

# From Now On

**COPPER KNOB**  
STEPSHEETS

拍數: 64      牆數: 2      級數: Easy Intermediate  
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音樂: No More Teardrops - The Refreshments



16 count intro.

## Step Scuff, Step Scuff, Across Back 1/4, Side Across

1,2,3,4      Step fwd on R, Scuff L fwd and across R, Step fwd on L, Scuff R fwd and across L  
5,6,7,8      Step R across L, Making 1/4 right step back on L, Step R to right, Step L across R

## 1/4 Shuffle, Step Pivot 1/4. Cross Shuffle, Back 1/4 Fwd 1/2

9&10      Making 1/4 right shuffle fwd R,L,R  
11,12      Step fwd on L, Pivot 1/4 right transferring wt to R  
13&14      Cross/shuffle right stepping L,R,L  
15,16      Making 1/4 left step back on R, Making 1/2 left step fwd on L

## Fwd Back, Toe Strut Back, Coaster Cross, Side Rock Replace

17,18,19,20      Rock step fwd on R, Rock back on L, Step back on R toe, Drop R heel to floor  
21&22      Step back on L, Step R beside L, Step L across R  
23,24      Rock/step R to right side, Rock/replace wt sideways onto L

## Behind Touch, Behind Touch, Rock Back Fwd, Walk Fwd RL

25,26,27,28      Step R back behind L, Touch L toe to left, Step L back behind R, Touch R toe to right  
29,30      Rock/step back on R, Rock fwd on L  
31,32      Walk fwd R,L

## 1/4 Monterey Turn, 1/4 Monterey Turn

33,34      Touch R toe to right, Making 1/4 right step R beside L  
35,36      Touch L toe to left, Step L beside R  
37,38      Touch R toe to right, Making 1/4 right step R beside L  
39,40      Touch L toe to left, Step L beside R

## Side Rock Replace, Across Touch, Heel Across Side, Step Across Touch

41,42      Rock/step R to right, Rock/replace wt sideways onto L  
43,44      Step R across L, Touch L toe to left  
45,46      Touch L heel across R, Touch L heel to left  
47,48      Step L across R, Touch R toe to right

## Across Back Side Clap, Across Back Side Clap

49,50,51,52      Step R across L, Step back on L, Step R to right, Clap  
53,54,55,56      Step L across R, Step back on R, Step L to left, Clap

## Fwd Back, Back Fwd, Step Pivot 1/2, Step Pivot 1/2

57,58,59,60      Rock/step fwd on R, Rock back on L, Rock/step back on R, Rock fwd on L  
61,62      Step fwd on R, Pivot 1/2 left transferring wt to L  
63,64      Step fwd on R, Pivot 1/2 left transferring wt to L

Another great song by artists I had never heard of before, The Refreshments.

Thanks to Syliva from The Netherlands for the song. The dance is not for beginners, but it is very achievable for anyone with a little bit of dance

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