

# The Promised Land

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Johnny S. (UK)

Musik: Promised Land - Johnnie Allan



## ROCKING CHAIR, ROCK, RECOVER, CROSS, HOLD

- 1-4 Rock right foot forward, recover onto left, rock right foot back, recover onto left  
5-8 Rock right foot to right side, recover onto left, cross right over left, hold

## ROCKING CHAIR, ROCK, RECOVER WITH ¼ TURN RIGHT, CROSS, HOLD

- 1-4 Rock left foot forward, recover onto right, rock left foot back, recover onto right  
5-8 Rock left to left side, recover onto right with ¼ turn right, cross right over left, hold

## RIGHT & LEFT FORWARD SHUFFLES WITH HITCHES

- 1-4 Step right foot forward, step left up beside right, step right forward, hitch left knee  
5-8 Step left foot forward, step right up beside left, step left forward, hitch right knee

## HEEL, HOOK, HEEL, SWEEP, BACK LOCK STEP, HOLD

- 1-4 Touch right heel forward, hook right across left, touch right heel forward, sweep right behind left  
5-8 Step right foot back, step left foot across right, step right foot back, hold

## HEEL, HOOK, HEEL, SWEEP, BACK LOCK STEP, HOLD

- 1-4 Touch left heel forward, hook left across right, touch left heel forward, sweep left behind right  
5-8 Step left foot back, step right foot across left, step left foot back, hold

## WEAVE WITH ¼ TURN RIGHT, SCUFF, HITCH

- 1-4 Step right to right side, step left behind right, step right ¼ turn right, scuff left beside right  
5-8 Step left to left side, step right behind left, step left to left side, hitch right knee

## SCOOT-HITCH, STEP TWICE

- 1-2 Scoot back on left foot while hitching right knee, step right foot to floor  
3-4 Scoot back on right foot while hitching left knee, step left foot to floor

## WEAVE WITH ¼ TURN RIGHT, SCUFF, HITCH

- 1-4 Step right to right side, step left behind right, step right ¼ turn right, scuff left beside right  
5-8 Step left to left side, step right behind left, step left to left side, hitch right knee

## SCOOT-HITCH, STEP TWICE

- 1-2 Scoot back on left foot while hitching right knee, step right foot to floor  
3-4 Scoot back on right foot while hitching left knee, step left foot to floor

## REPEAT

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