

## Up From The Ground

42 Count, 4 Wall, Improver, Waltz

Choreographer: K. Sholes (USA) Sept 2014

Choreographed to: Up From The Ground by 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!**