

## From Now On

64 Count, 2 Wall, Improver

Choreographer: Jan Wyllie (Aus) Oct 2010

Choreographed to: No More Teardrops

by The Refreshments (128bpm)

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16 count intro.

**1 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

**2 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

**3 Fwd Back, Toe Strut Back, Coaster Cross, Side Rock Replace**

17-20 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

**4 Behind Touch, Behind Touch, Rock Back Fwd, Walk Fwd RL**

25-28 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

**5 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

**6 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

**7 Across Back Side Clap, Across Back Side Clap**

49-52 Step R across L, Step back on L, Step R to right, Clap  
53-56 Step L across R, Step back on R, Step L to left, Clap

**8 Fwd Back, Back Fwd, Step Pivot 1/2, Step Pivot 1/2**

57-60 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