

Terry & Caroline French*

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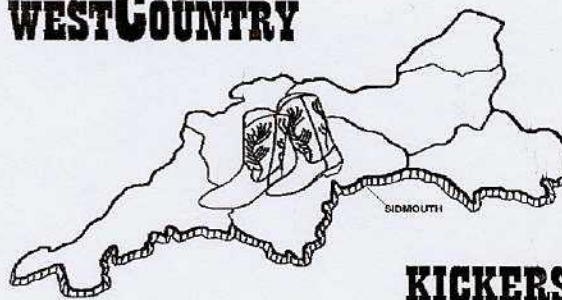
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Qualified Instructor with the

D&G Organisation for
Country Western Dance Instructors.

WESTCOUNTRY



FROM NOW ON

Choreographed by: Karen & Nigel Poll - (Mar. '10) pollykaz@supanet.com Tel 01379 853571

Description: 64 count Partner Dance. Indian position, man behind lady, facing OLOD
Mans steps listed, Same Footwork, unless noted

Music: "Easy From Now On" by Carlene Carter - CD: Hindsight 20/20 - 118 bpm

Alternative Track: "Ay Amor" by Semino Rossi - CD: Einmal Ja - Immer Ja - 102 bpm

Step Left weave, Left side shuffle, Right rock back

1-4 Step side left, right behind left, left to left side, right cross in front,
5-8 Left side shuffle, rock back on right, recover weight on left,

Step Right forward, Pivot ½ left, Right shuffle forward, weave right ¼ turn

9-12 Step forward on Right, pivot ½ turn left (Bringing right arm over Lady's head) Right shuffle forward, Facing ILOD,
13-16 Cross Left in front of right, step Right to right side, cross Left behind right, step Right to right side turning ¼ to
Face LOD into Sweetheart position.

Left Shuffle Forward, Right Shuffle Forward, Step point, Step point,

17-20 Left Shuffle forward, Right Shuffle forward
21-24 Step forward Left, point right to right side, Step forward Right, point left to left side.

Walk L, R, L, R, Step point, Step point, (Lady turn ½ right, walk, walk, turn ½ right in front of man)

25-28 **Man** - Walk forward Left, Walk forward Right, Walk forward Left, Walk forward Right,
Lady - Step Forward L turning ¼ turn right (Bringing left arm over lady's head) Step back R turning ¼ right, walk
back Left, walk back Right. (Arms crossed in front left hands on top facing RLOD)
29-32 **Man** - (Release Right hands) Step forward Left, point Right to right side, Step forward Right, point left to left side.
Lady - (Lady turning in front of man) Step back left turning ¼ right point right, Step forward Right turning ¼
right point left. (To end on left hand side of man in Sweetheart position)

Left Rocking chair, Man full turn right, shuffle

33-36 **Both** - Left Rock forward, replace weight on right, Left rock back, replace weight on right. (Release Left hands,
take right hand over mans head)
37-40 **Man** - Walk forward Left, turning ½ right, walk back Right turning ½ right, Left shuffle forward.
Lady - Walk forward Left, Right, Left shuffle forward.

Behind, Side, shuffle, (Lady turn in front of man), Walk, Walk, shuffle (Lady full turn, shuffle)

41-44 **Man** - Cross Right behind left, step left to left side, Right shuffle forward into LOD
Lady - Turning in front of man, Step Right, turning ½ right, step Left turning ½ right, Right shuffle forward (Take
right over lady's head)
45-48 **Man** - Walk forward Left, Walk forward Right, Left shuffle
Lady - Step forward Left turning ½ right, step forward Right turning ½ right, Left shuffle

Step pivot, Step pivot, Walk, Walk, Shuffle

49-52 **Both** - (Change hands, take left hands over mans head) Step forward Right pivot ½ turn left, step forward Right
pivot ½ turn left,
53-56 Walk forward Right, Left, Right shuffle

Step Pivot ½ right, shuffle, step pivot ¼ cross shuffle.

57-60 **Both** Step forward Left pivot ½ right, Left shuffle forward (towards RLOD)
61-64 Step forward Right pivot ¼ Left (facing OLOD) Right cross shuffle.

START AGAIN