

# From The Ground Up Baby

COPPER KNOB  
STEPPERS

拍數: 24      牆數: 4      級數: Beginner waltz  
編舞者: Linn Trehag (NOR) - September 2017  
音樂: From the Ground Up - Dan + Shay



**Restart: 18th wall after 12 counts facing 9.00**

**(1-6) Walk forward x2**

1,2,3      Walk forward L  
4,5,6      Walk forward R

**(7-12) Rock step, walk back x2, drag**

1,2,3      Rock forward on L, recover on R, step back on L  
4,5,6      Step back on R, drag L beside R over 2 counts

**\*Restart in wall 18\***

**(13-18) Long step, drag x2**

1,2,3      Long step L to L, drag R beside L over 2 counts  
4,5,6      Long step R to R drag L beside R over 2 counts

**(19-24) 1/4 turn L , Sweep, jazzbox**

1,2,3 1      1/4 turn L stepping L forward, sweep R from back over 2 counts  
4,5,6      Cross R over L, step L back, step R beside L

**Restart in wall 18, start again after 12 counts**

**End the dance with:**

1,2,3      Walk forward L  
4,5,6      Walk forward R  
7,8,9      1/4 turn L stepping L forward, sweep R from back over 2 counts

**Contact: [linn@trehag.com](mailto:linn@trehag.com)**