

FROM THIS MOMENT ON

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BY: Curt & Tammy Worlock, 3613 Citrus Tree Court, Plant City, FL 33566 (813)-431-3235

MUSIC: Shania Twain – Come On Over – “From This Moment On” – Track #5

FOOTWORK: Described for M - W opposite (or as noted) **SPEED:** Speed from 18 to 20 ½ MPM

SEQUENCE: Intro, A, B, C, Interlude, D, E, Ending **E-Mail:** cworlock@tampabay.rr.com

RHYTHM: Bolero **PHASE:** VI **WEB:** www.curtandtammy.com **RELEASED:** February 2025

INTRO

1 - 4 WAIT; 2 SWEETHEARTS; 2nd w/R HANDS ONLY; TURN LADY TO FACE & HIP ROCKS;

- 1 - Wait initial strum of music and 1 meas in LEFT VARSOUV POS FCING WALL lead foot free for both;
- 2 - Sd L,-, fwd R lower L hands to waist level w/slight RF body turn & look back at W under high R hands, rec L (sd R,-, bk L w/slight RF body turn, rec R) to mom VARSOUV POS FCING WALL;
- 3 - Sd R releasing L hands,-, fwd L lower R hands to waist level w/slight LF body turn & look back at W, rec R (sd L,-, bk R w/slight LF body turn, rec L) to LEFT SHADOW POS FCING WALL;
- 4 - Lead W fwd/then sd L,-, sd R, sd L (fwd R trng ½ RF,-, sd L, sd R) now w/handshake M FCING WALL;

PART A

1 - 4 BOTH UNDERARM TURN; SIDE RONDE & SYNC VINE TO STACKED HANDS; UNDERARM TURN TO FACING SIT LINE; M CLOSE FACE COH & TURKISH BREAK;

- 1 - Sd & fwd R,-, fwd & across L RLOD trng RF under joined R hands (trng LF under R hands fractionally before M), rec R cont RF trn;
- s&QQ 2 - Keep handshake low sd L trng RF and ronde R ft CW sd & bk,-, bk R LOD/trng LF sd L, XRIF of L (sd R trng LF and ronde L ft CCW sd & bk,-, bk L LOD/trng RF sd R, XLIF of R) join L hands under R;
- 3 - Trng RF sd L to fc ptr & WALL raising R hands and lowering L hands,-, switch hands CW trng ¼ LF/bk R RLOD in sit line now L hands high and R hands low, fwd L cont LF trn under L arm (trng LF sd R to fc ptr,-, swiveling ¾ RF on R/bk L LOD in sit line, fwd R cont RF trn);
- 4 - Cont LF trn cl R to L bringing R hands back up to R shoulder level,-, bk L w/slight RF body turn, fwd R (trng RF sd L RLOD,-, fwd R w/slight RF body turn, bk L) to M's VARSOUV POS FCING COH;

5 - 9 R HANDS LADY CROSS BODY TO CENTER; CONTRA BREAK; POINT w/ARM SWEEP 4 QUICK CONTRA CHECK RECOVER; & RIFF TURN,, TO FULL MOON;;

- 5 - Releasing L hands sd L,-, bk R, fwd L (sd R,-, fwd L comm LF trn, fwd R cont LF trn to fc ptr & WALL);
- 6 - Sd & fwd R still with handshake,-, fwd L w/R sd leading (look well to L), bk R;
- QQQQ 7 - Point L sd & bk twd DRW as you comm to sweep L arm up,-, cont to sweep L arm out to sd fwd L w/R sd leading (look well to L), bk R; Sd L raising joined R hands to turn W under, cl R to L (sd R toe pointed DRW/spin RF on R, cl L to R), **NOTE:** This is an extra 2 beats, so 6 beats in this measure.
- 8 - Trng LF sd & fwd L,-, bk R cont LF trn, fwd L bringing R hands up behind W to lead spiral (fwd R DRW,-, fwd L, fwd R/spiral 7/8 LF) to end both fcng DRW w/R hands joined over W's R shldr;
- 9 - Trng LF fwd R WALL keeping W on your R sd & join L hands to VARSOUV,-, fwd L, bk R (cont LF trn fwd L WALL,-, fwd R, bk L) to end VARSOUVIENNE POS FCING WALL or extend L arm to side;

10-14 CLOSE LADY TWIST TO FAN; CURL; MAN SIDE LUNGE TO FCING FAN (DOWN LINE); LUNGE BREAK; LADY CURL TO SEMI & SYNC VINE;

- 10 - Cl L to R leading W to trn,-, bk R, trng slightly LF rec L (trng RF fwd R twd M's R sd trng RF,-, fwd L LOD, fwd R trng ½ LF on R);
- 11 - Sd R RLOD to fc WALL in FAN POS,-, fwd L, rec R, (bk L LOD in FAN POS,-, cl R to L, fwd L);
- 12 - Sd L in lunge line leading W fwd to trn LF under joined lead hands,-, bk R, fwd L trng LF (fwd R RLOD trng ½ LF,-, fwd L LOD, fwd R trng ½ LF);
- s-- 13 - Sd & fwd R to fc LOD,-, lower in R knee keeping a straight back allowing L ft to slide sd & bk, start to rise (sd & bk L to fc ptr & RLOD,-, bk R, fwd L);
- (sQQ) 14 - Cl L to R leading W fwd to your R sd to trn her under comm framing ptr to SCP,-, thru R/trng RF sd L, XRIB of L (fwd R to M's R trng ½ LF under joined lead hands,-, thru L/trng LF sd R, XLIB of R) to CP WALL;

PART B**1 - 4 FORWARD MANEUVER PIVOT TO; RUDOLPH RONDE & SYNC INSIDE TURN TO BFLY; BACK SHOULDER TO SHOULDER; UNDERARM TURN M SIDE BREAK & HOLD;**

- 1 - Trng LF sd & fwd L in SCP,-, thru R folding RF to CP RLOD, bk L pivot ½ RF;
- s&QQ 2 - Fwd R LOD between W's feet keeping L ft bk flexing R knee while slowly turning upper body RF,-, bk L in SCP/trng RF sd R, XLIF of R (bk L & swing R ft up and out in a circular CW ronde movement while trng RF on L ft,-, bk R in SCP/trng LF sd L, XRIF of L trng LF under joined lead hands) to BFLY WALL;
- 3 - Sd R,-, bk L, fwd R (sd L,-, fwd R outsd ptr in BJO, bk L trng slightly RF) still in BFLY POS fcng WALL;
- 4 - Sd L raising lead hands,-, sd R leading W under, sd L comm bringing lead hands down (sd & fwd R,-, fwd & across L trng RF under joined lead hands, fwd R cont RF trn);

5 - 8 LADY SIDE RONDE & SYNC INSIDE TURN M FC LINE; FWD BREAK; LEFT SIDE PASS TO FAN MAN FACE CENTER; HOCKEY STICK;

- QQ 5 - Hold leading W to your R side,-, rotating RF fwd R trng RF, cont RF trn leading W to trn under cl L to R
- (s&QQ) fc line (cont RF trn sd L & swing R ft up & out in a circular CW ronde movement while trng RF on L ft,-, XRIB of L down LOD/trng LF sd & fwd L, fwd R trng ½ LF under joined lead hands) to L OPEN FCING;
- 6 - Sd & fwd R,-, fwd L, bk R (sd & bk L,-, bk R, fwd L) still in LEFT OPEN FCING POS M FCING LOD;
- 7 - Cl L to R leading W to turn RF,-, trng LF bk R, cont LF trn fwd L (fwd R twd M's L sd trng RF as if to wrap in M's L arm momentarily,-, sd & fwd L trng LF, fwd R twd RLOD trng ½ LF);
- 8 - Sd R LOD to fc COH in FAN POS,-, fwd L, rec R, (bk L RLOD in FAN POS,-, cl R to L, fwd L);

9-10 LADY SPIRAL & OVERTURN TO FACE RIGHT HANDS; SHADOW NEW YORKER;

- 9 - Raising joined lead hands high cl L to R leading W to spiral,-, bk R trng 1/8 RF, fwd L (fwd R in front of M, spiral 7/8 LF under joined lead hands, fwd L toe pting DLC, fwd R DLC trng 5/8 LF) to join R hands;
- 10 - Sd & fwd R,-, trng slightly RF fwd L LOD L arms extending to sd behind W's back, bk R trng LF;

PART C**1 - 4 UNDERARM TURN; w/R ARM LOOP TURN LADY TO VARSOUV RLOD & BREAK; FACE & CROSS HAND UNDERARM TURN(HANG ON); SIT BREAK TO SHADOW LINE;**

- 1 - Sd L raising joined R hands,-, bk R leading W under, fwd L comm bringing R hands down (sd & fwd R,-, fwd & across L trng RF under joined R hands, fwd R cont RF trn);
- 2 - Sd R sweeping R hands up again in front of W & over her head as you swivel to VARSOUV POS FCING RLOD,-, bk L, fwd R (sd L cont RF trn,-, bk R joining L hands to VARSOUV POS, fwd L);
- 3 - Trng RF sd L keeping R hands high,-, bk R taking R arm over W's head, rec L taking L arm over W's head (sd R,-, fwd & across L trng RF first under joined R hands, then L hands fwd R cont RF trn);
- 4 - Sd R moving close to ptr L hands joined over R,-, apt L (R) in sit line, rec R;

5 - 7 WHEEL FACE REVERSE; ADVANCED OPENING OUT; CLOSE LADY SPIRAL & CROSS BODY TO BFLY WALL;

- 5 - Raising L hands high fwd L trng ¼ RF lowering L hands,-, wheel RF fwd R, L (fwd R trng ¼ LF under joined L hands,-, wheel RF bk L, R) R hands now at W's R shldr blade to end in SHADOW POS LOD;
- 6 - Wheel RF fwd R to RLOD,-, fwd L trng 1/8 RF, bk R (wheel RF bk L,-, bk R, fwd L) to SHADOW RLOD;
- 7 - Cl L to R leading W to spiral,-, bk R trng LF, releasing L hands cont LF trn fwd L (fwd & across R in front of M, spiral 7/8 LF under joined L hands, fwd L WALL, fwd R trng ½ LF) blend to BFLY WALL;

INTERLUDE**1 - 4 FENCE LINE w/ARM SWEEP; 2 HAND UNDERARM TURN TO; BACK TO BACK LARIAT; SPIN LADY RIGHT TO FACE & SYNCOPATED HIP ROCKS STACK HANDS;**

- 1 - Sd R sweep lead arm up,-, soften R knee fwd & across L RLOD flexing L knee taking lead arm through leading from wrist, bk R trng LF as you pull arm back through to extend out to sd to BFLY;
- 2 - Sd L raising lead hands but keeping trailing hands joined low,-, bk R, sd & fwd L (sd R,-, fwd & across L trng RF under joined lead hands, fwd R cont RF trn to M's R sd) to end lead hands joined high & trail hands joined around the back of W's R hip in momentary TAMARA POS M FCING WALL;
- 3 - Sd & fwd R sliding behind W to L taking lead arm over M's head,-, raising trailing arm fwd L, bk R taking trailing arm over M's head (fwd & sd L to M's R sd past M,-, raising trailing arm sd R sliding bk to bk w/M, bk L past M on his L sd) to end trailing hands joined high and lead hands joined behind W's L hip in momentary L TAMARA POS M FCING WALL; **NOTE:** For M, this meas is like a Forward Break.
- s&QQ 4 - Sd L leading W RF under joined trailing hands to BFLY,-, sd R/sd L, sd R (XRIB of L/spin RF 1 full trn on R under joined trailing hands,-, sd L/sd R, sd L) to stacks hands joining R hands over L hands;

PART D**1 - 4 CROSS HAND UNDERARM; M UNDER LEFT FC LINE LADY LARIAT 3 & SPIRAL;****R HANDS CLOSE LADY TURN RIGHT TO FACE LINE & DEVELOPE; FWD & ROLL IN;**

- 1 - Sd L raising R hands,-, bk R taking R arm over W's head, rec L taking L arm over W's head (sd R,-, fwd & across L trng RF first under joined R hands, then L hands fwd R cont RF trn);
- 2 - Trng LF sd R twd WALL to brief M's VARSOUV POS LOD,-, bk L lowering L hands & taking R hands over head, rec R leading W under R hands & releasing L hands (cont RF trn sd & fwd L COH to fc LOD,-, curving RF fwd R, fwd L in front of M/spiral 7/8 RF on L under R hands);
- s-- 3 - Lead W to continue to your R sd w/R hand cl L to R as you extend R arm in front of W to turn her,-, hold looking at W (cont to curve around M fwd R DRW/swvl RF on R to fc LOD w/R hands joined in front of you,-, lift L foot up to knee as you sway back & extend L leg to kick fwd to LOD);-
- 4 - Fwd R,-, pull back on R hands & release to lead W fwd L trng RF (LF), fwd R cont RF (LF) trn;

5 - 9 AIDA; AIDA LINE & SWITCH TO HIP ROCKS CLOSING UP; TURNING BASIC SYNC & O.T. TWICE 1st w/SEPARATION;,-, THEN TO,-; HINGE LADY RECOVER;

- 5 - Sd & fwd L sweep trail arm up,-, taking arm over thru R LOD, trng RF sd L;
- 6 - Cont RF trn sd & bk R to bk to bk V-pos sweeping trail arm up & back,-, take joined lead hands bk thru to LOD trng LF on R sd L, sd R blend to CP WALL;
- s&QQ 7 - Sd L with R sd stretch,-, slip bk R trng LF/fwd L DLC, fwd & sd R DLC trng LF (sd R,-, trn LF fwd L/cont LF trn bk R, cl L to R cont LF trn to fc LOD);
- s&QQ 8 - Cont LF trn sd L to fc WALL,-, slip bk R trng LF/fwd L DLC, fwd & sd R DLC trng LF (cl R to L,-, trn LF fwd L/cont LF trn bk R, cl L to R cont LF trn to fc DLC);
- s-- 9 - Cont LF trn sd L to fc WALL,-, rotate LF slightly to place W/lower slightly on L to extend the line, rise & rotate RF to lead W (cont LF trn sd R LOD,-, XLIB of R/lower slightly to extend the line head well to L, rec R trng RF);

10-11 FALLAWAY RONDE & VINE TO BFLY; 2 SLOW HIP ROCKS LADY X-SWIVELS;

- 10 - Sd & bk R RLOD as you ronde L ft CCW (R ft CW) trng to brief SCP LOD,-, bk L trng RF loosening up, sd R to BFLY WALL; **NOTE:** Next measure 2 Slow Hip Rocks are on the Words "From" & "This".
- ss 11 - Leading W fwd sd L LOD trng slightly RF,-, leading W fwd sd R RLOD trng slightly LF (fwd R RLOD, swvl RF on R, fwd L LOD, swvl LF on L) to BFLY BANJO POS M FCING DLW,-;

PART E**1 - 5 CURL TO FACING FAN LADY SYNCOPATE UNDER IN 5; FORWARD BREAK;****PASSING UNDERARM LUNGE LADY SIT & FAN; STOP & GO HOCKEY STICK;;**

- sQQ 1 - CL L to R leading W under,-, bk R trng LF leading W to LOD, cont LF trn fwd L (fwd R trng ½ LF under joined lead hands,-, small fwd L LOD/fwd R spiral 7/8 LF under joined lead hands/fwd L LOD/fwd R trng ½ LF) to end LEFT OPEN FACING POS M FCING LOD;
- 2 - Sd & fwd R,-, fwd L, bk R (sd & bk L,-, bk R, fwd L) still in LEFT OPEN FACING POS M FCING LOD;
- 3 - Trng RF & leading W to trn under joined lead hands strong sd lunge L LOD catching W w/R hand on her L shoulder blade & look at ptr,-, bk R, fwd L (fwd R trng ½ LF under joined lead hands to look at ptr,-, fwd L LOD, fwd R trng ½ LF on R);
- 4 - Sd R RLOD to fc WALL in FAN POS,-, fwd L, rec R, (bk L LOD in FAN POS,-, cl R to L, fwd L);
- 5 - Cl to R trng 1/8 LF leading W to trn LF under joined lead hands,-, placing R hand on W's L shoulder blade fwd R like a chair, bk L (fwd R trn ½ LF,-, bk L in sit line raising L arm straight up, fwd R);

6-10 START A HOCKEY STICK; INTO CHECKED RIGHT PASS; w/M'S RONDE TO FWD BRK; ALEMANA TURN TO LOOSE CP; ADVANCED OPENING OUT TO BJO;

- 6 - Sd R RLOD to FAN POS,-, fwd L, bk R (fwd L trng ½ RF to FAN POS,-, cl R to L, fwd L RLOD);
- 7 - Small sd L comm RF trn raising lead hands high & placing R hand on the front of W's R hip,-, cont RF trn XRIB of L lowering lead hands in front of W to check her, cont RF trn sd & fwd L (fwd R,-, fwd & across L, bk R) to end with lead hands joined in front of W's L hip to MOD WRAP POS FCING RLOD;
- 8 - Fwd R twd DRC swvlng 3/8 RF as you ronde L foot CW to fc ptr & LOD,-, fwd L, bk R (bk L,-, bk R, fwd L) to LEFT OPEN FCING M FCING LOD;
- 9 - Cl L to R raising joined R hands,-, bk R, fwd L (fwd R twd M,-, fwd & across L DRC trng ½ RF under joined R hands, fwd R DLW trng 3/8 RF to fc M & RLOD);
- 10 - Small fwd R to CP LOD,-, fwd L trng 1/8 RF taking joined lead hands low to lead W to open out, bk R raising lead hands (fwd L to CP,-, swvl ½ RF on L/bk & sd R, rec L/swvl ¼ LF on L) to BJO DLW;

ENDING**1 - 4 BACK TWIST VINE 8;; BACK PREP FACE WALL HOLD; OPEN SAME FOOT LUNGE;
CHANGE SWAY LADY CARESS,,**

- QQQQ 1 - XLIB of R, trng RF sd R, XLIF of R, trng LF sd R back to BJO DLW;
 QQQQ 2 - XLIB of R, trng RF sd R, XLIF of R, trng LF sd R back to BJO DLW;
 Q--- 3 - XLIB of R, swvl RF on L/tch R to L w/L sd leading & R sd held high, hold (XRIF of L, swvl ¼ RF on
 (QQ-- R/cl L to R head open to R looking LOD, hold) to PREP POS M FCING WALL W FCING DLC,-;
 S-- 4 - Lower on L with slight L sway/reach sd R toe pting DRW releasing lead hand hold, w/soft knee stretch
 up leading from L hip, trng slightly RF stretching R sd to open head to L, & keep W's head to R (XRIB
 of L well underneath body) lead arms extended out at sides;
 -- + Rotate LF thru hips giving ptr your R side to look at ptr, & place L hand around W's R hip (allow M to
 trn your hips LF sweep R arm up & down to caress M's L sd of face & place on M's chest look at ptr),

NOTE: Timing is standard SQQ unless noted on side by the measure and refers to actual weight changes.