

# My Promised Land

**COPPER KNOB**  
STEPPESHEETS

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Kim Liebsch (DK) - December 2015

Musik: Promised Land - Omi



**Intro: 32 counts after 1<sup>st</sup> beat( appr. 15 seconds) Start with weight on L foot**

**Ending: Step ½ L turn to face 12:00**

( If video is not available, contact me on e-mail: [liebsch@ymail.com](mailto:liebsch@ymail.com))

**#1 section: □Rock recover, shuffle back, back rock, shuffle fw. □**

- 1-2 Rock fw. on R, recover on L □ 12:00
- 3&4 Step back on R, step L next to R, step back on R □ 12:00
- 5-6 Rock back on L, recover on R □ 12:00
- 7&8 Step fw. on L, step R next to L, step fw. on L □ 12:00

**#2 section: □Walk full circle L, cross rock chasse´ □**

- 1-4 Walk a full circle L stepping R-L-R-L □ 12:00
- 5-6 Cross R over L, recover on L □ 12:00
- 7&8 Step R to R side, close L beside R, step R to R side □ 12:00

**#3 section: □Walk full circle R, chasse´ ¼ turn □**

- 1-4 Walk a full circle R stepping L-R-L-R □ 12:00
- 5-6 Cross L over R, recover on R □ 12:00
- 7&8 Make ¼ turn L stepping fw. on L, close R beside L, step fw. on L □ 9:00

**#4 section: □Rocking chair, step ½ turn, kick ball step □**

- 1-2 Rock fw. on R, recover on L □ 9:00
- 3-4 Rock back on R, recover on L □ 9:00
- 5-6 Step fw. on R make ½ turn L stepping fw. on L □ 3:00
- 7&8 Kick R fw. step R next to L, step fw. on L □ 3:00

**Good Luck & N´joy!**

---