

# From Now On

**Compte:** 64

**Mur:** 2

**Niveau:** Easy Intermediate

**Chorégraphe:** Jan Wyllie (AUS) - October 2010

**Musique:** No More Teardrops - The Refreshments



16 count intro.

## **Step Scuff, Step Scuff, Across Back 1/4, Side Across**

1,2,3,4 Step fwd on R, Scuff L fwd and across R, Step fwd on L, Scuff R fwd and across L  
5,6,7,8 Step R across L, Making 1/4 right step back on L, Step R to right, Step L across R

## **1/4 Shuffle, Step Pivot 1/4. Cross Shuffle, Back 1/4 Fwd 1/2**

9&10 Making 1/4 right shuffle fwd R,L,R  
11,12 Step fwd on L, Pivot 1/4 right transferring wt to R  
13&14 Cross/shuffle right stepping L,R,L  
15,16 Making 1/4 left step back on R, Making 1/2 left step fwd on L

## **Fwd Back, Toe Strut Back, Coaster Cross, Side Rock Replace**

17,18,19,20 Rock step fwd on R, Rock back on L, Step back on R toe, Drop R heel to floor  
21&22 Step back on L, Step R beside L, Step L across R  
23,24 Rock/step R to right side, Rock/replace wt sideways onto L

## **Behind Touch, Behind Touch, Rock Back Fwd, Walk Fwd RL**

25,26,27,28 Step R back behind L, Touch L toe to left, Step L back behind R, Touch R toe to right  
29,30 Rock/step back on R, Rock fwd on L  
31,32 Walk fwd R,L

## **1/4 Monterey Turn, 1/4 Monterey Turn**

33,34 Touch R toe to right, Making 1/4 right step R beside L  
35,36 Touch L toe to left, Step L beside R  
37,38 Touch R toe to right, Making 1/4 right step R beside L  
39,40 Touch L toe to left, Step L beside R

## **Side Rock Replace, Across Touch, Heel Across Side, Step Across Touch**

41,42 Rock/step R to right, Rock/replace wt sideways onto L  
43,44 Step R across L, Touch L toe to left  
45,46 Touch L heel across R, Touch L heel to left  
47,48 Step L across R, Touch R toe to right

## **Across Back Side Clap, Across Back Side Clap**

49,50,51,52 Step R across L, Step back on L, Step R to right, Clap  
53,54,55,56 Step L across R, Step back on R, Step L to left, Clap

## **Fwd Back, Back Fwd, Step Pivot 1/2, Step Pivot 1/2**

57,58,59,60 Rock/step fwd on R, Rock back on L, Rock/step back on R, Rock fwd on L  
61,62 Step fwd on R, Pivot 1/2 left transferring wt to L  
63,64 Step fwd on R, Pivot 1/2 left transferring wt to L

Another great song by artists I had never heard of before, The Refreshments.

Thanks to Syliva from The Netherlands for the song. The dance is not for beginners, but it is very achievable for anyone with a little bit of dance

Email: [janwyllie@iinet.net.au](mailto:janwyllie@iinet.net.au) - Web Site: <http://www.members.iinet.net.au/~janwyllie/>

