

# Up From The Ground / Waltz

COPPER KNOB  
STEPSHEETS

拍数: 42      墙数: 4      级数: High Improver  
编舞者: K. Sholes (USA) - September 2014  
音乐: Up From the Ground - Fort Atlantic



## Step, 1/4 Turn, 1/4 Turn, Back step, Step, Step

1-3      Step L forward, Step R 1/4 to left, Step L 1/4 to left (6:00)  
4-6      Step R back, Step L next to R, Step R back.

## Weave to right

1-3      Cross L over R, Step R to side, Cross L behind R.  
4-6      Step R to side, Cross L over R, Step R to side.

## Step, 1/4 Turn, 1/4 Turn, Back step, Step, Step

1-3      Step L forward, Step R 1/4 to left, Step L 1/4 to left (12:00)  
4-6      Step R back, Step L next to R, Step R back.

## Step, Together, Flick X2

1-3      Step L back, Step R together, Flick L toe forward. (\*)  
4-6      Step L forward, Step R together, Flick L toe back.

## Step, Together, Step, 1/4 turn, Together, Step (or spin)

1-3      Step L forward, Step R next to L, Step L forward.  
4-6      Step R 1/4 to right, Step L next to R, Step R forward (9:00)

## Twinkle X2

1-3      Cross L over R, Step R to side, Step L in place.  
4-6      Cross R over L, Step L to side, Step R in place.

## Step, Together, Step X2

1-3      Step L forward, Step R next to L, Step L forward.  
4-6      Step R forward, Step L next to R, Step R forward.

## Begin Again! Enjoy!

\* On wall 5 (12:00) dance 21 counts then Restart from the beginning.

Last Update - 4th Sept 2014