

Promise Me No Promises

Count: 32

Wand: 4

Ebene: Low Intermediate

Choreograf/in: Christa Thomas (USA) - September 2017

Musik: No Promises (feat. Demi Lovato) - Cheat Codes



Intro: 48 Counts

[1-8] SIDE RIGHT, TOUCH BACK-SIDE-BACK, SIDE TOUCHES, ¼ TURN RIGHT, TOUCH

- 1 R step to right side (big step)
- 2,3,4 L touch behind right, L touch side, L touch behind right
- 5&6& L touch to left side, L step next to right, R touch to right side, R step next to right
- 7&8 L touch to left side, L step back ¼ turn right, R touch forward (knee bent)

[9-16] WALK FORWARD, FORWARD COASTER, WALK BACK, SAILOR, CROSS

- 1,2 Walk forward R, L
- &3 R step forward, L step forward
- 4,5,6 Walk back R, L, R (option heel fans on opposing foot)
- 7&8 L step behind right, R step to right side, L cross over left

[17-24] TAP, PRESS, RECOVER, SAILOR ¼ TURN LEFT, KNEE POPS, MAMBO FORWARD

- &1,2 R tap to right side, R press to right side, L recover
- 3&4 R step behind left, L step forward ¼ turn left, R step forward
- 5,6 L step forward while popping right knee, R step forward while popping left knee
- 7&8 L rock step forward, R recover, L step next to right

[25-32] ½ BUMP STEP, ¼ BUMP STEP, SAILOR STEP, SAILOR, CROSS

- 1,2 R touch forward ½ turn right bumping hip, R step forward
- 3,4 L touch ¼ turn left to left side bumping hip, L step to left side
- 5&6 R step behind left, L step to left side, R step to right side
- 7&8 L step behind right, R step to right side, L cross over right

REPEAT AND ENJOY!
