

# From Now On

拍數: 64      牆數: 2      級數: Intermediate  
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音樂: From Now On - Zac Brown Band



## Intro: 16 Counts

### S1: Walk R,L, ¼ L Side Shuffle R, Back Rock L, ¾ turn R

1-2            Step R forward, Step L forward  
3&4           ¼ L step R to R side, Step L next to R, Step R on R side (09h00)  
5-6            Step L behind R, recover on R  
7-8            ¼ R step L backward (12h00), ½ R step R forward (06h00)

### S2: Step fwd L, Anchor step R, ¼ L Step L, Cross R over L, Step L on L, Back Rock R

1              Step L forward  
2&3           Step R behind L, recover weight to L, step R behind L  
4-5           ¼ L step L on L, Step R over L (03h00)  
6              Step L on L  
7-8           Step R behind L, recover on L

### S3: ¼ R Step R, ¼ R Step L, Cross R over L, Step L on L, Sailor Step R, Cross L over R, Step R on R

1-2           ¼ L step R on R (12h00), ¼ L step L on L (09h00)  
3-4           \* Cross R over L, Step L to side  
5&6           Cross R behind L, step L to side, step R to side  
7-8           Cross L over R, Step R to side

#### \* Tag 2

### S4: Sailor Step L, Touch R behind, ½ turn R, Step L ¼ R, Cross Rock L

1&2           Cross L behind R, step R to side, step L to side  
3-4           Touch R backward, ½ R unwind (weight on R) (03h00)  
5-6           Step L forward, ¼ R (weight on R) (06h00)  
7-8           Step L over R, recover on R

### S5: L Ball Step, Walk R,L,R,L turning ½ L, Shuffle R fwd, Front Rock L

&1-2          Ball Step L, ⅛ L step R, ⅛ L step L (03h00)  
3-4           ⅛ L step R, ⅛ L step L (12h00)  
5&6           Step R forward, Step L next to R, Step R forward  
7-8           Step L over right, recover on R

### S6: Lock Shuffle Back L, Lock Shuffle Back R, Back Rock Step L, Shuffle side L

1&2           Step L backward, lock R across L, step L backward  
3&4           Step R backward, lock L across R, step R backward  
5-6           \* Cross L behind R, recover on R  
7&8           Step L to L side, Step R next to L, Step L to L side

### S7: Back Rock Step R, ¼ L Shuffle side R, Back Rock step L, ¼ R Step L, ½ R Step R

1-2           Cross R behind L, recover on L  
3&4           ¼ L step R to R side, Step L next to R, Step R on R side (09h00)  
5-6           Cross L behind R, recover on R  
7-8           ¼ R Step L backward (12h00), ½ R Step R forward (06h00)

### S8: Coaster Step L Fwd, Back R, Back L, Back Rock step R, Kick-Ball-Step R

1&2           Step L forward, Step R next to L, Step L backward

3-4 Step R backward, Step L backward  
5-6 Rock step R backward, recover on L  
7&8 Kick R Forward, Step ball of R beside L, Step L Forward

**Tag 1 – At the end of wall 1:**

**Kick-Ball-Step R, Step forward R, Step forward L, Shuffle R, Rock step L, Coaster Step L**

1&2 Kick R Forward, Step ball of R beside L, Step L Forward  
3-4 Step L forward, Step R Forward  
5&6 Step R forward, Step L next to R, Step R forward  
7-8 Rock step L Forward, recover on R  
1&2 L step backward, R step next to L, Step L forward

**Tag 2 + restart – 3rd Wall:**

**Replace 20° count: ¼ L Step L (09h00) + Restart**

**Tag 3 – At the end of wall 4:**

**Scissor step R, Scissor step L**

1&2 Rock step R, Recover to L, Cross R over L  
3&4 Rock step L, Recover on R, Cross L over R

**Tag 4 + restart – 6th Wall:**

**Replace 47&48 counts by a Shuffle Forward + Restart**

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