

My Promise

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Keith Hunter (UK)

Musik: This I Promise You - Ronan Keating



SIDE TOGETHER, ¼ TURN CHASSE, ½ PIVOT, FULL SPIN

- 1-2 Step side right, step left together
- 3&4 Step side right, step left together, step ¼ turn right on right
- 5-6 Step forward left, pivot ½ turn right onto right
- 7&8 Full spin forward right stepping ½ right back on the left, ½ right stepping forward right, step forward left

FORWARD ROCK, LOCKSTEP BACK, SWAYS, CROSS SHUFFLE

- 1-2 Rock forward right, replace weight on left
- 3&4 Lock step back on right, cross left, step back right
- 5-6 Sway left, sway right
- 7&8 Cross left over right, side right, cross left over right

½ TURN LEFT, MAMBO FORWARD, BACK ROCK LOOK, FULL SPIN

- 1-2 Turn ¼ left stepping back right, turn ¼ left stepping side right
- 3&4 Rock forward right, replace weight on left, step right in place
- 5-6 Rock a large step back on left looking over your left shoulder, replace weight on right
- 7&8 Full spin forward right stepping ½ right back on the left, ½ right stepping forward right, step forward left

FORWARD ROCK, RIGHT CHASSE, ½ TURN LEFT, WEAWE TO THE RIGHT

- 1-2 Rock forward right, replace weight on left
- 3&4 Step right to right, close left to right, step right to right
- 5-6 ½ turn left rocking onto your left as you turn, replace weight on right
- 7&8 Step left behind right, step side right, cross left over right

REPEAT
