

# From The Ground Up

**COPPER KNOB**  
STEP SHEETS

拍數: 48                      牆數: 2                      級數: Intermediate waltz  
編舞者: Gail Smith (USA) - February 2016  
音樂: 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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