

# Promises

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Chris Hodgson (UK)

Musik: Time for Letting Go - Billy Ray Cyrus



## VINE TWICE / SIDE ROCK AND CROSS STEP, RIGHT AND LEFT

- 1-2 Step right to right side, cross left behind
- 3&4 Step right to right side, rock weight onto left, cross step right over left
- 5-6 Step left to left side, cross right behind
- 7&8 Step left to left side, rock weight onto right, cross step left over right

## ROCK STEP / HIP BUMPS WITH HEEL LIFTS, RIGHT AND LEFT

- 1-2 Step forward on right, rock weight back onto left
- 3&4 Bump hips forward lifting left heel, bump hips back lifting right heel, bump hips forward lifting left heel
- 5-6 Step forward on left, rock weight back onto right
- 7&8 Bump hips forward lifting right heel, bumps hips back lifting left heel, bump hips forward lifting right heel

For extra styling, sway body on this section

## BACK LOCK / SHUFFLE BACK / SIDE-½ TURN SIDE / STEP AND BUMPS

- 1-2 Step back on right, lock left over in front of right
- 3&4 Step back on right, step left next to right, step back on right
- 5-6 Step left to left side, on ball of left foot spin ½ turn right stepping right to right side
- 7&8 Step left in place bumping hips left, bump hips right then left

## BACK-BACK / TRIPLE ½ TURN RIGHT / STEP ¼ TURN ROCK / CROSS UNWIND

- 1-2 Step back on right, step back on left
- 3&4 Triple step on right-left-right making ½ turn right
- 5-6 Step forward on left making ¼ turn right, rock weight onto right
- 7-8 Cross left over right, unwind ½ turn right

## REPEAT

If using Billy Ray's song, after 3rd wall only there is a 4 count tag. For this one time only, bump hips right-left-right-left