

# From This Day On

**Compte:** 32

**Mur:** 4

**Niveau:** Intermediate

**Chorégraphe:** Gaye Teather (UK)

**Musique:** You'll Be In My Heart - Phil Collins



**Dedicated to Chris Mellors, friend, fellow dance instructor and "musical advisor!"**

## **SIDE, TOUCH, BALL CROSS, QUARTER RIGHT, QUARTER RIGHT, TOUCH, BALL WALK, WALK**

- 1-2 Step right to right side, (long step) touch left beside right
- & Step down onto ball of left foot
- 3-4 Cross right over left, make quarter turn right stepping back on left (facing 3:00)
- 5-6 Make quarter turn right stepping right to right, touch left beside right (facing 6:00)
- & Step slightly back on ball of left foot
- 7-8 Walk forward right, left

## **FORWARD ROCK, BALL, CROSS, BACK, BALL, CROSS, BACK, BEHIND, QUARTER TURN LEFT, STEP**

- 1-2 Rock forward on right, recover onto left
- & Step slightly back on ball of right foot
- 3-4 Cross left over right, step right back on right diagonal
- & Step slightly back on ball of left foot
- 5-6 Cross right over left, step left back on left diagonal
- 7&8 Cross right behind left, make quarter turn left stepping forward on left, step forward on right (facing 3:00)

## **FORWARD ROCK, COASTER STEP, FORWARD ROCK, TRIPLE ONE AND A HALF TURNS RIGHT**

- 1-2 Rock forward on left, recover onto right
- 3&4 Step back on left, step right beside left, step forward on left
- 5-6 Rock forward on right, recover onto left
- 7&8 Half turn right stepping forward on right, half turn right stepping back on left, half turn right stepping forward on right (facing 9:00)

**Option: steps 7 & 8 can be replaced with a shuffle half turn right stepping right, left, right**

## **FORWARD ROCK, LEFT LOCK STEP BACK, BACK ROCK, KICK-BALL-CROSS**

- 1-2 Rock forward on left, recover onto right
- 3&4 Step back on left, lock right over left, step back on left
- 5-6 Rock back on right, recover onto left
- 7&8 Kick right forward, step right in place, cross left over right

## **REPEAT**

## **TAG**

**At the end of wall 4, facing 12:00 wall**

## **POINT, CROSS, UNWIND FULL TURN LEFT**

- 1-2 Point right toe to right, cross right over left (keeping weight on left)
- 3-4 Unwind a full turn over left shoulder (weight ends on left)