

# I Promise U

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Lesley Clark (SCO)

Musik: This I Promise You - Ronan Keating



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## ROCK, RECOVER, ½ TURN SHUFFLE, FULL TURN, SHUFFLE FORWARD

- 1-2 Rock forward on right, recover on left  
3&4 ½ turn right shuffle over right shoulder on a right, left, right  
5-6 ½ turn right stepping back on left foot, ½ turn right stepping forward on right  
7&8 Shuffle forward left on a left, right, left

## ROCK, RECOVER, BEHIND, SIDE, CROSS, SWAY, SWAY, BEHIND, SIDE, CROSS

- 1&2 Rock forward on right, recover on left, step right to right side  
3&4 Cross step left behind right, step right to right side, cross step left over right  
5-6 Sway right, sway left  
7&8 Step right behind left, step left to left side, step right across left

## SWAY, SWAY, SAILOR ¼ TURN, STEP PIVOT, RIGHT LOCK STEP

- 1-2 Sway left, sway right  
3&4 Sweep the left foot out to left side as you turn ¼ turn left stepping, left, right, left forward  
5-6 Step forward on right, pivot ½ turn left  
7&8 Step forward on right, step left next to right, step forward on right

## MAMBO FORWARD, MAMBO STEP, ½ TURN, RIGHT LOCK STEP, STEP

- 1&2 Rock forward on left, recover on right, step left next to right  
3&4 Rock back on right, recover on left, step forward on right  
5 Pivot ½ turn left  
6&7 Step forward on right, lock left behind right, step forward on right  
8 Step forward on left

**REPEAT**

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