

From The Ground Up

拍數: 96 牆數: 2 級數: Advanced waltz
編舞者: Rachael McEnaney (USA) & Rob Fowler (ES) - March 2016
音樂: From the Ground Up - Dan + Shay : (iTunes & other mp3 sites)



Count In: 48 counts from start of track, begin on vocals.

Approx 76 bpm officially, the way the dance is counted though its 152 bpm.

Notes: 2 restarts – 3rd wall after 24 counts restart facing 12.00. 6th wall after 12 counts restart facing 6.00

[1 – 6] L fwd, R point, ¼ turn R back R, L point,

1 2 3 Step forward L (1), point R to right side (2), hold (3) 12.00

4 5 6 Make ¼ turn right stepping R to right side (4), point L to left side (5), hold (6) 3.00

[7 – 12] ¼ turn L fwd L, ¼ turn L sweeping R, R cross, L side, R behind

1 2 3 Make ¼ turn left stepping forward L (1), make further ¼ turn left on ball of L as you sweep R (2), hold continuing the sweep (3) 9.00

4 5 6 Cross R over L (4), step L to left side (5), cross R behind L (6) 9.00

Restart On the 6th wall restart the dance here by making ¼ turn left to start again. 6th wall begins facing 12.00 and you will restart facing 6.00

[13 – 18] Big step L dragging R, big step R dragging L

1 2 3 Step L foot to left side (big step) (1), drag R towards L (2), hold continuing the drag with R (weight ends L) (3) 9.00

4 5 6 Step R foot to right side (big step) (4), drag L towards R (5), hold continuing the drag with L (weight ends R) (6) 9.00

[19 – 24] L cross, ¼ turn L back R, L back, R back, ½ turn L fwd L, R fwd

1 2 3 Cross L over R (1), make ¼ turn left stepping back R (2), step back L (3) 6.00

4 5 6 Step back R (4), make ½ turn left stepping forward L (5), step forward R (6) 12.00

Restart On the 3rd wall restart the dance here. 3rd wall begins facing 12.00 and you will restart facing 12.00

[25 – 30] L fwd basic, R back basic

1 2 3 Step forward L (1), step R next to L (2), step L in place (3) 12.00

4 5 6 Step back R (4), step L next to R (5), step R in place (6) 12.00

[31 – 36] L fwd, ½ pivot R, ½ turn R stepping back L sweeping R

1 2 3 Step forward L (1), pivot ½ turn right (keep weight L) (2), transfer weight to R (3) 6.00

4 5 6 Make ½ turn right stepping back L (bend L knee slightly) as you sweep R (4), hold but continue the sweep with R (5,6) 12.00

[37 – 42] R behind, L side rock, L behind sweeping R

1 2 3 Cross R behind L (1), rock L to left side (2), recover weight R (3) 12.00

4 5 6 Cross L behind R as you sweep R (4), hold but continue the sweep with R (5,6) 12.00

[43 – 48] R behind, L side, R cross, ¼ turn L fwd L, ½ turn L hitching R (figure 4)

1 2 3 Cross R behind L (1), step L to left side (2), cross R over L (3) 12.00

4 5 6 Make ¼ turn L stepping forward L (4), make ½ turn left on ball of L as you hitch R (foot is on calf with R knee turned out like figure 4) (5,6) 3.00

[49 – 54] R fwd, L kick, hold, L coaster

1 2 3 Step forward R (1), raise L leg (its not a sharp kick) (2), hold (3) 3.00

4 5 6 Step back L (4), step R next to L (5), step forward L (6) 3.00

[55 – 60] Walk fwd R-L with sweeps (slightly crossed)

1 2 3 Step forward R (slightly across L) as you sweep L (1), hold continuing sweep (2,3) 3.00
4 5 6 Step forward L (slightly across R) as you sweep R (4), hold continuing sweep (5,6) 3.00

[61 – 66] R fwd rock, ½ turn R fwd R, ¼ turn R side L, ½ turn R hitching R (2 counts)

1 2 3 Rock forward R (1), recover weight L (2), make ½ turn right stepping forward R (3) 9.00
4 5 6 Make ¼ turn right stepping L to left side (4), make ½ turn right on ball of L as you hitch R
knee (5, 6)

(Try to make counts 456 one fluid movement) 6.00

[67 – 72] Big step R dragging L, big step L dragging R

1 2 3 Step R foot to right side (big step) (1), drag L towards R (2), hold continuing the drag with L
(weight ends R) (3) 6.00
4 5 6 Step L foot to left side (big step) (4), drag R towards L (5), hold continuing the drag with R
(weight ends L) (6) 6.00

[73 – 78] Diamond Fallaway

1 2 3 Make 1/8 turn left stepping forward R (1), make 1/8 turn right stepping L to left side (2), make
1/8 turn right stepping back R (3) 7.30
4 5 6 Step back L (4), make 1/8 turn right stepping R to right side (5), make 1/8 turn right stepping
forward L (6) 10.30

[79 – 84] Diamond Fallaway continued, 1/8 turn R doing L coaster

1 2 3 Step forward R (1), make 1/8 turn right stepping L to left side (2), make 1/8 turn right stepping
back R (3) 1.30
4 5 6 Make 1/8 turn right stepping back L (4), step R next to L (5), step forward L (6) 3.00

[85 – 90] R fwd, Point L, ¼ turn L fwd L, ¼ turn L rocking side R, recover L

1 2 3 Step forward R (1), point L to left side (2), hold (3) 3.00
4 5 6 Make ¼ turn left stepping forward L (4), make ¼ turn left rocking R to right side (5), recover
weight L (6) 9.00

[91 – 96] Cross R sweeping L, L cross, R side with drag. ¼ turn L to start again

1 2 3 Cross R over L as you sweep L (1), hold continuing the L sweep (2), cross L over R (3) 9.00
4 5 6 Step R foot to right side (big step) (4), drag L towards R (5), hold continuing the drag with L
(weight ends R) (6) 9.00

You are now facing 9.00 – make ¼ turn L to start the dance again facing 6.00

START AGAIN - HAVE FUN

Ending: The last wall is the 8th wall that begins facing the 12.00. Dance up to count 63 (R rock ½ turn), then make a further ¼ turn right stepping L a big step to left side to face the front.

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