

# From Now On

拍数: 64      墙数: 2      级数: Novice  
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音乐: From Now On - Zac Brown Band



Intro : 16 Counts

Tag : Add a JAZZ BOX at the end of the first wall (Face 6o'clock)

## [1 – 8] DIAGONALLY TRIPLE, ½ TURN R./BACK TRIPLE, FULL TURN, ROCK, HITCH

1 & 2      RF Forward, Together, RF Forward (1.30)  
3 & 4      ½ TURN R-LF Back, Together, LF Back (7.30)  
5 – 6      ½ TURN R-RF Forward, ½ TURN R-LF Forward (Option : ½ TURN R-RF Forward, LF Forward) (1.30)  
7 – 8      RF Forward, Recover with Hitch

## [9 – 16] SAILOR STEP, BACK TRIPLE, ½ TURN R./TRIPLE, ½ TURN R./TRIPLE BACK

1 & 2      Cross RF behind, LF to the L, RF to the R  
3 & 4      LF Back, Together, LF Back  
5 & 6      ½ TURN R-RF Forward, Together, RF Forward (7.30)  
7 & 8      ½ TURN R-LF Back, Together, LF Back (1.30)

## [17 – 24] ROCK BACK, KICK BALL CROSS, SIDE TRIPLE & SIDE ROCK

1 – 2      RF Back, Recover ( 12o'clock)  
3 & 4      Kick, Together, Cross LF Over RF  
5 & 6      RF to the R, Together, RF to the R  
&7-8      Together, RF to the R, Recover

## [25 – 32] CROSS SHUFFLE, ½ TURN R, CROSS ROCK, SYNCOPATED WEAVE

1 & 2      Cross RF over LF, LF to the L, Cross RF over LF  
3 – 4      ¼ TURN R-LF Back, ¼ TURN R-RF to the R ( 6o'clock)  
5 – 6      Cross LF over RF, Recover  
&7&8      LF Back, Cross RF over LF, LF to the L, RF behind LF (weight on RF)

## [33 – 40] ¼ TURN L, TRIPLE FWD, WALK WALK ON L ½ TURN, TRIPLE FWD, ROCK STEP

1 & 2      L ¼ TURN-LF Forward, Together, LF Forward (3o'clock)  
3 – 4      L ¼ TURN-RF Forward, L ¼ TURN-LF Forward (9o'clock)  
5 & 6      RF Forward, Together, RF Forward  
7 -8      LF Forward, Recover

## [41 – 48] POINT SWITCHES, SAILOR STEP L. R. , TOE BACK, TWIST TURN

&1&2      Together, R Point to the R, Together, LF to the L  
3 & 4      LF Back, RF to the R, LF to the L  
5 & 6      RF Back, LF to the L, RF to the R  
7 – 8      L Point Back, Unroll ½ Turn Left Returning to LF

## [49 – 56] TRIPLE DIAGONAL R & L, STEP ON R. 1/8 TURN, FULL TURN STEP

1 & 2      RF Forward, Together, RF Forward (4.30)  
3 & 4      LF Forward, Together, LF Forward (1.30)  
5-6-7      RF on R 1/8 Turn (6o'clock), R ½ TURN-LF Back, R ½ TURN-RF Forward  
8      LF Forward

## [57 – 64] ROCK STEP, TRIPLE FULL TURN, ROCK STEP, TRIPLE FULL TURN

1 – 2      RF Forward, Recover

3 & 4            RF on ½ Turn R, Together, RF on ½ Turn R (Option : Coaster Step)  
5 – 6            LF Forward, Recover  
7 & 8            LF on ½ Turn L, Together, LF on ½ Turn L (Option : Coaster Step)

(L : Left, R : Right)

**HAVE FUN !!!**

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