

# Up From The Ground / Waltz

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**Count:** 42

**Wall:** 4

**Level:** High Improver

**Choreographer:** K. Sholes (USA) - September 2014

**Music:** Up From the Ground - Fort Atlantic

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## **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**