

# Promise

Count: 64

Wand: 4

Ebene: Beginner

Choreograf/in: Dione Keith Zacarias (USA) - February 2013

Musik: Promise (feat. Usher) - Romeo Santos : (CD: Formula Vol. 1)



Intro: 64 counts from vocals

## Sec 1-8 : BACHATA BASIC

- 1-4 Step R to side, step L together, step R to side, touch ball of L to side  
5-8 Step L to side, step R together, step L to side, touch ball of R to side

## Sec 9-16: BACHATA ROLLS

- 1-2 Step R to side & turn 1/4 right, step L forward & turn 1/2 right  
3-4 Step R forward & turn 1/4 right, touch ball of L to side  
5-6 Step L to side & turn 1/4 left, step R forward & turn 1/2 left  
7-8 Step L forward & turn 1/4 left, touch ball of R to side

## Sec 17-24: HIP GRINDS

- 1-4 Rock R to side, recover to L, rock R to side, touch L heel slightly forward  
5-8 Rock L to side, recover to R, rock L to side, touch R heel slightly forward

## Sec 25-32: DIAGONAL STEPS

- 1-2 Step R diagonally forward (body turned slightly to left), lock L behind R  
3&4 Shuffle R, L, R diagonally forward  
5-6 Step L diagonally forward (body turned slightly to right), lock R behind L  
7&8 Shuffle L, R, L diagonally forward

## Sec 33-48: SIDE AND SIDE WITH FLICKS

- 1-4 Square up & step R to side, step L together, step R to side, touch L together  
5-8 Touch L to side, flick L over R knee, touch L to side, flick L behind R  
9-12 Step L to side, step R together, step L to side, touch R together  
13-16 Touch R to side, flick R over L knee, touch R to side, flick R behind L

## Sec 49-56: DIAGONAL STEPS

- 1-2 Step R diagonally back (body turned slightly to right), lock L over R  
3&4 Shuffle R, L, R diagonally back  
5-6 Step L diagonally back (body turned slightly to left), lock R over L  
7&8 Shuffle L, R, L diagonally back

## Sec 57-64: BACHATA BASIC

- 1-4 Square up & step R to side, step L together, step R to side, touch ball of L to side  
5-8 Step L to side, step R together, step L to side, touch ball of R to side  
& Turn 1/4 right (weight to L)

REPEAT

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