

From Now On

拍數: 64 牆數: 2 級數: Novice
編舞者: Mickaël Blondel (FR) & Marianne Langagne (FR) - October 2019
音樂: 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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