

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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