

# From This Moment

**Compte:** 56

**Mur:** 4

**Niveau:** Intermediate



**Chorégraphe:** Michael Vera-Lobos (AUS)

**Musique:** From This Moment On (Tempo Mix) - Shania Twain

## **CROSS ROCK, RECOVER, SIDE SHUFFLE, CROSS ROCK, RECOVER, 1 ¼ TRIPLE RIGHT**

- 1-2-3&4 Cross/rock left over right, rock weight back onto right, side shuffle left stepping left-right-left  
5-6-7&8 Cross/rock right over left, rock weight onto left, turning 1 ¼ right triple step right-left-right (side shuffle turn ¼ turn right is optional)

## **SHUFFLE FORWARD, COASTER FORWARD RIGHT, COASTER BACK ON LEFT, STEP FORWARD ¼ PIVOT LEFT**

- 1&2-3&4 Shuffle forward left stepping left-right-left, coaster forward right - step forward right, step left beside right, step back on right foot (end weight on right)  
5&6-7-8 Coaster back on left - step back on left, step right beside left, step forward on left, step forward right, pivot ¼ turn left (end weight left)

## **TRAVELING FORWARD CROSS BALL JACKS, CROSS SHUFFLE TURN ¼ RIGHT, TURN ¼ RIGHT**

- 1&2&3&4 Traveling slightly forward - cross right over left, step left to left, touch right heel 45 degrees right, step on ball of right crossing left over right (&3), step right to side, touch left heel 45 degrees left  
&5&6-7-8 Traveling side left - step onto ball of left foot, cross shuffle right over left stepping right-left-right, step left to left side turning ¼ turn right, step back on right turning ¼ turn right

## **TRAVELING FORWARD CROSS BALL JACKS, CROSS ROCK RECOVER, SIDE SHUFFLE ¼ TURN LEFT**

- 1&2&3&4 Traveling slightly forward - cross left over right, step right to right, touch left heel 45 degrees left, stepping on ball of left cross right over left (&3), step left to side, touch right heel 45 degrees right  
&5-6-7&8 Step onto ball of right, cross/rock left over right, rock back onto right, side shuffle left turning ¼ turn left stepping side left, step right beside left, step left to left turning ¼ turn left

## **STEP FORWARD, ½ PIVOT, LEFT COASTER, TRAVELING FORWARD - RIGHT HEEL BALL STEP TWICE**

- 1-2-3&4 Step forward right, pivot ½ turn left (end weight on right) left coaster - step back on left, step right beside left, step forward on left  
5&6-7&8 Touch right heel forward, step right beside left, step forward on left, touch right heel forward, step right beside left, step forward on left

## **RIGHT SAILOR, CROSS SHUFFLE, SIDE SHUFFLE, CROSS ROCK BEHIND, ROCK FORWARD**

- 1&2-3&4 Right sailor - cross right behind left, step left to left, replace weight, center on right, cross shuffle left over right stepping left-right-left  
5&6-7-8 Side shuffle right stepping right-left-right, rock back on left slightly behind right, rock weight forward onto right

## **STEP SIDE, SCUFF ACROSS, CROSS ROCK, RECOVER, ¼ RIGHT, ¼ RIGHT STEP SIDE, SAILOR RIGHT**

- 1-2-3-4 Step left to left side, scuff right foot across left, cross/rock right over left, rock weight back onto left foot  
5-6-7&8 Step right to right turning ¼ turn right, stepping forward on left turn a further ¼ turn right (ending with left foot to left side of right weight on left), right sailor - cross right behind left, step left to left, replace weight center on right

## **REPEAT**

