

# From Now On

COPPER KNOB  
BYEPOSTHEAT

拍数: 32      墙数: 4      级数: Improver  
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音乐: From Now On (앞으로) - Kim Min Seung (김민승)



Intro : 32 Count

\*\*\*3 Restarts - Walls 3,6 and 7 after 16C

## SEC1 : MAMBO R, COASTER STEP, SYNCOPATED FWD DIAGONAL LOCK SHUFFLE, TURN 1/8 RIGHT FWD

- 1&2.      Rock R forward (1), recover on L (&), step R back (2)
- 3&4.      Step L back (3), step R next to L (&), step L forward (4)
- 5&6.      Step R diagonal forward (5), lock L behind R (&), step R forward (6)
- &7&.      Step L diagonal forward (&), lock R behind L (7), step L forward (&)
- 8.      Turn 1/8 Right step R forward (8)

## SEC2 : TURN 1/4 RIGHT SIDE ROCK, RECOVER, CROSS, SIDE, TURN 1/2 LEFT SIDE, SYNCOPATED WAVE CLOSE TOUCH

- 1&2.      Turn 1/4 Right rock side L to side (1), recover on R (&), cross L over R (2)
- 3-4.      Step R to side (3), turn 1/2 Left step L to side (4)
- 5&6.      Cross R over L (5), step L to side (&), cross R behind L (6)
- &7&.      Step L to side (&) cross R over L (7), step L to side (&)
- 8.      Touch R next to L (8)

\*\*\*Restart here \*\*\*

## SEC3 : MAMBO (R-L), PIVOT FULL TURN

- 1&2.      Rock R forward (1), recover on L (&), step R back (2)
- 3&4.      Rock L back (3), recover on R (&), step L forward (4)
- 5-6.      Step R forward (5), turn 1/2 Left step L in place (6)
- 7-8.      Step R forward (7), turn 1/2 Left step L in place (8)

## SEC4 : CROSS SHUFFLE, TURN 1/2 LEFT CROSS SHUFFLE, SYNCOPATED SIDE ROCK RECOVER CLOSE. TOUCH

- 1&2.      Cross R over L (1), step L to side (&), cross R over L (2)
- 3&4.      Turn 1/2 Left cross L over R (3), step R to side (&), cross L over R (4)
- 5&6.      Side rock R to side (5), recover on L (&), step R next to L (6)
- &7&.      Side rock L to side (&), recover on R (7), step L next to R (&)
- 8.      Touch R next to L

Enjoy the dance for info please contact us  
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