

# From The Ground Up EZ

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**Count:** 32      **Wall:** 2      **Level:** Beginner waltz

**Choreographer:** Martine CANONNE (FR - March 2018)

**Music:** "From The Ground Up" by Dan + Shay (Album : Obsessed)

## Start : 48 counts

### S1 - BASIC L FWD, BASIC R BACK

1-2-3      Step LF forward, step RF next to LF, recover LF

4-5-6      Step RF back, step LF next to RF, recover RF

### S2 - CROSS L, POINT R & HOLD, BACK R, POINT L & HOLD

1-2-3      Cross LF over RF, touch point RF to R side, hold

4-5-6      Step RF behind LF, touch point LF to L side, hold

## Restart : wall 18

### S3 - LEFT TWINKLE, RIGHT TWINKLE WITH ¼ TURN RIGHT

1-2-3      Travelling forward Cross LF over RF, step RF diagonal R, step LF diagonal L

4-5-6      Cross RF over LF, turn ¼ R stepping LF back, step RF to R side (body face to diagonal R)  
(03:00)

### S4 - LEFT TWINKLE, RIGHT TWINKLE WITH ¼ TURN RIGHT

1-2-3      Travelling forward Cross LF over RF, step RF diagonal R, step LF diagonal L

4-5-6      Cross RF over LF, turn ¼ R stepping LF back, step RF to R side (body face to diagonal R)  
(06:00)

**FINISH : make the first 12 counts and Cross LF over RF, turn right to finish facing 12:00**

**Site : <http://danseavecmartineherve.fr/>**