1,2,3 Step forward on R, rock L to left side, recover weight on R

4,5,6 Step forward on L, hitch R over 2 counts

**Sect 4:** □ R TWINKLE , L TWINKLE ¼ LEFT

1,2,3 Cross R over L, step back on L, step R next to L

4,5,6 Cross L over R, turn ¼ left stepping back on R, step L next to R

**\*RESTART ON WALL 5**

**Sect. 5:** □ R SIDE, L BACK ROCK, RECOVER, L SIDE, R BACK ROCK, RECOVER

1,2,3 Step R to right side, rock L behind R, recover weight on R

4,5,6 Step L to left side, rock R behind L, recover weight on L

**Sect. 6:** □ R FORWARD, POINT, HOLD, L FORWARD, POINT HOLD

1,2,3 Step forward on R, point L on left diagonal, hold

4,5,6 Step forward on L, point R on right diagonal, hold

**Sect. 7:** □ R SAILOR, L SAILOR (TRAVELLING BACK)

1,2,3 Step R behind L, step L to left side, step R to right side (travelling back)

4,5,6 Step L behind, step R to right side, step L to left side (travelling back)

**Sect. 8:** □ R TWINKLE ¼ TURN R , L CROSS ROCK, RECOVER, L SIDE

1,2,3 Cross R over left, turn ¼ right stepping back on left, step R next to L

4,5,6 Cross L over R, recover weight on R, step L to left side

**\*RESTART ON WALL 5: DANCE UP TO SECTION 4 AND RESTART THE DANCE FROM THE BEGINNING**